A Study on the Differences between Chinese and Western Sports Culture

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Abstract: Chinese and Western sports cultures differ greatly because of their different historical origins and cultural backgrounds. However, as China becomes more and more active in international politics and more closely connected with the world, Chinese culture has also entered the world. In the process of deep blending, Chinese sports culture and western sports culture not only enrich the world sports, but also play a vital role in improving the theoretical system of world sports.

1. Introduction

In recent years, there has been an upsurge of discussion on sports culture in China. By investigating and researching the sports culture in different parts of the world, we try to find the essence of the differences in sports culture from different directions in order to define the sports culture in different parts of the world. However, because the reasons for the differences in sports culture in different parts of the world are really complicated, the workers in the sports industry stand on their own biases. Different opinions are expressed on this point, so that nowadays, the discussion of sports culture cannot form a unified mainstream opinion. There are dozens of definitions of sports culture put forward in China. In order to make people understand the emergence, development and formation of sports culture more profoundly, this paper analyses and studies the two representative sports cultures in China and the West, so as to enable sports workers to better understand sports culture and define sports culture.

2. The concept of Sports Culture

Sports culture is the product of the development of human society, an organic part of human culture, a unique culture, and a conscious physical activity in the process of human development, with the purpose of strengthening the body function. As a broad concept, sports culture includes three aspects: system culture, material culture and spiritual culture. In the process of the development of sports activities, in order to carry out sports activities smoothly and orderly, participants or organizations jointly discuss and form the system culture of sports activities. With the continuous development of civilization, especially after entering the industrial era, in order to improve the efficiency of sports activities, sports related facilities and other materials have jointly formed the material culture of sports. People's values, aesthetics and collective mind in sports activities constitute the spiritual culture of sports activities[1]. The composition of sports culture is shown in Figure 1.

Fig.1. Composition of sports culture
3. Different Origins of Sports Culture between China and the West

Everything has its own process of production, the development of things has its own history[2]. Today's society is the result of the development of thousands of years of civilization. Today's sports culture is also evolved from a long history. The differences between Chinese and Western sports culture today are bound to be the first step in the development of their history. The analysis of the United States shows that its constituent groups are almost immigrants from different countries, with different cultural backgrounds. Moreover, because of the developed transportation in their times, the blending of various foreign national cultures and their influences, especially by the western democratic countries, the formation of their national life has resulted in the formation of a better national tradition after a short period of development[3]. At the same time, it is also a modern sports article. The historical reasons for the formation of transformation.

Compared with China, our society has experienced thousands of years of feudal autocratic rule. Under this kind of imperial supremacy and a highly autocratic system in which one person decides everything, the people can only bow to the throne, without any democratic rights. After thousands of years of repression by the feudal autocracy, the Chinese people gradually formed a slave culture suitable for this society, losing their original spirit of pioneering, innovative, enterprising and struggling. Looking at China's sports culture from the historical development of thousands of years: China's historical development process lacks the historical stage of democracy, while the history of feudal autocracy has gone through too long[4]. The people of China's feudal society have always revolved around the interests of imperial power, and the value system has been reconstructed rather than the core, which leads to the traditional thought of "virtue and propriety" as the first priority in everything in China. In today's sports competitions, it shows the characteristics of taking collective spirit and overall order as the first and suppressing the development of personality.

4. The Different Cultural Backgrounds of Chinese and Western Sports Culture

4.1. Influenced by the economic system.

Since ancient times, Chinese people have been accustomed to self-sufficiency, keeping one mu and three mu of their land, making at sunrise and setting at rest. Most people have lived like this all their lives. They have never traveled far, and have no chance to contact different cultures. Therefore, Chinese people are generally introverted. Ancient Chinese civilization originated in the Yangtze River Valley and is a typical agricultural civilization. Such an environment created the way and principle of Chinese people's attaching importance to ethics and morality, seeking stability and unchangeable, and "stepping back to the open sea and sky". Westerners are totally different. The ancient civilization of the West originated from the Aegean Sea coast, typical of the ancient Greek civilization, which belongs to the marine civilization and takes the exchange of materials as the main way of life, which makes Westerners form an extroverted and eager to explore personality[5].

4.2. Influenced by geographical environment.

There is a huge gap between the geographical environment of China and the West, which has a great impact on the cultural development of various ethnic groups in China and the West. Western sports began in ancient Greece, so ancient Greek culture had a great influence on western sports culture from the history. Greece is a country surrounded by the sea on three sides, with many mountains and few plains, which is not suitable for farming. It can only rely on convenient sea transportation conditions for trade. Under such a difficult environment, long-term tempering makes the Greeks have the national characteristics of self-reliance, daring to take risks and daring to compete. For the Western countries which have been greatly affected by this, their sports culture has been competitive and utilitarian since its emergence. For China, located in the eastern part of Asia, most of the land is located in the inner region. Most of the people also live in the closed environment surrounded by mountains. In such a relatively isolated environment, Chinese society has formed its own unique cultural system, which mainly takes Confucius'Confucianism as the main body, while Buddhism, Taoism, Legalism and other ideas are compatible and unique. There is
a cultural system[6]. Therefore, since ancient times, Chinese sports culture, even Chinese culture, has advocated the doctrine of the mean, focusing on harmony. Since ancient times, there has been a saying that "everything is inferior, only high reading".

4.3. Cultural differences between China and the west

Since ancient times, Chinese culture has focused on ethics, rationality and education, harmony and unity, and practical stability. The influence of Chinese culture on Chinese sportsmen also pays attention to self-cultivation. The main purpose is to strengthen the body[7]. The competition consciousness is not strong and the stability consciousness is strengthened. The popular sports items are mainly entertainment and performances, with little antagonism and competitiveness. Value orientation pays attention to the function of ideas, single action, connotation and charm of action, not competitive sports, and value orientation of personality. Westerners pay attention to multiple values and personal value. Western sport pays attention to competition consciousness, strong antagonism, and many competitive sports, which is conducive to the development and perfection of rules, venues and systems of all kinds of competitive sports. The main purpose of value orientation is to shape and cultivate individuals and surpass opponents.

5. Ideological Differences between Chinese and Western Sportsmen

The objective difference of sports culture between China and the West leads to the difference of sports athletes’ ideas between China and the West. Chinese and Western cultures are different, and the sports produced have their own characteristics. Chinese culture pays attention to the relationship between man and self-heating, stresses the law of Tao and nature, and the integration of man and nature. Western Chinese culture is a conflict culture. On the one hand, ancient Greek maritime culture promoted economic development, on the other hand, it also contributed to the values of Westerners competing for personal interests. Western philosophy pays attention to the coexistence and opposition of duality, which opposes subject and object, nature and nature. Therefore, under the influence of Chinese unique culture, the subjective idea of Chinese athletes lies in their self-cultivation and self-improvement through physical exercise. Just like Chinese Taijiquan, the combination of body and nature, the pursuit of self-cultivation in essence, and the passive use of "four or two sets of jacks" are the means of attack. When practicing Taijiquan, the important non-heavy shape shows that both internal and external training of Chinese sports culture. Western sportsmen focus on the orientation of "intellectuality" thinking and "seeking truth". They integrate with natural science and pursue freedom and competition, which are mainly manifested in the high-intensity training and continuous improvement of speed, strength, technology and skills. Therefore, western sports tend to praise people's physical appearance, muscular fitness, physical fitness is its goal. We advocate strength and strive to achieve the perfect combination of muscle, strength and speed through sports[8]. In the whole process of sports, it is emphasized that the perfect human body image can be created through intensive muscle training with heavy load.

6. The Impact of Western Sports Culture on Chinese Sports Culture

In recent years, with the rapid development of information technology, information asymmetry caused by regional disparities has been greatly reduced. Social sectors, countries and nationalities around the world have gradually deepened their understanding and exchanges, and their cultures interact with each other. No matter how different the sports culture between China and the West is, there is one thing in common: attaching great importance to collective development on the basis of national and national interests. Sports culture is a long-term process of social evolution. With the deepening of exchanges between China and the West, Chinese and Western sports culture will also interact. After the introduction of western competitive sports culture into China, it has been deeply loved by the vast majority of Chinese people and set off a wave of national fitness[9]. Fitness clubs have sprung up all over the country. Boxing and heavy mechanical fitness programs in the West have become popular. Because of the special historical environment and geographical environment,
there are great differences and even antagonism between Chinese and Western sports cultures. However, with the development of China's market economy and the implementation of the policy of opening up to the outside world, Chinese and Western sports cultures have begun to blend and influence each other in depth.

7. Conclusion

This paper analyses the differences between Chinese and Western sports culture from the aspects of historical and cultural background. It can be seen that there is no distinction between Chinese and Western sports culture, which is the product of their respective social development and is a process of continuous evolution. However, with the rapid development of information technology, in this new era, Chinese and Western sports culture will continue to blend and influence, evolving into a new world sports culture system.

References


