

AN EXAMINATION OF THE SUSTAINABLE ENHANCEMENT OF MIGRANT WORKER SPORTS

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Abstract: This paper mainly uses literature and survey methods to describe and analyze the current situation of migrant workers' sports in China. The results show that migrant workers have weak physical health awareness, monotonous forms of physical exercise, strong randomness in physical exercise, and poor integration of physical exercise. This phenomenon has both internal and external reasons. Recommendations: Give full play to the functional role of government departments, strengthen the sports awareness of migrant workers, mobilize social forces to care for migrant workers' sports, coordinate the development of migrant workers' sports, and pay attention to the sports of the new generation of migrant workers.

Keywords: Migrant workers' sports; Current situation; Countermeasures

1 CURRENT STATUS OF MIGRANT WORKERS' SPORTS DEVELOPMENT

As the largest and most complex group that has moved from rural areas to cities in the process of social change, migrant workers have attracted more and more attention from all walks of life. The National Statistics Department pointed out in the "2017 Migrant Workers Monitoring Survey Report" released in early 2018 (hereinafter referred to as the "Survey") that the total number of migrant workers throughout the motherland in 2017 reached 286.52 million. [1] Roughly calculated, accounting for approximately 20% of the country's total population. In today's China, driven by the Beijing Olympics, the sports industry is booming and its influence around the world is growing. However, there are still many imbalances, and migrant workers' sports are one of them. Under the current social reality in our country, migrant workers have been wandering between rural and urban areas for a long time, and their mobility is high. Therefore, their sports status is also in a blind spot, which is also a shortcoming in the development of mass sports and national fitness. Building our country into a democratic, civilized, modern and powerful country is the development strategy of the new century, and migrant workers are both builders and witnesses, and they should be beneficiaries.

The number of migrant workers across the country is constantly increasing, and migrant workers in most areas are in a stable export state. This is the general trend of social development. Improving the physical and intellectual level of migrant workers is not only beneficial to migrant workers, but also conducive to the construction of beautiful cities. As a Chinese citizen, everyone enjoys the right to sports, which is also a basic health right. However, the survey found that the reality is quite different from the ideal.

1.1 Migrant Workers have Weak Sports and Health Awareness

The body is the capital of revolution, but migrant workers have weak sports awareness. The long-term working style in rural areas has caused migrant workers to lack the awareness of exercise and a life philosophy of working and resting with the sunrise and sunset. Even in their free time, they will not engage in physical exercise. When migrant workers face the new urban environment, they will not regard sports as a habit.

1.2 The Form of Physical Exercise for Migrant Workers is Monotonous

Studies have shown that most of the new generation of migrant workers participate in equipment and consumer sports activities, while the older generation of migrant workers are accustomed to doing bare-handed exercises. On the whole, not spending money or spending less money is also the basic principle of physical exercise for migrant workers. Especially for older migrant workers, their exercise always lacks scientificity and rationality. In terms of sports form, there is no organization or discipline, technical movements are irregular, and there is a lack of passion and motivation. It is more like playing to kill time rather than promoting physical health.

1.3 Migrant Workers' Physical Exercise is Highly Arbitrary

The "Survey" pointed out that due to the constraints of overtime and shifts, coupled with the huge labor load, instability has been brought to migrant workers' sports. Migrant workers are always on the edge of the city. Although they are large in scale, it is difficult to organize large-scale sports activities due to different commuting times and scattered living areas. Randomness has become a major feature of migrant workers' sports. Some migrant workers only participate in sports once every few months or even half a year, and some exercise for several hours at a time. They lack reasonable control over the load and the correct selection of projects. This kind of arbitrariness will bring about a series of safety hazards and even cause physical damage.

1.4 Migrant Workers have Poor Integration into physical Exercise

The poor integration of physical exercise among migrant workers is mainly due to the following reasons: First, due to economic constraints, as migrant workers, their own income is low and they can no longer afford non-essential sports consumption; secondly, their lower educational level makes them less interested in physical exercise. Low attention to health and lack of attention to health naturally restricts the development of sports; finally, the lack of acceptance in cities is also the biggest obstacle to the development of sports for migrant workers. Sports in cities are mostly group-based, disciplined and organized activities., and it is difficult for migrant workers to participate. Although there are some free sports resources, identity issues still restrict their sports participation [2].

2 ANALYSIS OF THE REASONS FOR THE CURRENT SITUATION OF MIGRANT WORKERS' SPORTS

The Olympic Games, Asian Games, World Championships and other large-scale events have been held in our country one after another, which not only increased people's enthusiasm for participating in sports, but also changed people's traditional understanding - sports are not only about competing for gold and silver on the field, but also in daily life. component. Our country is currently in a period of rapid economic growth. After people have become accustomed to a rich material life, they begin to pay attention to their health. "Buying health" and "giving health" have gradually become popular. In the face of the people's surge in sports enthusiasm, the national administrative department has also promulgated a number of policies and regulations to protect the people's sports rights. However, the sports status of migrant workers who contribute to urban construction is very different from the current sports development [3].

2.1 Obstacles from National Systems

Starting from the "Household Registration Regulations" promulgated in the 1950s, our country's government strictly controlled the urbanization development of the rural population, thus forming an urban-rural binary system. Under such a system, the economic level, welfare benefits and public resources between urban and rural areas A growing gap has arisen. Among public resources, the government has long provided preferential expenditures to urban residents who account for 37% of the population, with numerous explicit and covert fiscal subsidies. The same is true for public sports facilities. Cities are rich in resources, but rural areas are quite lacking in equipment, venues, funds, etc. The living environment of villagers generally lacks sports facilities, and their cultural level is generally low, resulting in their weak sports awareness and information acquisition ability. There are few methods and ways to participate in exercise. Even if they enter the city, they lack the ability to rationally utilize the abundant sports resources, and the household registration system is the basis for residents to enjoy public resources. Compared with urban residents, migrant workers lack the right to enjoy public resources [4].

2.2 Deviations in Urban Policies

Due to various policy reasons, the rural economy lags far behind that of the city, and the income gap between urban and rural areas is large. Stimulated by high income and a better life, villagers choose to develop in cities, hoping to change the status quo. As migrant workers continue to enter the city, more and more public resources are occupied, but resources are limited, and urban resources are difficult to improve in the short term. Therefore, the emergence of migrant workers has increased the burden on the city and may bring The quality of life and happiness of urban residents are reduced. For the benefit of urban residents, urban administrative departments will promulgate a series of policies to raise the entry threshold and reduce the number of migrant workers to alleviate the strain on public resources caused by the increase in the number of migrant workers.

2.3 Discrimination among Urban Residents

With the development of urbanization, many migrant workers move out with their families, not only their spouses, but also their children and parents. This migration takes up a lot of urban space and resources, and has an impact on the lives of urban residents. This impact Will lead to reduced social welfare. The cultural differences between urban residents and migrant workers have led to a lack of effective communication between the two, creating a gap between them. Therefore, migrant workers are often discriminated against by urban residents, and they are restricted from using public resources such as sports facilities.

2.4 Indifference of Business Units

Although the country currently vigorously advocates a harmonious society, there are still some companies that lack a sense of responsibility. They purely pursue economic interests, regard migrant workers as money-making machines, and ignore their basic rights. Studies have shown that the monthly and daily workload of migrant workers exceeds the legal working hours, and this phenomenon has no tendency to alleviate, which also results in migrant workers having no time to exercise. Moreover, migrant workers are mostly engaged in long-term, high-intensity industries, such as construction and manufacturing, so they are unable to do physical activities.

2.5 Weakness of Own Culture

The higher a person's educational level, the deeper his understanding of sports will be. Previous research has also proven that participation in physical exercise is highly correlated with academic qualifications. In rural areas, due to the lack of various conditions and the lack of rural physical education, migrant workers lack sports knowledge and skills. Even when they face a variety of fitness facilities in the city, they lack the consciousness to participate.

2.6 Lack of Professional Skills

Most of the migrant workers who go out to make a living only have a junior high school education, and few have a high school degree or above. This is an important reason why migrant workers lack vocational skills. This also leads to the fact that most of them can only engage in manual labor, such as construction, services, manufacturing, etc. The industry requires little mental labor and requires low professional skills, and the remuneration they receive is also relatively low. Although the administrative departments have formulated relevant policies in recent years and the wages of migrant workers have increased, this increase is far lower than the increase in urban prices. The purchasing power of migrant workers has not increased but declined. The reality is that migrant workers spend their basic living expenses Consumption on basic necessities (food, clothing, housing and transportation) is still high, while other consumption expenditures (medical care, sports) are relatively low. In addition, many cities currently adopt a point settlement system, and the lack of vocational skills of migrant workers makes it difficult for them to obtain urban household registration. This point system usually includes a series of indicators, mainly the number of years of participating in social security, the number of years of residence in the city, real estate and Jobs, etc., migrant population must meet a certain score in this series of conditions before they can apply for urban household registration. However, most migrant workers are unable to achieve this, because this reform plan is mainly aimed at highly skilled and highly educated talents, and the cultural level and vocational skills of migrant workers Therefore, it is very difficult for them to "register", which also leads to the inability to enjoy public resources equally.

3 ANALYSIS ON THE DEVELOPMENT STRATEGIES OF MIGRANT WORKERS' SPORTS

3.1 Give Full Play to the Functions of Government Departments

Since the 1990s, the country has promulgated a number of policies and regulations related to national fitness. Especially after Beijing's successful bid for the Olympics, the Chinese government's support for sports activities has reached an unprecedented level. For migrant workers' sports, the government defines them as "migrant workers" and "vulnerable groups" in some articles. However, in actual implementation, due to the issue of attribution of responsibilities, migrant workers' sports rights cannot be guaranteed. This flaw is serious. Restricting the construction process of national fitness. Xi Jinping once pointed out in the two sessions that "we should work in areas where the people feel unhappy and unhappy." In the process of building socialism with Chinese characteristics in the new era, one of the government's responsibilities is to pay attention to and protect the sports rights of migrant workers.. During the organization and implementation process, the government's sports services should be extended to migrant workers, and relevant departments should clarify and standardize migrant workers' sports laws and policies to safeguard the vital interests of migrant workers; the units where migrant workers work should formulate specific physical exercise content, time, units and individuals that fail to perform should be severely punished and held criminally responsible. Continuously improve the relevant systems of migrant workers' sports, and with the joint efforts of the government and sports administrative departments, put migrant workers' sports on the right track, promote the comprehensive development of national fitness, and contribute to the early realization of our country's dream of becoming a sports power [5].

3.2 Strengthen the Sports Awareness of Migrant Workers

Weak self-awareness is a major obstacle restricting the development of migrant workers' sports. A good body can not only improve the quality of work, but also help improve work efficiency. From a macro perspective, it can create greater benefits for enterprises, promote economic growth, and create a good living environment; from a micro perspective, it can increase the income of migrant workers, which is conducive to personal development and family stability. The health of migrant workers is of great significance to the country and the well-being of their families. Studies have shown that the health status and educational level of migrant workers largely determine their sports awareness and needs. When conditions (time, economy) permit, the higher the health level and educational level, the greater the sports demand. The stronger. However, the "Survey" pointed out that the education level of migrant workers in my country is low, which directly affects their attitude towards health and sports awareness, leading to a self-isolated status quo, which leaves both body and mind in a sub-healthy state. To change this, first, break through ideological bottlenecks, give migrant workers maximum humanized care, pay attention to their emotional needs, let migrant workers have more access to health knowledge, get rid of the misconception that migrant workers do not need sports, and establish " Secondly, the sports administration department should work with business units to provide migrant workers with free subscriptions to sports magazines and newspapers. If possible, electronic reading rooms can be provided for migrant workers to stimulate migrant workers through reading. to meet their sports needs and improve their cultural accomplishment; thirdly, regularly conduct sports skills training for migrant workers to help them master

certain fitness methods and methods; finally, regularly organize migrant workers' sports activities every year, such as basketball games and football games. Games, badminton games, track and field games, etc., through competitions to increase the enthusiasm of migrant workers to participate in sports and enable them to consciously develop the habit of exercising [6].

3.3 Use Social Forces to Care for Migrant Workers' Sports

Reasonable physical activities can not only strengthen the body and enrich spiritual life, but also release people's mental pressure and enhance the relationship between people. Migrant workers have worked hard for the construction of the city. They are also part of the city and should enjoy all reasonable sports rights. However, in the process of urbanization of migrant workers, due to differences in industry, behavior, culture, etc., they have suffered from indifference from many "city dwellers", unfair treatment from employers, and even wage arrears. In the process of creating a harmonious society and In the process of building a beautiful city, they worked hard and overdrafted their health. However, after all their hard work, they were still on the edge of urban sports. This is a fatal flaw in the development of harmonious China. To solve this problem, social obstacles must be overcome and the integration of migrant workers into cities must be promoted. Therefore, we must mobilize all available forces, whether official or private, public or collective, corporate or unit, to protect migrant workers' sports. For example: the administrative department has formulated laws and regulations to reduce the working hours of migrant workers, built sports facilities near migrant workers' rental houses, and provided conditions for migrant workers' sports; established clubs among migrant workers, and organized colorful and interesting sports activities at appropriate times to provide opportunities for migrant workers. Migrant workers' sports provide opportunities.

3.4 Coordinate the Development of Migrant Workers' Sports

Multiple groups in the same area have more or less symbiotic relationships, sometimes explicit and sometimes implicit, and group divisions or uneven distribution will cause damage to interests. Whether they are in cities or rural areas, the health of migrant workers will affect the health status of certain groups within the spatial range. This includes hiring units that have significant interests with migrant workers, colleagues who work together, and migrant workers. Family etc. Due to historical reasons, the urban-rural duality has existed for a long time, and many factors that widen the distance between rural and urban areas cannot be effectively controlled. These factors have contributed to the formation of their own characteristics in rural and urban areas, resulting in different outlooks on life and health in rural and urban areas. same. Although most rural people have solved their food and clothing problems and have convenient transportation and developed communications, they are still unable to integrate into urban sports. In the new era when everyone is pursuing a happy life, the development of migrant workers' sports must be coordinated. Migrant workers have contributed to national development and urban construction. This is not only a reward for fellow migrant workers, but also promotes the construction of new rural areas and cultivates qualified talents. The needs of urban workers and the construction of national spiritual civilization. To coordinate this development, the government and sports authorities should allocate sports resources rationally, so that migrant workers can also enjoy sports rights under the principle of balancing supply and demand. By coordinating the development of migrant workers' sports, we will maximize the intermediary role of sports in transforming migrant workers' lifestyles, values, ways of thinking, etc., so that sports can truly become an integral part of migrant workers' lives and let migrant workers realize the benefits of sports. Be happy, enjoy sports and health, lead them to establish a correct outlook on life and values, develop a healthy and civilized lifestyle, and improve the quality of life and overall quality. This is of great significance not only to building beautiful countryside, but also to building a harmonious society, building socialism with Chinese characteristics and realizing the great rejuvenation of the Chinese nation.

3.5 Pay Attention to the New Generation of Migrant Workers' Sports

Compared with the older generation of migrant workers, working in cities to earn money to support their families is no longer the sole purpose of the new generation of migrant workers. They have shown their yearning for urban life and have strong citizen aspirations. They are young and energetic, have a higher cultural level than their predecessors, and their sports awareness can perfectly connect with the city. The "Survey" shows that migrant workers born in the 1980s account for nearly 50% of the total. This huge social group is gradually growing into a pillar force for urbanization and industrialization. The party's basic line states: To build our country into a powerful socialist country and ultimately realize the great rejuvenation of the Chinese nation, facing the dream of a powerful country, the new generation of migrant workers shoulder a more important mission than the older generation of migrant workers. They are the main force in building a new China. The military is the foundation for building a healthy China and a strong sports country. In January 2018, multiple departments jointly issued the "Youth Sports Promotion Plan". The health of teenagers directly affects national prosperity, social civilization and family harmony. The great rejuvenation of the Chinese nation must be based on the healthy physique of teenagers. Therefore, one of the focuses of sports in the new era is to pay attention to the sports issues of the new generation of migrant workers and their children. This is not only a care for migrant workers, but also reflects the country's fairness and justice in treating sports [7].

4 CONCLUSION

Migrant workers are an important force in urban construction and the driving force behind economic development. Whether migrant workers are healthy or not directly affects the city's happiness index, and will also have an impact on the development of the national economy. In the current sports industry, migrant workers' sports are relatively backward and are a weak link in the development of national fitness sports. In the new era when people across the country are constantly pursuing a happy life, migrant workers' sports will receive more and more attention from the society. will play a more important role in social development. Developing sports for migrant workers is an important link in developing mass sports, which is also in line with the basic requirements of sustainable development; it is an important foundation for moving from a big sports country to a strong sports country; it is an inevitable requirement for the great rejuvenation of the motherland; it is also the pursuit of national economic development and the people Intrinsic requirements for happiness.

COMPETING INTERESTS

The authors have no relevant financial or non-financial interests to disclose.

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