



ANALYSIS OF CURRENT SITUATION AND HEALTH MEASURES UNIVERSITY TEACHERS IN BEIJING

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Abstract

This study mainly uses the methods of questionnaire and interview to investigate the fitness status of 291 teachers in a sports college in Beijing. The purpose in this study to understand and grasp the current fitness situation of teachers in a sport college in Beijing, find out the main problems, and put forward corresponding countermeasures, so as to provide theoretical reference for relevant departments of the school. It is found that the number of male teachers participating in fitness is far less than that of female teachers; The number of administrative personnel participating in fitness activities is large, and the number of discipline and technical teachers participating in teaching posts is small; In service teachers have heavy work tasks and family burdens, and their time for physical fitness activities is relatively limited; Teachers generally have a high understanding of the national fitness plan (2016-2020); It is common for teachers to work overtime. More than 75% of teachers need to work overtime every week. Conclusion: the health status of college teachers in a physical education college in Beijing is not optimistic; High quality sports fitness venue resources ensure the smooth development of teachers' fitness activities; The school's professional organization of fitness activities is deeply welcomed by teachers; The publicity of physical fitness activities is not enough, and the number of teachers participating in fitness activities is small.

Keyword: *College Teacher, Fitness Status, Sports Population, Factors Affecting Fitness.*

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1. INTRODUCTION

During the 14th Five Year Plan period, the State Council issued the national fitness plan (2021–2025), which emphasizes that national fitness can promote people's health and improve their happiness. It is one of the important symbols of China's comprehensive national strength and social civilization progress, an important part of the construction of socialist spiritual civilization, and an important part of building a well-off society in an all-round way.

College teachers play a decisive role in China's socialist modernization drive. They are the backbone of revitalizing education, developing economy and social progress, and the representatives of advanced culture and advanced productive forces. At the same time, as a teacher, he is also the disseminator of cultural knowledge, the guide of students' physical and mental development, and the new force of scientific research. In a sense, the health status of college teachers will directly affect their work efficiency, and will inevitably affect the process of educational modernization and social

progress and development in the country. Comrade Mao Zedong once said, "a healthy spirit lies in a healthy body." As a college teacher, we should not only have profound knowledge and dedication to the national education, but also have a healthy body.

Fitness exercise is simple and easy. Proper exercise can effectively enhance people's physique, improve people's health, develop body strength, enhance strength, and improve labor productivity; It can also improve people's body shape, posture and cultivate people's good sentiment, so it is deeply loved by the people, especially people with a high level of cultural knowledge.

At present, the number of colleges and universities in Beijing, the capital of China, ranks first in the country. The physical and mental status of the Faculty of Beijing University of physical education is also unsatisfactory. A considerable number of faculty members are in sub-health state. The number of people with different degrees of mental illness has increased significantly, and the incidence of serious illness incidence rate is also on the rise. Physical and mental health problems directly affect the quality of family life and the orderly development of work, which has become an urgent problem to be solved at present.

2. METHODS

1. Document method

Through the digital library of Beijing University of physical education and CNKI, this paper widely inquired about the articles with the keywords of "fitness status", "sports participation", "College Teachers" and "Beijing University of physical education", studied and sorted out, classified, studied and analyzed the collected literature and materials in detail, so as to provide a theoretical basis for this paper.

2. Questionnaire survey method

In the process of making and distributing this questionnaire, due to the impact of the epidemic situation, it was impossible to conduct field research. This questionnaire used the form of online answers to collect data. Through the online distribution of questionnaires to teachers of Beijing University of physical education, 300 questionnaires were distributed and 291 questionnaires were recovered, of which 291 were effective, with an efficiency of 100%.

3. Interview method

Contact the teachers of Beijing Sport University and design the questionnaire concerning the opinions and suggestions of experts. Given the current situation of teachers' fitness at Beijing Sport University, the development of fitness activities was discussed and exchanged by contacting school teachers through social software and telephone. Cooperate with the questionnaire survey to obtain more comprehensive information.

Population & Sample

The research object of this paper is the physical condition of teachers in Beijing University of physical education. A total of 291 teachers were investigated, including 103 males and 188 females. There are 6 teachers with junior college qualifications, accounting for only 2.0% of the total number, 70 teachers with bachelor's degrees, accounting for 24% of the total number, 131 teachers with master's degrees, accounting for 45% of the total number, and 84 teachers with doctoral degrees, accounting for 29% of the total number. In this survey, there are 38 teachers aged 20-29, accounting for 13.1% of the total number, 109 teachers aged 30-39, accounting for 37.4%, 106 teachers aged 40-49, accounting for 36.4%, 32 Teachers aged 50-59, accounting for 11.2%, and 6 teachers aged over 60, accounting for

1.9%. In this survey, there are 123 subject teachers, accounting for 42.1% of the total number, 54 technical teachers, accounting for 18.7% of the total number, and 114 administrative post teachers, accounting for 39.3% of the total number.

Instrument

Sociodemographic questions were asked (including gender, age, and education) and teacher fitness behavior questions (e.g., years of fitness experience). They were also asked about fitness programs they had participated in. The survey also asked teachers how often they worked out, how much they participated, their perception of fitness activities, the types of sports they participated in, and the factors that influenced fitness.

Procedure

In the early stage, I consulted many relevant literature and referred to their questionnaire design to leave questions with common characteristics. After that, we interviewed relevant experts from Beijing Sport University and communicated with them about the problems existing in the process of teachers' fitness. Finally, we further improved the questionnaire design based on experts' suggestions.

Data Analysis

The collected data are processed by spss25 statistical analysis software to find the relationship between each data group. Through the analysis of the data, the corresponding conclusions are drawn.

3. RESULT

Table 1 shows descriptive statistics of university faculty, divided into five groups by gender, age, and education. The final sample included 291 participants; 35.4% (n=103) were male and 64.6% (n=188) were female. A total of 98% (n=285) of the respondents were college-educated.

Table 1. Descriptive statistics of the respondents sociodemographic characteristics (n = 291)

	N	%
Gender		
Male	103	35.4
Female	188	64.6
Age		
20-29	38	13.1
30-39	109	37.4
40-49	106	36.7
50-59	32	11.2
60 or above	6	1.9
Education		
High school or less	6	2
University or college	70	24

Master's degree or higher	215	74
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1. Teachers' understanding of the National Fitness Program (2016-2020)

National fitness is a meaningful way and means to achieve national health and the fundamental guarantee for all people to enhance their physique and live happy life. By 2020, the development goal is that the number of people participating in physical exercise once a week or more will reach 700 million, and the number of people regularly participating in physical activity will reach 435 million, which puts forward higher requirements for the number of people participating in physical exercise in China.

Table 2. Teachers' understanding of the Fitness Program (n=291)

	Fully understand	General understanding	Don't know much
N	55	163	73
%	18.9	56	25

Table 2 shows that teachers in Beijing are optimistic about the Fitness Program. National fitness is a social and physical activity based on self-participation. China's national fitness campaign has been carried out for decades. In addition, a sports college in Beijing is a crucial sports college in the capital, and the teachers have a high level of education. Through word of mouth and influence, the health plan has become popular and has been deeply rooted in the hearts of the people.

2. The proportion of teachers in the sports population

The sports population should generally meet the following requirements: carry out physical activities three or more times a week in recent three months; The duration of each physical activity shall not be less than 30 minutes; The intensity of each physical activity is the medium intensity or above. The sports population is closely related to other sports undertakings and is a social group with high statistical significance. Table 3 shows that 174 teachers who participated in the survey met the above standards, accounting for 58.9% of the total respondents. According to the data released by the State Sports Administration, the proportion of the sports population in China is about 34%. The sports population of teachers in a sports college in Beijing has far exceeded this index.

Table 3. college Teacher Sports population demographics (n = 291)

	N	%
Time of a training		
Within 30 minutes	38	13.1
30-60minutes	117	60.7
More than 30 minutes	7	25.2
other	3	0.9
Weekly exercise frequency		

1-2 times	103	35.5
3 times	73	27.1
More than 3 times	93	31.8
never	16	5.6
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Exercise intensity		
Perspire slightly	41	14
Moderate intensity	174	59.8
Sweating profusely	73	25.2
other	3	0.9

This can provide professional guidance for teachers and enhance the social function of fitness through courses. Among female teachers, dance, yoga, aerobics, and other projects are more popular because these projects have a relatively small amount of exercise and can better shape women's soft bodies.

Table 4 Statistics of teachers' fitness programs (n=291)

Fitness program	male	%	female	%
Ball games	49	16.8	46	15.9
Swimming	19	6.5	33	11.2
Equipment fitness	80	27.1	97	33.6
Follow apps	14	4.7	40	14
Running	51	17.8	95	32.7
Yoga/dance	3	0.9	46	15.9
Tai chi/martial art	14	4.7	19	6.5
other	0	0	14	4.7

3. Form of teacher fitness

Table 5 Statistics of teachers' fitness forms (n=291)

Participation form	male	%	female	%
Individual participation	95	32.64	115	39.51
With families	32	10.99	66	22.68
With friends/colleague	68	23.36	114	39.18
Community activities	6	2.06	2	0.69
college activities	25	8.60	65	22.34
Club activities	2	0.68	8	2.75
other	0	0	3	1.03

Table 5 shows that teachers' choice of forms of fitness activities can reflect their autonomy in participating in fitness activities, pay attention to developing personality, cultivate the spirit of the times, promote emotional communication and coordinate interpersonal relations, improve their physical adaptability and adapt to the trend of modern life. Teachers pay more attention to collectivity in participating in fitness activities. The top three forms of fitness are individual participation, friends and colleagues, and participation with family. The purpose of female teachers' fitness activities is diverse. In addition to physical exercise, they also have a strong sense of communication, accompany their families and exchange emotions, and promote harmonious relations among colleagues. Male teachers pay more attention to strengthening their physique and improving physical health.

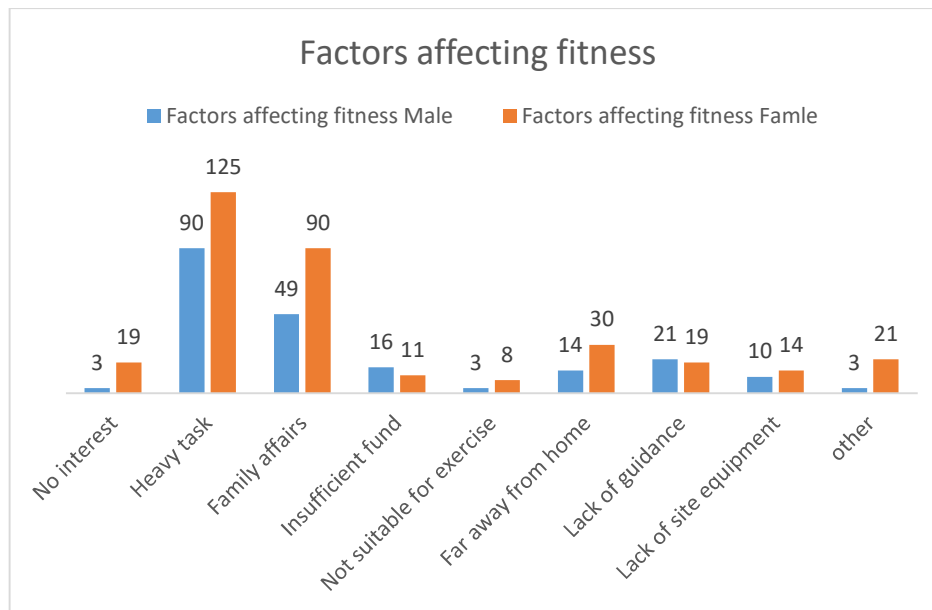
4. The place for teachers to exercise

Table 6 Statistics of teachers' fitness venues (n=29)

Exercise place	Selection times	%
At home	120	25.6
Intramural stadium	223	47.7
Commercial Stadium	30	6.4
Free public sports venues	73	15.7
other	22	4.7

Table 6 mainly describes the main venues for teachers to participate in fitness activities. Teachers participate in fitness activities, especially stadiums in the school, and fitness at home accounts for more than 70% of the total number. Teachers are generally satisfied with the school's stadiums, accounting for 89% of the total. A sports college in Beijing has many venues and complete sports facilities. Currently, most media are open to teachers free of charge within the specified time. Large stadiums and gymnasiums and a large number of fitness equipment not only greatly promote the progress and development of fitness activities but also provide an excellent convenience for teachers' fitness. After work, many teachers also choose to go to free public sports places or exercise at home. The number of teachers who decide to go to operational stadiums and gymnasiums accounts for only 6.4% of the total, far less than the proportion going to other places to participate in fitness.

5. The Factors Affecting Teachers' Fitness



Heavy work task is the main factor affecting teachers' participation in fitness activities (see Fig.1). The occupational stress of college teachers is a series of psychological and physiological behavioral reactions caused by stress caused by work factors in a long-term and continuous working environment. Teachers' professional pressure mainly comes from the following aspects: scientific research tasks, teaching reform, professional characteristics, professional development, and professional achievement. Moderate pressure can stimulate individual potential, but excessive force will hurt Teachers' bodies and minds, reduce their immunity, and lead to sub-health.

Family affairs is one of the secondary factors affecting teachers' participation in fitness activities. The conflict of multiple roles such as work and family seriously restricts the time for teachers to participate in physical fitness activities. With the acceleration of the pace of life and the intensification of competition, teachers need to run around work, family, children's education, pension, and so on. Due to limited energy and energy, he has been under the pressure of multi-role conflict for a long time. Even if he has leisure time, he is mainly used to rest, relax his body and mind and adjust his state.

Being far from the exercise site and inconvenient is the second secondary factor affecting teachers' fitness participation. With the economy's development and the urban scale's expansion, many teachers live outside the school, which makes the residence far away from the exercise site and takes more time to go back and forth, affecting teachers' fitness participation.

Lack of sports knowledge and technical guidance is the third secondary factor affecting teachers' participation in fitness activities. This also shows that teachers' sports knowledge and skills are insufficient, which will lead to teachers' sports participation without purpose and pertinence. Unscientific fitness is even harmful to health. A physical education college in Beijing offers fitness courses for its staff at noon every Tuesday and Thursday, which effectively alleviates the dilemma without the guidance of professional coaches. The time flexibility of administrative staff is significant, and the people who participate in noon fitness courses are mainly teachers in administrative posts.

4. DISCUSSION

1. Colleges and universities should pay more attention to the health status of teachers and moderately reduce their workload.

There is an inseparable relationship between teachers' participation in fitness and whether leaders play a leading role. Schools and leaders have bounden responsibilities and obligations on Teachers' physical fitness. The more attention the school pays, it will help to produce a good sports fitness atmosphere, and the school's national fitness can be effectively implemented. To reduce the workload of teachers' workload, schools should establish a good working environment for teachers, improve office conditions, and let teachers put themselves into work happily. On the other hand, please adhere to the principle of differential treatment and pay more for more work to relieve the pressure on teachers to a certain extent. It also provides more possibilities for teachers to participate in physical fitness activities.

2. Strengthen the publicity of physical fitness and increase the investment in physical fitness

The government and the relevant competent departments of the school should formulate a series of guiding measures, such as opening up unique columns on the school website and newspapers and holding health lectures. Opularizing teachers' disease prevention knowledge and physical fitness knowledge to ensure that teachers can accept physical fitness guidance and provide the scientific fitness of College teachers. In addition, the school should also increase the investment in fitness activities, give play to macro-control policies, broaden fund-raising channels, and solicit sponsorship from sports' enterprises and companies.

3. The school organizes more physical fitness activities and offers relevant courses according to teachers' needs and situations.

A physical education college in Beijing only carries out physical fitness courses at noon on Tuesday and Thursday. Many teachers are unable to participate in the classes due to inevitable reasons. The school can send notices or questionnaires to colleges and teaching and research offices to count the teachers with fitness needs, their spare time, and project needs. Then teachers sign up for relevant courses. In terms of project setting, we should comprehensively consider the sports needs of male and female teachers. Two-person confrontation small projects do not need collective organization. Still, they should focus on collaborative projects, such as basketball, football, and fitness classes, to ensure teachers' low threshold and enthusiasm to participate in sports and fitness activities.

5. CONCLUSION

1. The health status of college teachers is not optimistic.

In particular, the proportion of discipline teachers in teaching posts who are in good health is lower than that in technical and administrative positions. Teachers generally have high work pressure, long working hours, and many family affairs, resulting in no time to exercise. Teachers' spare time is mainly spent on sports and exercise, housework, accompanying their families, and preparing lessons. Among them, the number of female teachers who choose the option of "doing housework" is much higher than that of male teachers.

2. College teachers participate in fitness activities through personal preferences and communication awareness.

Most teachers like to participate in fitness activities personally and with colleagues and friends, and female teachers participate in sports and fitness with their families. The proportion of teachers

choosing to go to operational fitness venues is small. The balance of college teachers in a sports college in Beijing is high, reaching 58.9%, and the ratio of female teachers is higher than that of male teachers. All teachers understand the national fitness plan, but the degree of understanding differs.

3. College teachers participate in a variety of fitness activities.

Choosing to train in the gym has become the first choice for teachers, and running and walking are also deeply loved by teachers. Male teachers tend to select fitness items with strength and high exercise intensity. In contrast, female teachers tend to the items with low exercise intensity and long duration. The teaching staff fitness guidance course opened at noon is widely welcomed by teachers, effectively promoting the smooth development of teachers' fitness activities. However, the publicity of the course is insufficient. Many teachers do not know the information, so they are unable to participate in it, and the participation of male teachers is far less than that of female teachers.

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