

# A Study on the Interactive Effect between Quality of Life and Sports Leisure Mode

Fan Zhang

Department of Police Skills and Tactics, Nanjing Forest Police College, Nanjing 210023, China

Sports Science postdoctoral programme, Nanjing Normal University, Nanjing 210023, China

zhangfan@nfpc.edu.cn

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**Abstract:** In modern health research, sports leisure is listed as an important component of healthy Lifestyle; numerous studies have revealed that, besides heredity, inadequate exercise and bad eating habits are the second most important factors leading to disease and death. This paper uses the methods of literature review is utilized to analyze the relationship between sports leisure and life quality. Main conclusions are made. Lifestyle determines the life quality to a certain extent, and in turn reflects the life quality. Sports leisure Mode has a great impact on life quality and even becomes an important factor in evaluation of modern life quality as it causes decisive impacts on people's health, happiness, satisfaction, etc.

## 1. Introduction

Satisfying people's needs for survival and development is the cornerstone of social development, and improving people's quality of life is the ultimate goal and the highest principle pursued by social development. The material wealth created by human industrial civilization has greatly met the basic survival needs of modern people. People begin to pay more and more attention to their physical and mental health and the sense of happiness and enrichment that real life can bring. Therefore, the development goal of modern society has turned to how to improve people's quality of life and promote people's all-round development. Sports leisure is an important part of people's all-round development and a necessary means of self-improvement. It integrates the functions of fitness, intelligence, entertainment, recreation, aesthetics and motivation. Its connotation extends from the single health to all levels of society and becomes an indispensable part of our real life. It is also an important symbol of human health and civilized life.

Therefore, to reveal the relationship between sports leisure and the quality of life is of great practical significance to establish a healthy, civilized and scientific way of life, enrich leisure and cultural life, promote people's happiness, and actively improve the quality of life of the people.

## 2. Lifestyle and Life Quality

Life quality is a measure of degree of life. life quality is related to living standards, but living standards are not the necessary conditions affecting the life quality. Physical and mental health, happiness, safety, living environment and subjective feelings of life are also important factors that affect the life quality.

Maslow's need hierarchy theory reveals the law that higher levels of needs will arise immediately after people's basic needs for living materials are satisfied. He points out that enjoying the needs and development needs is the highest level of needs. As a way of enjoying life and a way for people to develop and improve themselves, leisure sports become people's high-level needs. Sports leisure can make people relax, close to nature and create harmonious interpersonal relationship so as to benefit physical and mental health [1]. It reflects the characteristics of people enjoying life and improving themselves to the greatest extent, therefore, it is a high-level need and the inevitable result after social

development and economic development. This study is aimed to explain the essence of sports leisure and its impact on people's life quality from the sociological perspective.

## **2.1 Changes in Life Mode**

Lifestyle is a kind of behavior related to people's life in particular social and economic environment. It is also a comprehensive reflection of living standards, life attitudes and cultural concepts. All kinds of life and activities forms in daily life are specific manifestations of Lifestyle, including material life, spiritual life, social life and family life, etc. Lifestyle is influenced by social development, economic development, religion and education degree. For example, in some religious countries, a large part of leisure time is engaged in religious worship, and many of their daily concepts, habits and values are affected by religious values [2,3]. And when the economic development reaches a high level, automobiles become the main mode of transportation, which greatly affects the way of people's activities mode and scope; modern people's Lifestyle has changed dramatically compared with decades ago; rapid economic development and information globalization have brought countless conveniences to lives. Under the global concept of information and resource sharing, people's Lifestyle also presents the harmony trend, which fundamentally improves people's life quality.

On the other hand, in the face of fierce competition for efficiency and money, modern people are under tremendous pressure of life. Population explosion, resource shortage and environmental pollution also cause serious negative impacts on life quality. Many chronic diseases have become the biggest killers against health, e.g. cardiovascular and cerebrovascular diseases, diabetes, hypertension, neurasthenia, chronic fatigue syndrome. These chronic diseases are called modern civilization diseases as they are related to stress, environment and Lifestyle. Therefore, leisure has become one of the most important symbols of Lifestyle. Creating a leisure Lifestyle is considered to be a fashion for healthy and affluent group. This is not only because leisure is closely related to health, more importantly, leisure Lifestyle reflects people's attitude towards life and ideal of life.

## **2.2 Evaluation of Quality of Life**

Life quality is an index evaluated subjectively and objectively. Objectively, a person's self-expression, social relations, health, leisure mode, family relations, economic conditions, etc. determine his life quality. Subjectively, different social environments, cultural backgrounds and religions determine the quality of people's subjective life. For example, a survey conducted by American researchers in the 1990s shows that, Americans believe that high-quality life should be characterized with slow pace, less stress, shorter working hours, longer leisure time and varied leisure modes. In fact, leisure time is one of the most important indicators determining the life quality, because what Americans call short working hours and slow life pace can be reflected in the length of leisure time. At the same time, health is related to leisure Mode; the sedentary mode e.g. playing mahjong and poker is obviously less healthy than golf and forest hiking.

WHO survey shows that Lifestyle is the primary factor affecting people's health. At the same time, the survey from American Sports Medical Association also indicates that people's life quality can also be reflected in leisure situation [4]. Therefore, it is very important to have a healthy and leisure Lifestyle, including life concepts and habits, sports activities and rhythm of life, rational consumption, of which sports and leisure actions can divide Lifestyle into two distinct types, i.e. sports or sedentary.

## **2.3 Relationship between Sports Leisure, Lifestyle and Quality of Life**

Life quality assessment used to be an assessment targeted at individual Lifestyle, self-perception and living standards, but in recent years, it has been directed to society since the impact of social factors on life quality is enormous or even decisive. It is difficult to guarantee good life quality if living in a war or turbulent society although a person has good economic ability or living habits. In other words, even in a stable society, the impact of different social service systems on the life quality is also very important, in which sports leisure places and possible conditions become an important

factor in evaluating social service system. Especially in western developed countries, sports leisure facilities are the necessary construction projects in residential areas [5]. In the U.N. evaluation of the most suitable cities for habitation, the natural environment and the sports leisure conditions under its influence are also considered as important factors.

### **3. The Influence of Sports Leisure Way on the Life Quality**

#### **3.1 The Healthy Value of Sports Leisure Mode**

In modern health research, sports leisure is listed as an important component of healthy Lifestyle; numerous studies have revealed that, besides heredity, inadequate exercise and bad eating habits are the second most important factors leading to disease and death. The number of people who die from sports related diseases in the US is about 400 thousand every year [6]. Therefore, sports leisure, as a major turning point in changing Lifestyle, has been strongly advocated by US sports medicine circles, and it is also one key research area funded by the US government. Researchers take lifetime as a starting point for studying Lifestyle and suggest that 24 hours of a day should consist of three 8 hours: eight hours for sleep, eight hours for work and eight hours for leisure [7]. People's activities during their eight-hour leisure time are often the focus of researchers' attention and investigation to distinguish two typical types of Lifestyle: dynamic and static. Of course, the type of work and the stress during the eight hours of work are also important aspects affecting Lifestyle. In Lifestyle-related research, it's sometimes hard to distinguish work and leisure. Some researchers also study the work as part of lives. Eight hours of leisure is for the living conditions of most people. In fact, some people have more than eight hours of leisure time, while others have far less than eight hours. Leisure time refers to the time one can freely control and cannot be occupied by labor; it can entertain or rest. Entertainment and rest Mode determine the health of Lifestyle, but also fundamentally determine the life quality.

#### **3.2 The Social Value of Sports Leisure Mode**

Sports leisure sports can effectively expand people's living space, add entertainment contents of life, and increase time for sports activities, so sports leisure is the most worthy way for healthy Lifestyle, it is also the most effective factor to improve the life quality. In western countries, sports leisure enables people to maintain close relationship with nature, maintain their inherent way of life without being disturbed by changes of modern society. The US and Canada, for example, two North American countries were once agricultural countries, people used to the mode of labor and Lifestyle of working at sunrise and resting at sunset [8]. However, the rapid development of science and technology in these two countries in modern times has made them rank forefront of the developed countries in the world, and undoubtedly, people's way of life has been greatly affected. Rapid life pace and vigorous progress of urbanization make people far away from the natural countryside. Workplace competition and life pressure make many people exhausted. Only sports leisure activities bring them back to nature in a different way to relax, thus, it is regarded as an important part of maintaining social structure and life quality.

### **4. New Way of Life: Emphasizing the Characteristics of Sports Leisure in Field of Life Quality**

Academia seems to agree that leisure is closely related to life quality, or the evaluation of life quality can not be separated from the investigation on leisure time and leisure Mode. Sports leisure mode is generally advocated by all countries, then the contemporary sports leisure mode also shows many characteristics of times.

#### **4.1 The Popularization of Sports Leisure Mode**

People are favorite with group sports; the main function of sports leisure is to gather some people through sports entertainment so that people can understand each other and establish harmonious interpersonal relations in sports. Since the middle of last century, many sports clubs have appeared in

western countries, these clubs not only provide a place for people to learn and engage in sports activities, but also provide a platform for people to communicate and seek sense of belonging. Different from those clubs that commercialize competitive sports, these sports-leisure-based clubs focus on the popularity and entertainment of activities and encourage people to participate in sports leisure activities. According to the number and scale of membership, clubs can receive different levels of financial support from government.

#### **4.2 The Socialization of Sports Leisure Mode**

Sport leisure is characterized by the leisure of living environment, it is reflected from urban planning to environmental protection and development. In Canadian cities and small towns, there must be a forest reserved near the neighborhood of a few kilometers as a place for natural leisure activities. Forest hiking, mountain biking, hunting and fishing, etc. are all popular sports leisure modes, which depend on good natural environment. Therefore, sports leisure activities and people's leisure concept promote environmental protection to a certain extent. On this basis, people's sports leisure mode is a socialized way of life and has a great impact on the whole society. At the same time, it relies heavily on society and is a way of interaction between society and individuals.

#### **4.3 The Entertainmentization of Sports Leisure Mode**

The diversity of community leisure culture is conducive to promoting cultural prosperity and development. First of all, it should vigorously carry forward the fine traditional culture and enhance residents' sense of belonging. Community workers can take traditional culture as an opportunity to organize cultural activities, e.g. singing National Anthem competition in the National Day, dragon boat race in Dragon Boat Festival to strengthen mutual familiarity and further exchanges among residents and establish harmonious relationship. Secondly, it shall take the difference of community leisure people as the standard, carry out targeted cultural activities. For example, the cultural activities for the elderly and children should be treated differently. Especially some lonely old people and laid-off workers in the community should be encouraged to participate in cultural activities and integrate into community this big family. Then, it should establish a healthy and positive cultural atmosphere that covers the whole community and promote the development of cultural undertakings. Finally, it can build a platform for cultural exchange. The number of residents, age segmentation, leisure hobbies and needs of community residents can be analyzed in detail, and bulletin boards and cultural exchange forums are set up to facilitate communication and feedback among residents so as to greatly mobilize the enthusiasm of residents.

Finally, sports leisure mode must be in line with the main tone of contemporary people's pursuit of health, i.e. sports leisure activities must be able to promote physical and mental health, therefore, it must have the characteristics of fitness, entertainment and leisure. Fitness refers that the exercise load of sports leisure activities must conform to the principle of exercise, the sports that overemphasize competition e.g. marathon races have gradually been excluded from the scope of sports leisure since there are more death cases due to marathons. The so-called entertainment means that sports leisure activities should highlight the playfulness of sports itself, people must enjoy happiness in activities, it is a happy competition rather than the commercialized competitive sports for fame and wealth. Leisure requires sports leisure activities to be flexible in rules, venues and time. People are not bound by many external rules and regulations and lose the feeling of leisure and freedom. As leisure scholars advocate, sports leisure activities should be both arbitrary and regular.

### **5. Summary**

Sports leisure and healthy life quality are mutually promoted, inter-dependent and restricted. Lifestyle determines the life quality to a certain extent; although some scholars have included personal life feelings in life quality assessment, but more scholars believe that the life quality should be a more objective evaluation system, and sports leisure life Mode has become an important indicator of scholars' common concern because it is healthier and can promote sense of happiness and

satisfaction .In fact, sports leisure involves social development, economic development and people's ideas, it is a concept with comprehensive characteristics. Sports leisure Mode is one determinant of life quality, and it is also a comprehensive indicator integrated by life quality.

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