

Implementation of Chinese Traditional Sports Affecting Students' Attitude towards Sportsmanship



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ABSTRACT: This study aims to enhance the educational value of national traditional sports by incorporating elements of competition and entertainment. It was conducted at a selected school in Xiamen, China, involving Physical Education teachers and 292 students. A correlational design was used to quantify the implementation of Chinese traditional sports and assess students' attitudes towards sportsmanship. The questionnaire was reviewed by experts in physical education and traditional Chinese sports, and the study was conducted with permission and ethical clearance. The results showed a significant correlation between the extent of implementation of Chinese traditional sports and students' attitudes towards sportsmanship, with a significance value of .000. The study adhered to the highest ethical standards, including providing a comprehensive explanation of the study's purpose and nature.

KEYWORDS: Chinese Traditional Sports Students' Attitude, Sportsmanship, Educational Value

1. INTRODUCTION

The historical background of traditional sports in China is characterized by a profound and extensive presence, intricately intertwined with the cultural fabric of the nation. According to Wang and Zang (2023), it is noteworthy to recognize that these sports encompass not solely a means of engaging in physical exertion, but also serve as a manifestation of the traditional culture and values upheld by the respective country. The central aim of conventional ethnic sports education is to cultivate a dynamic and mutually advantageous relationship between instructors and students, placing special emphasis on personalized interpretation and the exercise of autonomy in the process of acquiring knowledge (Zhang & Xia, 2015).

The preservation of Chinese national traditional sports culture is an imperative endeavor to safeguard and uphold its invaluable cultural heritage. In order to optimize the educational experience, it is recommended that educators incorporate ethnic traditional physical education into their curriculum, thereby fostering cultural diversity and inclusivity (Pei & Gong, 2021).

The profound impact of sports culture on the cultivation of national identity and the advancement of society is a matter of great importance. The traditional sports culture of Yanzhao is notable for its deep-rooted humanistic foundations. The 2022 Winter Olympics offered a unique opportunity to promote inter-cultural communication through traditional national sports. This, in turn, has the potential to cultivate a more profound Chinese national identity and enhance the significance of sports culture within the province (Wang et al., 2021).

The spirit of sportsmanship is a fundamental aspect of athletic competition that encompasses a range of behaviors and attitudes exhibited by athletes. It is a code of conduct that emphasizes fairness. It was initially proposed by Keating in 1964, places significant emphasis on the development of fundamental virtues and interpersonal attitudes. The incorporation of sportsmanship promotion within the realm of physical education has given rise to the emergence of intervention programs such as Sports Education and Teaching Personal and Social Responsibility (TPSR). The programs under consideration prioritize the cultivation of attributes such as teamwork, cooperation, as well as acceptance and respect, as highlighted by Duro et al. (2021).

Sport education (SE) has been widely recognized as a valuable pedagogical approach that enhances students' understanding of ethical principles and sports-related behavior. It is important to note that teachers may interpret these principles differently due to their unique professional socialization experiences (Schwamberger & Curtner-Smith, 2018).

The cultivation of favorable sportsmanship is a commonly embraced objective in the domain of school physical education and youth sport organizations. Educators and mentors play a crucial role in the domain of knowledge dissemination and the cultivation of sportsmanship principles. Therefore, it is of utmost significance to grasp the alignment between individuals' behaviors, as emphasized by Bolter et al. (2018).

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Thus, the incorporation of traditional sports within contemporary physical education necessitates meticulous strategizing and implementation. The focus of this study is to enhance the educational value of national traditional sports by incorporating elements of competition and entertainment. Additionally, the cultural significance of physical education was explored and emphasized (Zhanjiang, 2018).

Research Question

What is the significant relationship between the extent of implementation of the Chinese traditional sports and students on the attitude of the students on sportsmanship?

II. RESEARCH METHODOLOGY

This study employed a correlational design to quantify the implementation of Chinese traditional sports and assess students' attitudes towards sportsmanship. The research was conducted at a selected school in Xiamen, China. The study involved Physical Education teachers from the college, who provided valuable perspectives on the implementation of Chinese traditional sports and students' attitudes towards sportsmanship. The participants were Physical Education teachers from a selected university in China, with a random sampling technique used to ensure a representative sample. Based on the total population of 1200, 292 students were involved in this study. This study used a researcher-made questionnaire to gather demographic information about respondents, assessed the extent of implementation of Chinese traditional sports in universities, and assessed students' attitudes towards sportsmanship. The questionnaire was divided into three sections: demographics, implementation, and attitudes. Responses were measured using a 4-point Likert scale.

The questionnaire was reviewed by experts in physical education and traditional Chinese sports to ensure validity and reliability. A pilot study tested the questionnaire's reliability, with a Cronbach's alpha of 0.7 or above being considered acceptable for research purposes.

Data gathering began once permissions and ethical clearances were secured. The researcher coordinated with the university administration to obtain permission to conduct the study, distributed questionnaires to Physical Education teachers, and ensured confidentiality. Data was collected and analyzed using statistical software programs.

Statistical analyses were conducted Pearson's correlation coefficient to determine the relationship between the extent of implementation of Chinese traditional sports and students' attitudes towards sportsmanship.

Ethical considerations were followed, with permissions obtained from the university administration and informed consent obtained from participants. The study adhered to the highest ethical standards, including providing a comprehensive explanation of the study's purpose and nature, and obtaining informed consent from participants.

III. RESULTS AND DISCUSSION

Table 1. Correlation between the Extent of Implementation of the Chinese Traditional Sports and Attitude of the Students on Sportsmanship

Indicator	Mean	SD	Corr-value	Sig.	Decision on Ho	Interpretation
Extent of Implementation of the Chinese Traditional Sports	3.230	.222	.651**	.000	Rejected	Significant
Attitude of the Students on Sportsmanship	3.165	.314				

Table 16 presents the correlation between the extent of implementation of the Chinese Traditional Sports in the university and the attitude of students towards sportsmanship. The mean score for the extent of implementation of the Chinese Traditional Sports is 3.230 with a standard deviation (SD) of 0.222. On the other hand, the mean score for the attitude of students towards sportsmanship stands at 3.165 with a standard deviation of 0.314. The correlation value between these two variables is .651**, which is statistically significant at the 0.01 level (2-tailed), as indicated by the double asterisk. The significance value (Sig.) is .000, which is less than the standard level of 0.05. Consequently, the null hypothesis (Ho) is rejected.

This significant correlation suggests that there is a positive relationship between the extent to which Chinese Traditional Sports are implemented in the university and the attitude of students towards sportsmanship. In other words, as the university places greater emphasis and effort into the integration and promotion of Chinese Traditional Sports, students' attitudes towards sportsmanship also tend to be more positive.

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IV. CONCLUSION

It can be understood that the university's commitment to and prioritization of Chinese Traditional Sports has a direct influence on students' perceptions and behaviors. When the institution actively integrates and champions these traditional sports within its curriculum and extracurricular activities, it not only educates students about the sports themselves but also about the values and principles embedded within them. Chinese Traditional Sports, like many cultural sports, often carry with them lessons of respect, honor, discipline, and teamwork.

Moreover, when students are exposed to these sports in a setting that values and promotes their cultural upbringing. The consistent and prominent presence of these sports in the university environment serves as a continuous reinforcement of sportsmanship values. Over time, this consistent exposure and engagement with the sports and their underlying principles shape students' attitudes. They begin to internalize these values, not just in the context of the sport but in their interactions and competitions, leading to a more positive attitude towards sportsmanship in general.

In essence, the active promotion of Chinese Traditional Sports becomes more than just a cultural or physical activity. It transforms into a conduit for character education. Thus, instilling in students the virtues of good sportsmanship that they carry with them both on and off the field.

It underscores the importance of integrating cultural and traditional sports into the curriculum, not just for the sake of preserving heritage, but also as a tool to foster positive attitudes and values in students. The significant result emphasizes that traditional sports can play a pivotal role in shaping students' perspectives on sportsmanship, teamwork, and mutual respect. Therefore, educational institutions should recognize and harness the potential of traditional sports as a medium to instill positive values and attitudes in their students.

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