Investigation and Countermeasure Research on Sports Behavior Characteristics of Minority Preppy Students

Xiao-Bao ZHANG
Nanchang Institute of Science & Technology, Nanchang, Jiangxi, China
1209956246@qq.com

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Abstract. Preparatory Education for Chinese minorities is a special measure according to the reality in the minority areas and the characteristics of minority students. This article concentrates on the enhancement of their basic cultural knowledge and improvement of training of their basic skills which will facilitate the further development of the morality, intelligence, and body. This education system, which serves a transition period for their study form secondary education stage to higher education stage, is adopted to lay a good foundation for the study in college of minority students. In this paper, the author used the method of questionnaire survey and the method of data statistics to analyze the sports behavior of the preparatory students of minorities in Nanchang institute of technology. This paper puts forward the new ideas and countermeasures for the teaching of minority prepe students in Nanchang institute of technology.

Subjects
The sports behavior of the preparatory students of Xinjiang minorities in Nanchang institute of technology was studied.

Research Methods

Bibliographic Method

In the past 20 years, the related literature of China journal network was searched, and a large number of literature related to this paper was consulted. Some relevant data are collected and sorted through the Internet, which provides a solid theoretical foundation for the research of this paper.

Questionnaire Survey Method

According to the purpose and content of this study, this paper referred to similar questionnaire design and designed according to the basic requirements of sociological and statistical analysis “The questionnaire for the analysis of sports behavior characteristics of minority preppy students”, In the process of the preparation of the questionnaire, the content of the questionnaire was analyzed repeatedly, and the relevant experts were invited to conduct repeated demonstration. After the questionnaire was finalized, the reliability and validity of the questionnaire were tested.

Expert Interview Method

To meet the needs of this study, the related experts in the field of sports behavior were interviewed to get opinions and Suggestions on some issues in this paper.

Results and Analysis

Investigation Results of the Present Situation of Sports Participation Consciousness of Minority Students in Xinjiang

Sports consciousness is the driving force of sports behavior, positive sports consciousness inevitably brings positive sports behavior, and negative sports consciousness inevitably brings
negative sports behavior, In order to better understand the sports behavior of the preparatory students in Xinjiang, it is especially important to investigate their sports consciousness.

**Results of a Survey on the Willingness of Minority Students to Participate in Sports in Xinjiang**

According to the results of the survey, it can be seen that the willingness of minority students in Xinjiang to participate in sports is relatively ideal, and the willingness of men to participate in sports activities is stronger than that of women. In terms of males, the proportion of sports activities favored by minority students in Xinjiang showed that three big balls were ranked among the top three. In terms of women, Xinjiang minority students have different opinions on their favorite sports. Running badminton and volleyball aerobics are the favorite sports of female students.

**Sports Value Cognition Level of Minority Students in Xinjiang.** It can be seen from the investigation of sports value identification degree of minority students in Xinjiang that there is no significant difference in value identification between male and female students ($P>0.05$). Both male and female students believe that participating in sports activities can promote their physical and mental development. There was a significant difference ($P<0.001$) in the structure of sports value ranking between male and female students who could bring them a variety of activities in and out of class ($P<0.001$), but in the statistics of sports value ranking, no matter male or female students, They all believe that sports have fitness value, which is closely related to the characteristics of sports. In the process of sports, people need to consume a lot of calories to support them, so as to achieve the goal of fitness and fitness.

**Xinjiang Minority Students Sports Motivation.** Sports motivation is the internal motivation to promote a person to participate in sports activities, it is the individual's internal process, the behavior of carrying out sports activities is the result of this internal process. The motivation to participate in sports activities is to select the intrinsic motivation to motivate, maintain and strengthen certain sports activities so as to guide certain goals through the chi-square test, There were significant differences in the structure of participation motivation between male and female students ($P<0.001$), but the main purpose of participation motivation was health.

**Investigation Results of the Present Situation of Sports Participation Behavior of Minority Students in Xinjiang**

**Investigation on the Sports Participation of Minority Students in Xinjiang.** Survey data statistics were conducted on 316 students whose participation number was more than once. Chi-square test was conducted on frequency structure of male and female students, and the results showed that there were extremely significant differences between male and female students in the types of projects involved ($P<0.001$).

According to the statistical survey of students who participated in sports activities more than once a week, basketball, football, running and volleyball are the main motivations for students to participate in sports activities at the male level, as well as the important projects for students to participate in sports activities every week. Basketball is one of the most popular sports for students to participate in every week. The number of students who participate more than once a week is 127, accounting for 63.5%. This shows that basketball plays an important role in campus sports activities. In terms of football, the minority students in Xinjiang have profound emotional factors for football. 105 students participated at least once a week or more, accounting for 57.5%. 101 people participated in one or more running activities every week, accounting for 50%, which is also one of the important factors that the physical quality of minority students in Xinjiang is higher than that of students in other ethnic regions. In the aspect of badminton and table tennis, boys participate in less times per week and occupy a lower proportion. However, on the aspect of girls, the proportion of participating in sports activities per week is more balanced than that of men, among which running badminton and volleyball occupy the top three, The proportion was 70.6%, 64.6% and 62.9%, respectively. According to the division of sports activities, men prefer to participate in the big ball sports (basketball foot volleyball), while women prefer to participate in the antagonistic sports in the net, which is divided according to the amount of exercise, Boys are more likely to be passionate
and sweaty, but girls are more likely to choose activities such as walking and jogging. In some comprehensive quality training projects, for example, some students who pay attention to appearance and image take part in swimming aerobics. However, as for some traditional sports such as martial arts, they are very few and far between.

The Time and Duration of the Sports Activities. There were significant differences between male and female students in the time periods of participating in sports activities (P<0.001). The time periods of participating in sports activities of students from ethnic minorities in Xinjiang were different between male and female students, while the time periods of participating in sports activities of male students were mainly in the afternoon, while the time periods of participating in sports activities of female students were mainly in the morning and evening. There is a significant difference between male and female students in the duration of physical activity (P<0.001). The time of physical activity participation of students from ethnic minorities in Xinjiang is relatively scientific, mainly within 30 minutes and 30-60 minutes.

Results of a Survey on the Sports Concern of Minority Students in Xinjiang

Attention to sports is another manifestation of students' interest in sports. The higher degree of attention to sports is, the more beneficial it is to stimulate students' understanding and mastery of sports knowledge, which is conducive to improving students' interest in sports and thus enhancing their participation in sports. According to the results of the survey on the degree of attention to sports information of students from ethnic minorities in Xinjiang, men and women show different degrees of attention (P<0.001). From the whole survey results, it can be seen that male students from ethnic minorities in Xinjiang are more interested in sports information than female students, which is similar to the degree to which Chinese male and female students pay attention to sports. Through the survey of Xinjiang minority students get sports information sources can be seen that the network has had a huge impact on them, this is due to the characteristics of era, network developed, the unprecedented blanket coverage of sports information, and to promote the latest news in sports, they can only understand through cell phones and computers.

Investigation on the Factors that Restrict the Sports Behavior of the Preparatory Students in Xinjiang

Survey Results of the Reasons for not Taking Part in Physical Exercise. What are the main obstacles for students who do not take exercise more than once a week. Among the factors that restrict participation in sports activities, the influencing factors of male and female students are similar, and there is no significant difference (P>0.05). Poor physical fitness, poor sports skills and shy participation in sports activities are the important factors that restrict male students' participation in sports activities. The reasons why I do not want to take part in physical exercise are endless, mainly focusing on the shyness of participating in sports activities, lack of ethnic activities, poor sports skills and dislike of playing sports.

Survey Results of Possible Factors for People who did not Take Physical Exercise. Through the survey of the current population who have not participated in physical exercise, this paper probes into the factors of their possible participation in physical activity, so as to better promote students' physical fitness and make Suggestions. There is a high degree of agreement between male and female students on the choice structure of possible participation factors and no significant difference (P>0.05). Neither male nor female students can participate in sports activities by providing time for activities.

Conclusions and Suggestions

Conclusion

(1)The willingness of boys from ethnic minorities in Xinjiang to participate in sports activities is stronger than that of girls. Football, basketball and volleyball are the favorite sports of boys, while running badminton and volleyball are the favorite sports of girls.
(2) Both boys and girls hold a positive attitude towards the value of physical activity, in which the value of fitness dominates and physical activity is used to improve their physical health.

(3) The male and female students of ethnic minorities in Xinjiang are not only different in the sports activities they participate in, but also different in the number of times and length of time they participate in sports every week.

(4) The physical behavior of male minority students in Xinjiang is mainly restricted by poor physical fitness, poor sports skills, shy participation in sports activities and lack of national sports atmosphere.

**Suggestion**

(1) Of Xinjiang minority students participate in sports will further optimize, through setting up Xinjiang dance clubs, make full use of their national habits to guide them to participate in sports activities, to develop Xinjiang dance, play to their special skills, increase their self-esteem and lead to more girls to participate in sports activities have a strong will.

(2) We will strengthen the school's organized extracurricular sports activities, such as morning exercises and ethnic minority sports festivals, and change the number of times and hours in which ethnic minority girls in Xinjiang participate in sports activities every week, so as to lay a foundation for their more scientific participation in sports activities.

(3) Based on the further analysis of the factors that restrict the participation of minority students in sports activities in Xinjiang, a scientific and reasonable course is formulated, the number of classes for the three major sports of basketball, football and volleyball is increased, an additional elective course for the school-based courses for minority students is added, and the course content suitable for minority girls is added(Xinjiang dance sports dance aerobics and so on).

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**References**

