

The Challenge and Opportunity of Youth Leisure Sports Development under "Double Reduction" Policy

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Abstract

Review Article

In recent years, with the social development, the full name of fitness sports set off a boom, leisure sports gradually entered the public's vision, and with the promulgation of the "double reduction" policy, youth leisure sports has been further paid attention to, this study uses the method of literature, access to the literature of youth leisure sports, to discuss the challenges faced by the development of youth leisure sports in our country so far. The problems that need to be solved, as well as the development opportunities of youth leisure sports under the background of "double reduction" policy. The research content includes the opportunities and challenges of youth leisure sports development under the "double reduction" policy, and how to develop youth leisure sports under the background of "double reduction" policy. Conclusion: Under the "double reduction" policy, the opportunities for the development of youth leisure sports in China have policy support, the vigorous development of the sports industry, the increase of exercise time, etc., the main challenges are difficult to implement the policy, the equipment is not perfect, and the attraction of non-sports entertainment projects. We need to refer to and learn from the development characteristics of youth leisure sports in other countries, strengthen youth leisure sports education, vigorously build and improve public sports facilities, and open school sports facilities.

Keywords: "Double reduction" policy, youth, leisure sports.

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INTRODUCTION

In recent years, with the progress of our society, the rapid development of economy and the continuous improvement of the quality of national life, leisure sports gradually began to enter people's vision, and in recent years, the rise of the national fitness craze has also made the development of leisure sports reach a peak. What is leisure sports, leisure sports is different from competitive sports a way of sports, its purpose is not to improve sports performance, break through their own limits, but ordinary people in the free time of work or labor, to physical fitness, leisure and entertainment for the purpose of sports.

1. Opportunities for the development of youth leisure sports under the double reduction policy

1.1 The policy supports strengthening the concept of sports and health

Before the double reduction policy, physical education was often regarded as a secondary subject. Although it was a test item in the senior high school entrance examination, it was still not paid attention to

by students and parents due to its small score and small proportion. In this case, no matter the students' parents suspect or the school, the concept of sports and health is relatively weak. With the introduction of the double reduction policy, both the study time and the pressure have been greatly reduced. While the heavy study pressure has been alleviated, the time for physical exercise has increased, which also means that the status of physical education has risen, and the importance of physical education has reached a peak [1]. At the same time, from teachers to students to parents and the public, the awareness of physical exercise is enhanced, the concept of health is strengthened, and the view of physical education and health is changed from contempt to emphasis. The improvement of young people's sports health concept and the strengthening of exercise will undoubtedly play a great role in the development of leisure sports.

1.2 The sports industry develops vigorously

In recent years, with the rapid development of China's economy, the material life of the public is

satisfied at the same time, the spiritual demand is getting higher and higher, the pursuit has been not limited to food and clothing life, the happiness of life has become the hope of more people. In today's rapidly developing society, people's mental pressure is also increasing, especially for young people, in this case, entertainment and physical and mental health become the top priority. Sports, which can not only strengthen the body but also relax the body and mind, have become the choice of leisure and entertainment for more and more people [2]. When people's demand increased, the commercial market also provided the corresponding supply, and the sports industry flourished. The prosperity of the sports industry market environment undoubtedly provides great help and convenience for the development of leisure sports.

1.3 More time for after-school sports exercise (less burden and pressure)

Before the double reduction policy was promulgated, the heavy schoolwork pressure had been plaguing teenagers, and it could even be said that it hindered their normal and healthy development. Its main manifestations are too much extracurricular homework and too much off-campus training crowding out teenagers' spare time, which is originally the main time for teenagers to relax, have fun, exercise and experience life. However, excessive pressure of extra courses and homework not only prevents teenagers from having normal time for physical exercise and recreation, It also affects the physical and mental health of the new generation of teenagers. Dong Haijun *et al.*'s research shows that the trend of adolescent physical development, showing that the outer substance increases year by year, while the inner substance decreases year by year, that is to say, although Chinese teenagers in terms of body size, such as height and weight increase year by year, but the body size is getting taller and taller at the same time, the physical quality is getting weaker and weaker, and this phenomenon appears, the culprit is the lack [3] of physical exercise. The double reduction policy liberates teenagers' spare time, so that teenagers can have more time for physical exercise. With the vigorous development of the sports industry, there will be more sports training institutions instead of schoolwork training institutions appearing in the lives of a new generation of teenagers. Leisure sports refers to the non-utilitarian physical and mental sports activities carried out in leisure time. Therefore, the increase of youth's leisure time is a great opportunity for the development of youth leisure sports.

2. The challenge of youth leisure sports development under the double reduction policy

2.1 It is difficult to implement the policy in depth

Although the double reduction policy stipulates the reduction of extracurricular training institutions and extracurricular homework, academic

performance has always been the most concerned aspect of most students, teachers and parents because of the pressure of Chinese teenagers' high school entrance examination still exists. Although there is no after-school homework and training institutions, but it does not mean that the time for teenagers to exercise has been increased, additional academic pressure still exists in other ways in the after-school time of teenagers, such as students or parents spontaneously add more after-school homework for themselves, or after-school training in the form of private tutoring, private make-up lessons. These aspects all lead to the double reduction policy is difficult to implement, although the surface of extracurricular training and extracurricular homework are cut, but still can not effectively improve the time of youth physical exercise, it is difficult to reduce the pressure of students under the mechanism of college entrance examination [4].

2.2 Sports facilities are not complete enough

Leisure sports are non-utilitarian sports activities in spare time, which determines that the conditions of leisure sports activities should not be too harsh. At present, the construction of mass sports facilities still needs to be improved, and can not provide the masses with very convenient physical exercise conditions, which are mainly manifested in less venues, old equipment and higher charges. The lack of perfect sports venues and facilities makes the convenient conditions for the public to carry out leisure sports activities not popular enough [5]. At the same time, there is also the problem of too single venue and way, most of the sports venues are used for running, basketball, football and other traditional projects, many popular but interesting projects, such as rock climbing, roller skating, kayaking, etc., the venue facilities are too lacking, so that many people who want to have leisure sports exercise are discouraged because they can not find the right venue.

2.3 Attraction of non-sports and entertainment projects

Although the dual-reduction policy has increased students' after-school time compared with the past and eased the pressure of schoolwork, it is still a big problem [6] whether the increase of after-school time can increase the time of physical exercise for teenagers. With the development of society, people's demand for entertainment has increased, and other non-sports entertainment activities have also been greatly developed. The over-developed entertainment industry has further squeezed the development space of the sports industry. Nowadays, with the development of science and technology, social network and electronic technology are updated rapidly, and the electronic products and entertainment industry have generated great attraction for young people, making a large number of young people prefer non-sports

entertainment activities or electronic games in their spare time [7].

3. How do youth leisure sports develop under the dual-reduction policy

3.1 Reference and learn from the development characteristics of youth leisure sports in other countries

In China, leisure sports has just begun to enter the public vision, while in many other developed countries, leisure sports has a long history and accumulated more experience. Although the national conditions of each country are different, there are still many experiences worth learning from. Wang Jing *et al.* analyzed the characteristics of Japanese youth leisure sports and concluded that schools play an important role in Japanese youth leisure sports. The highest sports facilities used by Japanese youth are schools, and school sports associations are the most popular sports organizations [8] for Japanese youth. This is mainly due to the social nature of leisure sports, and school is the most important social platform for teenagers. Therefore, we can also see that to develop youth leisure sports in our country, we should strengthen the position of schools in it, not only rely on social sports training institutions, but strengthen the connection between schools and off-campus sports.

3.2 Strengthen youth leisure sports education

Although in recent years, leisure sports has gradually entered the public's vision, but people are still less aware of leisure sports, especially for teenagers, because teenagers spend most of their time in school, contact more school sports, and rarely know about leisure sports. Therefore, to vigorously develop youth leisure sports, first of all, we should strengthen the education of youth leisure sports, guide young people to carry out correct and healthy leisure sports activities, and develop good sports habits.

3.3 Vigorously build and improve public sports facilities, open school sports facilities

Even in recent years, the national fitness craze has made more and more people participate in physical exercise, but the construction speed of sports facilities in society still fails to catch up with the increase in the number of physical exercise. The number of school sports facilities in China is rich, and the school sports facilities account for more than half of the total. And the research shows that the main sports place of our youth is the school, open school sports facilities, can be more convenient for young people in the spare time to carry out sports activities, enjoy a good sports environment to provide the necessary conditions [9].

3.4 Improve leisure sports policies, laws and regulations

In general, leisure sports in China is still in the initial stage of development, although the number of leisure sports institutions has increased rapidly in recent years, but the relevant policies and laws and regulations are not perfect. There are often problems such as sports disputes, safety responsibility problems, overcharging problems, etc. The rights and interests of leisure sports consumers cannot be fully guaranteed, and the contradictions between social sports institutions, leisure sports participants and consumers cannot be effectively solved. In addition, many sports institutions charge high fees, so that other institutions also flock to, resulting in a generally high level of consumption of high-quality sports resources in society, obviously does not conform to the mass attributes of leisure sports, is not conducive to the popularization and development of leisure sports. Therefore, the need for the support of relevant policies, for consumers and participants and sports institutions, the formulation of relevant laws and regulations standards, coordination of possible contradictions, to solve the problem of safety and accident liability division, to better protect the rights and interests of consumers or participants, but also put forward relevant regulations for sports institutions to ensure its smooth operation.

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