

Study on the Utilization of Public Sports Service for the Elderly from the Perspective of Healthy Aging

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Abstract: With the increase of the elderly population, the health problems of the elderly are more and more concerned by the whole society. In order to promote the health of the elderly, vigorously develop the elderly public sports services and improve the quality of life of the elderly, this study investigated the condition and relationship between utilization of public sports services by the elderly and the health of the elderly. It is found that the old people's participation in public sports services is not balanced, neither is their satisfaction. Public sports service can effectively promote the elderly fitness activities, and effectively promote the physical and mental health of the elderly. This paper studies the existing problems of public sports service for the elderly, and puts forward the countermeasures to improve the development of public sports service, so as to provide scientific theoretical basis and practical measures for improving the health level of the elderly.

1. Introduction

With the increase of the elderly population, the health problems of the elderly are more and more concerned by the whole society. Health is the inevitable requirement to promote the all-round development of human beings and the common pursuit of the broad masses of the people. Since the reform and opening up 40 years ago, remarkable achievements have been made in the reform and development of China's health sector, and people's health has been steadily improved. In order to further promote the health of the elderly, the political bureau of the CPC central committee adopted the "healthy China 2030" planning outline, put forward the development strategy and target tasks combining sport and medicine, vigorously developed the public sports service for the elderly, and promoted the health care of the elderly, which is of great significance. This study investigated the condition and relationship between utilization of public sports services by the elderly and the health of the elderly. This paper studies the existing problems of public sports service for the elderly from the perspective of combining sport and medicine, and puts forward the countermeasures to improve the development of public sports service, so as to provide scientific theoretical basis and practical measures for improving the health level of the elderly.

2. Research object

In this study, 10 communities in Tianjin were selected by random sampling, with which 515 elderly people over 60 years old were selected as the research objects in the selected communities.

3. Research method

Through the methods of literature review, expert interview, questionnaire survey and mathematical statistics, this study investigate their basic conditions, health conditions, participation in physical exercise, utilization of public sports services and satisfaction with public sports services. In this study, a total of 515 questionnaires were issued and 509 were collected, among which 500 were valid, accounting for 97.1% of the collected questionnaires. Statistical software SPSS 20.0 was used to conduct statistics, induction and analysis of the collected data.

4. Research results and analysis

4.1 Basic information of the elderly

Through an effective survey of 500 elderly people over 60 years old in the community, there were 231 men (46.2%) and 269 women (53.8%). In terms of age, there are 247 people (49.4%) aged 60-69, accounting for a large proportion, 175 people (35%) aged 70-79, and 78 people (15.6%) aged over 80.

4.2 Health conditions of elderly people

In this study, questionnaires designed by Zeng Yi and other scholars were used to investigate the subjective feelings of physical and mental health of the elderly. The conditions of physical health was composed of 28 questions such as self-care and self-perceived health in daily life while mental health is composed of 10 questions about self-perceived life and social interaction. The data were collected and processed to generate the physical weakness index and mental weakness index. The higher the index of physical weakness, the worse the physical health; The higher the mental frailty index, the worse the mental health. Both indexes are shown in Table 1.

Table 1 Physical and mental weakness index of the elderly

	physical weakness index	mental weakness index
Male	7.21 ±6.07	2.82 ±1.78
Female	6.93 ±5.79	2.64 ±1.83
Total	7.06 ±5.92	2.72 ±1.81

As can be seen from Table 1, the physical weakness index of the elderly is 7.06, and the mental weakness index is 2.72, on both of which women outperform men. Thus, the subjective feeling of the physical and mental health status of elderly women is better than that of men.

4.3 Exercise status of the elderly

4.3.1 Elderly people's participation in physical exercise

Table 2 Elderly people's participation in physical exercise

	0 times/week	1-2 times/week	3-4 times/week	5-7 times/week
Male	79(15.8%)	48(9.6%)	57(11.4%)	47(9.4%)
Female	53(10.6%)	55(11%)	83(16.6%)	78(15.6%)

Among the seniors surveyed, there are 368 people taking part in sport, accounting for 73.6%, among which 43.2% are women and 30.4% are men. In addition, the number of elderly female gym-goers is higher than that of elderly male gym-goers in 60-69, 70-79 and above 80 age groups. Among the elderly people who participate in fitness exercise, most of them exercise 3-4 times a week. The number of fitness exercises per week varies among different age groups. The number of people aged 60-69 is more than that of people over 70, while the number of fitness exercises per week is more than that of people over 70. Moreover, as the number of fitness sessions per week increases, more women than men participate in fitness.

4.3.2 Physical Fitness Activities for the Elderly

Table 3 Physical Fitness Activities for the Elderly

Project	Participation Level	Project	Participation Level	Project	Participation Level
Aerobics	63.6%	Dance	15.8%	Fast Walking	11.9%
Table Tennis	10.3%	Badminton	7.1%	Shuttlecock Kicking	6.7%
Strength exercise	5.2%	A martial art	3.5%	Swimming	3.1%
Football	1.9%	Basketball	1.7%	Fishing	1.6%
Tennis	1.5%	Diabolo	1.0%	Others	5.8%

Among the sports that the elderly participate in, the participation degree of gymnastics, dance, fast walking, Table tennis, badminton and other sports is higher. Among them, the participation degree of gymnastics is the highest, reaching 63.6%. Some of the sports that the elderly participate in are two, three or even many.

4.4 Relevant Analysis on the Utilization of Public Sports Service for the Elderly

Old people participate in fitness activities, different people participate in different sports, such as gymnastics, dancing, fast walking, Table tennis, badminton and other sports. Some elderly people participate in two, three, or even many sports. The utilization of regional public sports services, such as public sports fitness venues, public sports fitness facilities, mass fitness organizations, etc. Fitness competition activities, guidance of fitness instructors, and propaganda of fitness knowledge.

Table 4 Analysis of the correlation between the utilization of public sports services and sports items for the elderly

	Fitness place	Fitness facilities	Fitness organization	Competition activities	Fitness guidance	Knowledge propaganda	Information Service
Aerobics	0.158*	0.169**	0.172**	0.096	0.182**	0.087	0.041
Dance	0.143*	0.187**	0.161*	0.125	0.296**	0.052	0.063
Fast Walking	0.183*	0.075	0.146	0.109	0.132	0.064	0.032
Ball game	0.287**	0.206**	0.183**	0.171*	0.205**	0.098	0.081
Shuttlecock Kicking	0.062	0.084	0.052	0.113	0.076	-0.031	0.024
Strength exercise	0.108	0.173**	0.071	-0.043	0.122	0.091	-0.083
Martial Arts	0.112*	0.130*	0.154*	0.115	0.141*	0.049	-0.016
Swimming	0.206**	0.142*	-0.046	0.033	0.157*	0.053	0.021
Others	0.162*	0.157*	0.083	0.071	0.145*	0.079	0.056

Notice: **, $P < 0.01$ *, $P < 0.05$

From Table 4, it can be seen that among the old people's sports, gymnastics, dance, ball games, martial arts and swimming are highly dependent on public sports fitness places, public sports fitness facilities, mass fitness organizations and fitness instructors' guidance, which have a strong correlation. These factors have a great impact on the fitness projects of the elderly fitness crowd. There is a significant positive correlation; fast walking is positively correlated with public sports fitness venues; ball games are positively correlated with fitness competitions; health knowledge publicity and public sports information service have little influence on the elderly fitness.

5. Conclusion

5.1 Unbalanced Participation in Public Sports Services for the Elderly

Among the various contents of public sports service for the elderly, the frequency of utilization of mass fitness organizations, public sports fitness places and public sports fitness facilities is higher, while the frequency of utilization of fitness instructors' guidance, fitness knowledge publicity and public sports information service is slightly lower, and the participation of fitness competition activities is the lowest.

5.2 Unbalanced Satisfaction with the Contents of Public Sports Services for the Elderly

Among the contents of public sports services for the elderly, the elderly have the highest satisfaction with public sports fitness places, and also have higher satisfaction with mass fitness organizations, fitness instructors and public sports fitness facilities. However, they are less satisfied with the publicity of fitness knowledge and the utilization of public sports information services.

6. Measures to Improve the Quality of Public Sports Service and Promote the Physical and Mental Health of the Elderly

6.1 Strengthen the Cultivation and Construction of Elderly Fitness Organizations

Strengthen the construction of the network of elderly fitness organizations, the government provides necessary financial guarantee, supports and guides grass-roots sports social organizations to provide services for the elderly fitness groups, publicizes the benefits of physical fitness through popularizing scientific fitness knowledge and fitness methods, health knowledge lectures, promotes the nationwide fitness and daily life, develops fitness and leisure activities suitable for the elderly, and improves physical exercise. Quality.

6.2 Strengthen the Scientific Guidance of Social Sports Instructors

Set up social sports instructors in the community to provide scientific and reasonable fitness guidance for the elderly and organize fitness activities suitable for the elderly. The government unites with higher physical education institutions to train professional social sports instructors for the elderly, so as to ensure the scientific and effective development of sports activities for the elderly.

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