

Research on the Impact of Traditional Sports Activities

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ABSTRACT: Through applying related theories of sociology, culturology, psychology and using minority areas after Wenchuan Earthquake in Sichuan as the research object, the paper makes the investigation and research on the related issues of facilitating and improving mass national cohesion by re-starting and launching traditional sports activities. The research suggests that: after the earthquake, people give relatively high acknowledgement on the traditional sports activities that organized and launched by the government actively; holding traditional sports activities in the minority area after earthquake has important function and meaning on strengthening mass national cohesion.

KEYWORD: Culture, Impact, Psychology

1 INTRODUCTION

At present, how to carry out sports activities after the earthquake is a trans-disciplinary emerging issue. The relevant organizations in foreign country have carried out appropriate sports activities in the worldwide disaster area so as to help the people in the disaster area to overcome mental illness. Meanwhile, they have obtained certain achievements and practical experience. There are few researches in China on the sports activities after disaster. In addition, it does not attach sufficient importance on the research of carrying out sports activities after earthquake. Other partial researches only stay on the theoretic level, lacking systematic research and practical exploration.

As an ontology context issue in the field of sociology, national cohesion has obtained importance and research from many aspects of the society and subjects in recent years. This paper gets deeply into the earthquake disaster area of Wenchuan County; makes research in Yanmen Village Community in Wenchuan and Luo Bo Qiang Zhai, a minority settlement area; visits and survey Style Council of Wenchuan and local people in minority earthquake disaster area. Through the close attention to national traditional sports and reconstruction in earthquake disaster area, it explores the cultural function and value of national sports; considers the effect of national sports on integration of national culture and national cohesion; investigates the recognition degree of people on

national culture identity and cultural group value in national sports. In addition, it strives for the purpose of guiding people's behavior, facilitating psychological rehabilitation of the people, and improving national cohesion in disaster area through the implementation of organized and scientific regional national traditional sports.

1.1 *Investigation of traditional sports cultural value and function cognition attitude by people*

As a kind of social activity that familiar to minority, traditional sports activities play the function of fitness, entertainment, and communication in daily life. By knowing people's cognition on traditional sports culture in minority area after earthquake and attitude for participation, it has important meaning on the aspects of carrying out traditional sports activities in minority area after disaster, exerting the social function of traditional sports, facilitating and recovering the psychic trauma of people.

1.2 *Typefont, typesize and spacing*

During the investigation period, 430 questionnaires were released (including 400 questionnaires for rural residents and 30 questionnaires for experts), and more than 300 local people were visited. 400 questionnaires for rural residents are re-collected, with re-collection rate 100%; 30 questionnaires for experts are re-collected too, with re-collection rate 100%. According to the reason of education degree

of rural residents, gender, age, work, etc., 11 invalid questionnaires are removed. There are 389 effective questionnaires collected, with effective re-collection rate 97.3%; 30 effective questionnaires for experts, with effective re-collection rate 100%.

1.3 Analysis on cognition of national traditional sports value and function by people

As an active element of improving mental wealth of people, the traditional sports of minority people have the features of entertainment, leisure, festival celebration, worship and praying for rain. People can delight their mind and body, cultivate their taste, motivate their confidence in living, and facilitate the harmonious development among people by taking part in the traditional sports activities frequently. Therefore, the understanding of the relation between traditional sports activities and life quality after earthquake has symbolic meaning. According to the statistical result, people have high cognition of participating in traditional sports activities for facilitating people's living standard.

Table 1. Cognition of participating in traditional sports activities for emotional contact.

	Frequency (number of people)	Percentage (%)
Completely not	2.0	0.50
General	30.0	7.70
Basically can	196.0	50.4
Fully capable	161.0	41.4
Total	389.0	100.0

Emotional contact is a kind of psychic reaction when people join in national traditional sports activities. The traditional sports activities of minority has group feature. Any traditional sports activity contains the emotional contact and unity among the members in the group, such as the Guozhuang square in Wenchuan. After the earthquake, the local people gathered in the square. They showed their grief feelings after the disaster by Guozhuang dance. It not only expresses the perseverance of the minority who is brave to face the disaster after the earthquake, but also reflects the confidence and wish of the people for living after disaster. According to the investigation result, on the issue of facilitating emotional contact among people by traditional sports activities, the rural residents and experts have high consistency.

Table 2. Cognition of participating in traditional sports activities for emotional contact.

	Frequency (number of people)	Percentage (%)
Completely not	1.0	0.30
General	14.0	3.60
Basically can	206.0	53.0
Fully capable	168.0	43.1
Total	389.0	100.0

As an effective approach and means for facilitating the mutual understanding among local people, the traditional sports activities of minority provide the platform for communication between ethnic groups. It is also one of the important functions of traditional sports for facilitating the harmony and unity of the nation. Especially when we made field observation and participated in the group sports activities of Guozhuang dance, people from different nation, Han, Qiang, Zang, held hands, sang and danced together. It makes the feeling of "body and self-cognition" [1] between nationality cultures stronger.

Table 3. Cognition of traditional sports activities for facilitating mutual understanding among nationalities.

	Frequency (number of people)	Percentage (%)
Completely not	1.0	0.30
General	25.0	6.40
Basically can	191.0	49.1
Fully capable	172.0	44.2
Total	389.0	100.0

The function of sports is not only on the body participation and physiological function change; meanwhile, it also has the value and function of integration of body and mind. There is close connection between the individual mental health of the nation and the traditional sports activities of minority. Therefore, we design in the questionnaire and make survey on different people for the question that whether traditional sports activities help to improve people's mental health after earthquake. Base on the statistical result, it shows that the experts have same opinion as the masses on carrying out traditional sports activities for removing the mental impact of earthquake. Therefore, besides active psychological medical treatment, as an important supplementary means, traditional sports activities also have active and realistic meaning for mental recovery for the people in minority area after earthquake.

2 CONCLUSIONS

National cohesion is a kind of integration force of national culture. Furthermore, it also reflects the value and function of traditional sports in minority area. Therefore, it plays good supporting role in mental intervention of the people in minority area after disaster. Through the effect analysis of sports activities on related mental health and emotional contact of the people in disaster area, it believes and explains that, to some extent, the people who join in the traditional sports activities frequently after earthquake think that it could facilitate the emotional contact and mental health between people. Of course, there is certain relation from traditional sports to mental health and life satisfaction. For example, “someone made the similar research on the relation between leisure sports and people’s satisfaction. It finds out that there is obvious connection between them.” [2] So, “when making research on minority sports activities, people shall consider the regional culture existence of minority area and the aspirations from grassroots. It has important strategic value and practical meaning for

good development situation of maintaining national unity, and social harmony.”[3].

The research on national cohesive is a concerned research content of “group dynamics” [4] in current sociology. As far as the paper concerned, the research of national cohesion from minority traditional sports activities only focuses on the group integrity. It still needs further and deep research on the issues which closely related to cohesion, such as the relation between group constitutive property and internal group; integral efficiency, and target, etc.

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