

Community Sports' Engagement and Health Wellness among Older Adults in China

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Abstract: This study was designed to investigate the relationship between community sport participation and health promotion among Chinese older adults. This study used a descriptive comparative research design and a correlational research design. The population of this study is the elderly in Guangxi Xinxingyuan community, which has a total of 3847 elderly residents. The selected 300 older adults are surveyed to collect data related to community sport participation and health promotion. Findings: Individuals' gender, age and education level have a significant impact on their community sport participation and health well-being. The attractiveness and accessibility of community sport activities need to be improved to stimulate active participation and increase the level of participation in community sport activities. Community sport participation among older people. Relevant policies and programmes should be designed to take into account individual differences and provide customised services and support for different groups. The health and well-being of older people needs urgent attention and improvement, especially among the older population. The impact of individual characteristics on health and well-being deserves attention, and it is crucial to provide customised health management solutions for different groups. Community sports activities play an important role in promoting the health and well-being of older persons and should be further promoted and strengthened. In view of the challenges faced by older persons in community sport participation, comprehensive policies and measures are needed to address these issues and to provide better environments and support for older persons' participation in sport.

Keywords: Community; Physical Activities; Sports Engagement; Health Wellness; Older Adults; China.

1. Introduction

Globally, population aging is rapidly developing, and China, as a country with significant aging, is no exception (Cai, J.Y, 2020; Cao, S.H, 2021). With the continuous improvement of medical technology and living conditions, the proportion of the elderly population in the total population is gradually increasing, making it particularly important to pay attention to and manage the health and quality of life of the elderly (Zhang, 2022). Therefore, how to effectively improve the health of the elderly and enhance their positive participation in society has become a challenge that cannot be ignored.

China is facing an increasingly serious aging problem, with the proportion of the elderly population increasing, and the health of the elderly has become a focus of social concern (Guo, 2022). However, there are still certain cognitive and action deficits in older people's participation in community physical activity and health promotion in China (Liu, 2022). As a multi-ethnic region, the Guangxi Zhuang Autonomous Region (GZAR) faces unique social, cultural, and economic challenges for its elderly population group (Qiu, 2022). Although several studies have explored issues related to community sport participation and health promotion among older adults, relatively few studies have been conducted for the Guangxi region (Cong, 2019). Therefore, this study aims to fill this research gap and provide better health services and interventions for older adults in the Guangxi region, especially Nanning City, through an in-depth investigation of community sport participation and health promotion among older adults in the region.

Community sport is increasingly gaining widespread attention as a powerful avenue for health wellness and enhancement. Community sports aim to provide community

residents with convenient exercise opportunities and also play an important role in the overall health and social harmony of the community (Yang, F., Be.W, & Fu,B.H., 2023). Physical activity in community settings not only helps to improve individual physical fitness, but also enhances social interactions and quality of life, thereby contributing to the overall health and well-being of older adults (Wu, Z.X., 2019). However, despite the well-recognized potential of community sport in health enhancement for older adults, there are still a series of unresolved issues and challenges in its practical application (Li, 2020).

In examining the topic of older adults' engagement in community sport and health wellness, while some studies have explored the short-term effects of community sport engagement on older adults' health, there is still a lack of insight into the long-term effects and sustainability of these participatory activities, especially over multi-year or even longer time scales (Zhu, E., Zhang, Y.N. et al, 2019). The enhancement of and engagement in community sport activities are also related to the community environment, such as the accessibility of facilities and the support of community organizations (Li, X., 2020). There is still less research on the factors influencing older adults' sport engagement in different community settings. Health is not only physical health, but also includes multiple dimensions such as mental health and social health (Hu & Jin, 2021). Research may focus more on comprehensive health assessment and the impact of physical activity on each health dimension (Ding, P., Cai, S. et al, 2017). Community sport and health enhancement involves multiple fields, such as sport, healthcare, and social work (Zhong, L. P., 2021). Study emphasized that the dimensions of social interaction and self-evaluation of community sport have a significant impact on older adults' participation and

satisfaction(Wang, F, 2020) . Cross-disciplinary collaboration and an integrative approach to research may contribute to a better understanding of the topic. Although policy support plays an important role in the development of community sport, more empirical research support is still need on how to effectively implement these policies and how effective they are in practice.

The results of this study contributed to a deeper understanding of the health impacts of older adults' participation in community sports activities and provide a scientific basis for the development of targeted health promotion strategies. By promoting the active participation of older adults in community physical activity, it can improve their quality of life and well-being, reduce the burden of medical care, lighten the burden for society and families, and improve overall social health (Wang, 2021). Therefore, this study aims to emphasize the importance of community sport participation and health promotion for older adults in Guangxi, and to provide a reliable scientific basis for the development of relevant policies and community interventions to better meet the health needs of older adults and enhance their quality of life.

2. Theoretical Framework

This study is based on the basic principles and tenets of the health enhancement model.

The health enhancement model is a theoretical framework design to explain and promote the overall health and well-being of individuals. It emphasizes the combine effects of lifestyle, environmental, and social factors on health and stresses prevention, intervention, and health enhancement strategies. The model posits that through positive behavioral

and environmental changes, individuals can increase their health, improve their quality of life, and reduce their risk of disease.

The health enhancement model emphasizes that health is not just the lack of disease, but the overall well-being of the individual at the physical, mental, and social levels. It emphasizes the importance of prevention and positive health behaviors that can help individuals reduce the likelihood of disease and improve their quality of life. In addition, the health enhancement model also emphasizes the impact of environmental and social support on an individual's health and encourages the creation of healthy and supportive environments.

In this study, the health enhancement model can be use as a theoretical basis to explain the role of community sport engagement in health enhancement for older adults. Based on the health enhancement model, it is possible to examine how community sport engagement encourages older adults to adopt positive health behaviors, such as increase physical activity and improve eating habits. The positive impact of sport engagement on older people's physical health, mental health and quality of life can be explore. It can be investigate how community physical activity creates a supportive social environment that promotes the health of older people by increasing their sense of social support through social interactions, group activities, etc. Research can be conduct on how to provide health knowledge, training and awareness to older people through community physical activity, leading to more conscious engagement in health-promoting behaviors. Research could be conduct on how to design comprehensive community sport engagement programs to improve the health of older persons, covering physical, mental and social aspects.

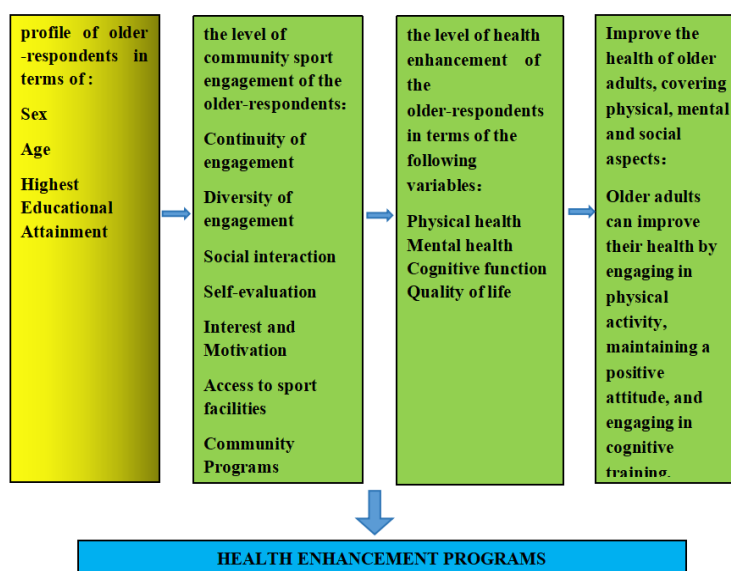


Figure 1. Conceptual framework

Community sport engagement refers to the extent and frequency of active engagement of older persons in various physical activities, sports and fitness programmes in the community. This includes engagement in community-organised sports activities, outdoor fitness, sports and exercise. Community sport engagement can be measure by the following dimensions: continuity of engagement, diversity of engagement, social interaction, self-evaluation, Interest and Motivation, Access to sport facilities and Community Programs. Health enhancement involves a

variety of measures taken by older adults to maintain and enhance physical health, mental health, and cognitive functioning. Dimensions of health enhancement include physical health, mental health, cognitive functioning and quality of life. Older adults achieve health enhancement by engaging in physical activities, maintaining a positive mindset, and engaging in cognitive training. Community sport engagement can promote physical health, enhance mental health, and improve cognitive functioning among older adults, thereby improving quality of life. In turn, health

enhancement can motivate older adults to be more active in community sport engagement, creating a virtuous cycle.

Guide by this framework, the researcher studies the basic characteristics of community sport engagement and health enhancement among older adults in the Xinxingyuan community of Nanning City. SPSS software was used to analyse the basic profile of community sport engagement and health enhancement of the subjects were analysed, and the relationship between the two variables were analysed. In conjunction with the comments from the interviews, the challenges of community sport engagement among older adults and strategies for sustainable development were analysed. The results of the study are used to improve the level of community sport engagement and health enhancement among older adults and to enhance physical activity, thereby promoting physical and mental health.

3. Research Design

This study used a descriptive comparative research design and a correlational research design. A descriptive comparative research design is a quantitative research design that reveals relationships or differences between different groups or conditions by comparing phenomena or variables across them. In this study, descriptive statistical analyses such as mean, standard deviation, and percentage was used primarily to describe and compare the relationship between different variables. In contrast to the descriptive comparative research design, the correlational research design of this study was designed to investigate the relationship between community sport participation and health promotion among Chinese older adults.

Quantitative data was collected through questionnaires covering older people's community sport participation, health promotion levels, etc. Qualitative data was collected through semi-structured interviews to gain an in-depth understanding of older people's experiences, views and perceptions. Quantitative data explored the relationship between community sport participation and health promotion using statistical analysis methods such as descriptive statistics and correlation analysis. Qualitative data were generalize and summarize through content analysis methods to extract important themes and insights.

Results from both quantitative and qualitative data are synthesize and analyze to gain deeper insight and comprehensive understanding. Quantitative results may be interpret and support on the basis of qualitative findings. In the quantitative study, a random sampling method was used to select a survey sample of elderly residents within the Xinxingyuan community. For the qualitative study, three community leaders and a representative or experienced group of five older adults were selected for interviews.

This study used a structure questionnaire and a semi-structure interview guide for data collection. The questionnaire included content relate to community physical activity participation and health promotion dimensions. The interview guide was center on topics such as community physical activity and health feelings. Quantitative data was analyzed using statistical software such as SPSS, including descriptive statistics and correlation analysis. Qualitative data was categorize, code and organize through content analysis methods to extract major themes and patterns from the interviews.

3.1. Research Locale and Research Participants

This study provides the following brief description of the Xinxingyuan community in Nanning City, Guangxi Province, China.

Xinxingyuan Community is locating in Nanning City, Guangxi Zhuang Autonomous Region, Zhuxi South Road, No. 18, at the foot of the beautiful scenery of the Qingxiu Mountain, is the first legally establish community neighborhood committees in Guangxi, is a national gold medal demonstration district, Xinxingyuan Community is established on December 9, 2000 ...

The community covers an area of 450,000 square meters, with 5,123 households and more than 12,800 people, including 3,847 elderly people. There are schools, cultural centers, medical service centers and other public facilities in the community, as well as a perfect commercial network. In the spirit of "self-stage, self-singing, self-entertainment and civilization", the community insists on organizing and carrying out various kinds of recreational and sports activities that are popular among the public and actively participate in during holidays.

4. RESULTS AND ANALYSIS

4.1. The Profile of Older -respondents

This chapter presents the presentation, analysis, and interpretation of data. The discussions are based on the sequence of the statement of the problem while analysis and interpretation are based on the treatment of data and guided by the literature and studies gathered in this study.

1. The profile of older -respondents

Table 1 shows the basic profile of the study population, including gender, age and highest level of education. In terms of gender, there were 170 males, or 56.7 per cent of the total, and 130 females, or 43.3 per cent. Thus, there were slightly more male participants than female participants. The age distribution of older people was over 60 years old, with a major concentration between 60 and 70 years old. Of the 300 respondents, 170 or 6.7 per cent were between the ages of 60 and 70. Eighty-three, or 27.7 per cent, were aged between 71 and 80. Forty-seven (15.7 per cent) were over 81 years of age. Regarding the respondents' highest level of education, 189 or 63.0 per cent had a secondary school education. The number of respondents with high school education was 39, or 13.0 per cent. Fifty-eight respondents, or 19.3 per cent, had a bachelor's degree. There were 14 people with a master's degree, accounting for 4.7 per cent. From the data, it can be seen that most of the respondents have a secondary school education as their highest level of education.

Table 2 shows the assessment of community sport participation for older respondents, mainly in terms of continuity of participation. The mean values range from 1.97 to 2.18. This indicates that the mean level of the respondents varied slightly across the different continuity indicators. The indicator with the largest mean was item 3, "I regularly participate in community fitness classes or team activities", which had a mean of 2.18. This indicates that older respondents have a relatively high level of regular participation in fitness classes or team activities. The indicator with the smallest mean was item 1, "I regularly participate in community sports activities", which had a mean of 1.97. This indicates that older respondents are relatively

less likely to participate in community sports activities on a regular basis. The overall mean was 2.08, this indicates that the overall level of persistence of the older respondents in

terms of the persistence of their participation in community sports activities was interpreted as Fair.

Table 1. The Profile of older -respondents

Sex		
	Frequency	Percentage
Male	170	56.7%
Female	130	43.3%
Total	300	100%
Age		
	Frequency	Percentage
60-70 years old	170	56.7%
71-80 years old	83	27.7%
81 years old and above	47	15.7%
Total	300	100%
Highest Educational Attainment		
	Frequency	Percentage
Middle School	189	63.0%
High School	39	13.0%
Undergraduate	58	19.3%
Master's Degree	14	4.7%
Total	300	100%

4.2. The Assessment of Community Sport Engagement of the Older-Respondents

Table 2. Assessment of community sport engagement of the older-respondents in Terms of Continuity of engagement

Indicators	Mean	SD	Description	Qualitative Interpretation	RANK
1. I regularly participate in community sports activities.	1.97	.817	Disagree	Fair	6
2. I have maintained a steady frequency of physical activity over the past six months.	2.03	.819	Disagree	Fair	5
3. I regularly participate in community fitness classes or team activities.	2.18	.845	Disagree	Fair	1
4. I have been involved in community sports for more than one year.	2.11	.904	Disagree	Fair	3
5. I have maintained continuous engagement in recent physical activities.	2.05	.800	Disagree	Fair	4
6. I have been exercising regularly without interruption.	2.13	.867	Disagree	Fair	2
Composite Mean	2.08	.762	Disagree	Fair	

N=300. Parameter limits: 3.51-4.00 Strongly agree/Excellent; 2.51-3.50 Agree/Good; 1.51-2.50 Disagree/Fair; 1.00-1.50 Strongly disagree/Poor

Zhao et al (2023) showed that older adults face many challenges in participating in community physical activities on a regular basis. For example, physical limitations, time and space constraints, and lack of social support affect older adults' participation. The results presented in Table 2 show that older respondents had lower mean values for regular participation in community physical activities, which is in line with the findings of Zhao et al (2023). Yu (2021) showed that regular participation in community fitness classes or team activities had a positive impact on the health and socialization of older people. These activities not only improve older

people's fitness and health, but also enhance social networks and community cohesion. Older respondents had higher means in this area, suggesting that community fitness classes and team activities are popular among older people and have positive social benefits (Wang, 2023). Continuous participation can help older adults maintain good physical condition and mental health and increase life satisfaction. The overall level of older respondents' perceptions of sustained participation was at a moderate level, suggesting a need to strengthen the support and promotion of sustained participation among older adults (Qiu, 2022).

5. Conclusion

Based on the presented findings of the study, the researcher came up with the following conclusions:

1. Individuals' gender, age and education level have a significant impact on their community sport participation and health and well-being, and these individual differences need to be taken into account in the development of relevant policies and programs.

2. There is a significant positive correlation between community sports participation and the health and well-being of individuals. This provides important evidence and support for encouraging and supporting community sports participation as an effective way to promote health and well-being.

3. The correlation between individual characteristics and community sport participation reminds us that individual differences should be taken into account when designing relevant policies and programs, so as to provide customized services and support for different groups.

4. The health and well-being of older people needs urgent attention and improvement, especially in terms of physical health, mental health and quality of life.

5. The impact of individual characteristics on health and well-being deserves our attention, and it is crucial to provide customized health management solutions for different groups.

6. Community sports activities play an important role in promoting the health and well-being of older people, and related activities should be further promoted and strengthened.

7. The community can convey the correct health information to the elderly through health lectures and health education materials. This information includes the positive effects of physical activity on preventing chronic diseases, maintaining good health and improving quality of life. Through these channels, older people can increase their knowledge of physical activity and thus be more willing to participate.

8. Five themes emerged as a sustainable strategy for the participation of older persons in community sport, namely the provision of education and training opportunities, innovative sports activities and programmes, design and planning of community sport programmes, sustainable management of funds and resources, and community cooperation and partnerships.

6. Recommendations

Based on the conclusions derived in this study, the following are the recommendations:

1. Customized health management plan: In view of the significant impact of individual characteristics on community sports participation and health and well-being of the elderly, it is recommended that relevant departments and community organizations develop customized health management plans to provide personalized health services and guidance for the elderly of different ages, genders and education levels.

2. Improve community sports facilities: In view of the needs of the elderly to participate in community sports activities, it is suggested to strengthen the improvement and construction of community sports facilities, including repairing existing facilities, adding fitness equipment, transforming parks and other venues, so as to improve the convenience and comfort of the elderly to participate in sports activities.

3. Promote innovative community sports programs.

Encourage and support communities to carry out innovative sports activities and projects such as health gymnastics, outdoor walking, and dance classes for the elderly, attract more elderly people to actively participate and enrich their choices. Physical activity.

4. Strengthen health education and publicity. Strengthen the publicity and education of the health awareness of the elderly, popularize health knowledge, guide the elderly to establish correct health concepts and behaviors, and improve the enthusiasm and participation of the elderly in sports activities.

5. Establish a cross-departmental cooperation mechanism: It is suggested that the government, community organizations, medical institutions, volunteer groups and other parties cooperate to jointly formulate and implement policies and projects for the elderly to participate in sports, and form policies and projects for the elderly to participate in sports. Establish a good inter-departmental cooperation mechanism to provide comprehensive support and services for the elderly.

6. Establishing economic subsidies and preferential policies: In response to challenges such as economic and time constraints, it is recommended that the government and relevant organizations establish economic subsidies and preferential policies to encourage the elderly to actively participate in community sports activities, lower the threshold of participation, and increase the participation rate.

7. The health and well-being of older persons is one of the major concerns of society. In order to improve the quality of life of the elderly and reduce the incidence of health problems and diseases, this health and well-being program aims to promote physical activity, social interaction and mental health.

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