

Research on the Current Situation and Countermeasures of Extracurricular Sports Activities for Female College Students in Jilin City

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Abstract

This article uses the literature method, questionnaire survey method and mathematical statistics method as the research methods. It takes female college students from Jilin Northeast Electric Power University, Jilin Medical University, and Jilin Beihua University as the survey subjects to investigate the participation of female college students in extracurricular sports activities in Jilin City. A series of analyzes and studies were conducted on attitudes, grade distribution, motivations, projects, forms, times, duration, location status and influencing factors.

Female college students in Jilin City participate in extracurricular sports activities in a variety of ways. Most of them participate with classmates and friends and in various ways organized by the school. The main motivations are to enhance their physical fitness and enjoy physical and mental pleasure. The main participants in extracurricular sports activities are freshmen and sophomores, and most of the sports are less confrontational and suitable for women. Female college students in Jilin City mainly engage in extracurricular sports activities in free venues, and the time and frequency of activities are relatively reasonable. The factors that affect female college students' participation in extracurricular sports activities are also multi-faceted. Among them, sports ability, personal interests, sports awareness, insufficient sports facilities, lack of organizational guidance, and campus sports atmosphere are all factors that restrict female college students' participation in extracurricular sports activities.

Keywords: female college students in Jilin City, extracurricular sports activities, current situation, countermeasures

1. Introduction

The rapid development of social economy, science and technology has accelerated the pace of people's lives and placed higher demands on college students. They are the builders of future development, and female college students are

also the main force in social construction (Yang Jiayi & Yang Chunmei, 2018). Therefore, it is imperative to pay attention to the physical health of female college students and understand their exercise status during school, especially their extracurricular sports activities. Under the social background of the overall

decline in the physical fitness of college students, the physical health of female college students is not optimistic. As an extracurricular sports activity to improve physical fitness, it can not only effectively improve the physical fitness of female college students, but also improve the overall health level of female college students. The role of extracurricular sports in physical education is unparalleled. Extracurricular sports activities are activities conducted by students after class for the purpose of physical exercise and entertainment. It is also an important part of campus culture. Female college students are an important part of women in society, and college is the best time to cultivate their lifelong sports awareness and good sports habits (Dong Ping & Qian Yayan, 2019). Therefore, this article will analyze the current situation and internal and external factors of extracurricular sports activities for female college students in Jilin City, and propose corresponding plans. In order to increase the awareness of female college students in extracurricular sports activities, promote the physical and mental health development of female college students, and cultivate their self-discipline and self-improvement habits, thereby comprehensively improving the physical quality and health level of female college students. Therefore, we conducted a study on the extracurricular activities of female college students and the factors that influence their participation in extracurricular activities to provide a theoretical basis for the development of extracurricular sports activities for female college students in Jilin City (Feng Zuolong & Wang Xingyu, 2019).

2. Research Objects and Methods

2.1 Research Objects

This study selected female college students from Jilin Medical University, Northeast Electric Power University, and Beihua University in Jilin

City as the research subjects.

2.2 Research Methods

2.2.1 Documentation Method

Through CNKI, "female college students", "extracurricular sports activities", and "current situation and countermeasures" were the search keywords, and relevant papers were screened for literature research to grasp the research results of current related issues.

2.2.2 Questionnaire Survey Method

Using the questionnaire survey method and actual survey research method, the current situation and influencing factors of extracurricular sports activities of female college students in Jilin City were investigated and studied, and a questionnaire was distributed to 200 female college students of Northeast Electric Power University in Jilin City through the Internet. Jilin Medical University 150 female college students from Beihua University distributed questionnaires, and 120 female college students from Beihua University distributed questionnaires. A total of 300 questionnaires were collected, including 97 valid questionnaires from Northeast Electric Power University, 96 valid questionnaires from Beihua University, and Jilin Medical University. 95 valid questionnaires. A total of 288 valid questionnaires were collected, with a recovery rate of 96%.

2.2.3 Mathematical Statistics Method

Use spss23.0 to describe the basic characteristics of data input and conduct data sorting and analysis.

3. Results and Analysis

3.1 Analysis of the Current Situation of Female College Students Participating in Extracurricular Sports Activities in Jilin City

3.1.1 Attitude

Table 1. Attitudes of female college students in Jilin City towards extracurricular sports activities (N=288)

Attitude	Number of people	Proportion
Like very much	32	11.11%
Like	101	35.07%
Generally	88	30.56%
Dislike	67	23.26%

The survey results show (Table 1): Among the attitudes of female college students surveyed towards extracurricular sports activities in the three universities in Jilin City, 32 people, or 11.11%, said that extracurricular sports activities are very popular. 101 people, or 35.07% of the respondents, like this attitude. However, 23.26% of the respondents did not like it. It can be seen from this that, relatively speaking, female college students in Jilin City have a relatively

optimistic attitude towards extracurricular sports activities. Many female college students have greatly improved their awareness of extracurricular sports activities and their emotional attitudes. It also shows that contemporary female college students themselves have good Sports attitude (Lin Jin, 2019).

3.1.2 Times

Table 2. Number of times female college students in Jilin City participate in extracurricular sports activities (N=288)

Times/Week	Number of people	Proportion
More than 5 times	21	7.29%
4-5 times	72	25.00%
2-3times	101	35.07%
1time	76	26.39%
0 time	18	6.25%

The survey results show (Table 2): 21 female college students in Jilin City, accounting for 7.29%, participate in extracurricular sports activities more than 5 times a week. 72 female college students participated 4-5 times a week, accounting for 25.00%. As many as 101 participants (35.07%) participated in extracurricular activities 2 to 3 times a week. 26.39% of female college students only participate in extracurricular sports activities once a week. The number of people who do not exercise is 6.25%. It can be seen from this that most female college students in Jilin City mainly

participate in extracurricular activities 2-3 times a week. Although most female college students in Jilin City are more motivated and enthusiastic to participate in extracurricular sports activities, they can promote the improvement of physical fitness. The frequency to improve sports skills should be 3-4 times a week. Most female college students do not exercise enough times per week. The number of exercises per week needs to be reasonably increased, and sports awareness needs to be improved.

3.1.3 Duration

Table 3. Duration of participation in extracurricular sports activities by female college students in Jilin City (N=288)

Duration/Each time	Number of people	Proportion
More than 60 minutes	79	27.43%
30-60 Minutes	148	51.39%
Less than 30 minutes	61	21.18%

The survey shows (Table 3): A survey on the duration of each time female college students participated in extracurricular sports activities showed that only 79, accounting for 28.73%, met the national standard of one hour of exercise per day. There are 148 people who can participate in extracurricular sports activities for 30-60 minutes. The number of people who lasted less

than 30 minutes accounted for 21.18%. It shows that most female college students have basic exercise time guarantees, but some female college students have too short exercise time and do not accurately and clearly understand the sports concept of "I exercise, I am healthy, and I am happy" (Jiang Jun & Zhong Jufang, 2013). The overall situation of the duration of

extracurricular sports activities for female college students in Jilin City is relatively optimistic. However, strictly speaking, there are very few people who meet the national requirement of exercising for one hour a day.

Therefore, the overall time for female college students in Jilin City to participate in extracurricular sports activities remains to be seen. extend.

3.1.4 Project

Table 4. Female college students in Jilin City participate in extracurricular sports activities (N=288)

school	Running	Table tennis, Badminton, Tennis	Football, basketball, volleyball	Jump rope	Aerobics	Roller skating	Tai Chi	Swim	Other
Northeast Electric Power University	78	56	31	32	35	24	26	22	15
Beihua University	74	57	32	33	36	21	11	25	23
Jilin Medical University	66	63	34	36	37	20	25	12	16
Total	218	176	97	101	108	65	62	59	54

The survey shows (Table 4): The female college students surveyed in the three universities in Jilin City participate in a variety of extracurricular activities. The choices from high to low are running, table tennis, badminton, tennis, aerobics, rope skipping, and football. Basketball volleyball, roller skating, Tai Chi, swimming. The number of female college students who participate in extracurricular activities in Northeastern Electric Power University and Beihua University is slightly more than that of Jilin Medical University. For some special sports, Jilin Medical University is slightly more popular. This is different from the final test projects set up by each school. It is also affected by objective factors such as site and environment. According to the investigation,

although Tai Chi is less confrontational, its movements are slow, not practical, and does not meet the age characteristics of female college students. Female college students use Tai Chi in their spare time to practice Tai Chi mainly to cope with exams. Surprisingly, emerging sports such as roller skating have also attracted the attention of female college students, which shows that female college students who are at the forefront of the times and have important influence in today's society have strong ability to accept new things, adapt to new things, and have strong learning ability. This phenomenon is conducive to the further development of extracurricular sports activities.

3.1.5 Location

Table 5. Places where female college students in Jilin City participate in extracurricular sports activities (N=288)

Place	Number of people	Proportion
School track and field	81	28.13%
Free sex on campus sports complex	90	31.25%
Campus open space	62	21.53%
Fee-based on-campus sports venues	36	12.50%
Off-campus sports clubs	13	4.51%

Other	6	2.08%
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The venue for extracurricular sports activities is also an important indicator for measuring the development of extracurricular sports activities. The survey results of the places where female college students in Jilin City participate in extracurricular sports activities show (Table 5): Most of the places where female college students in Jilin City participate in extracurricular activities are concentrated on campus. 93.41% of students participate in extracurricular sports activities at school. The venues are school track and field fields, free sports venues, campus open spaces, and paid sports venues. Among them, free sex venues accounted for 80.91% of the total, indicating that most female college students are more willing to choose places that save money, trouble and time to participate in extracurricular sports activities. However, some fee-charging places inside and outside the school only account for 17.01% of the total number of people,

indicating that female college students rarely choose some fee-charging places. It can be seen that the awareness of sports consumption among female college students needs to be improved, which is related to the consumption outlook of female college students. After all, consumption concepts and consumption levels are related to our personal economic income, and female college students are one of the groups without economic income (Hou Wendi, 2019). In addition, according to the survey, the 4.51% of female college students who go to off-campus sports clubs do so because of limited school equipment resources. They also pursue high-quality exercise effects and more professional technical guidance, such as yoga, Latin dance, swimming, etc. Therefore, some female college students choose off-campus clubs for extracurricular sports activities.

3.1.6 Motivation

Table 6. Motivations of female college students in Jilin City to participate in extracurricular sports activities (N=288)

Motivation	Enhance physical fitness	Fat reduction and body shaping	Reduce stress and relax	Coping with exams	Social contact	Entertainment	Enrich cultural life	Other
Number of people	211	206	163	137	98	83	54	20
Proportion	73.26%	71.53%	56.60%	47.57%	34.03%	28.82%	18.75%	6.94%

Sports motivation is the general tendency of sports participants to be consistent in their hearts and actions. It is the organizational source of the implementation of ideas, and it is also the internal motivation or motivation that directly promotes sports participants to participate in sports activities (Ren Wulan, 2019). A survey on the motivations of female college students in extracurricular activities in Jilin shows (Table 6): 73.26% of the motivations of female college students participating in extracurricular activities are to enhance their physical strength. The biggest motivation for female college students in Jilin City to participate in extracurricular sports activities is to enhance their physical fitness. At the same time, it can also be seen that female college students in Jilin City still pay a certain degree of attention to

their own health. The second is fat loss and plasticity, stress reduction and relaxation, etc. From this, we can see that most female college students pay more attention to body maintenance and pursue beautiful body lines. Female college students who choose to reduce stress and relax may do so because of the high pressure of study and life in today's society, so they take part in extracurricular activities to relax their bodies. 47.57% of female college students choose to participate in extracurricular sports activities in response to exams, lacking initiative. Therefore, on the whole, female college students have healthy and positive motivations when participating in extracurricular sports activities.

3.1.7 Form

Table 7. Participation in extracurricular sports activities by female college students in Jilin City (N=288)

Participation form	Number of people	Proportion
with friends and classmates	102	35.42%
social activity	56	19.44%
School activities	40	13.89%
College activities	37	12.85%
Personal independent exercise	31	10.76%
Off-campus clubs	13	4.51%
Other	9	3.13%

A survey on the forms of extracurricular sports participation of female college students in Jilin City shows (Table 7): The forms of participation in extracurricular sports activities among the female college students in Jilin City surveyed are rich and diverse. The largest number of people who chose to participate in extracurricular activities with friends and classmates was 102, accounting for 35.42% of the total. Participate in extracurricular sports activities with friends and classmates who you know well and know each other well. There is no sense of restraint and restraint will not affect the performance of your skills. If you don't feel lonely when running, you will feel that time goes very quickly. This not only achieves the purpose of participating in extracurricular activities, increases the effect of exercise, but also improves your own physical quality. 19.44% of students choose to carry out extracurricular sports activities through club activities. The clubs organize and plan standardized training and competitions, which can enable female college students to master and improve sports skills more systematically and quickly, which is very helpful for the formation

of lifelong sports awareness. (Zhang Yuancai, 2019). 13.89% and 12.85% choose school events and activities and college events and activities for extracurricular sports respectively. Through the survey, it was found that these two forms of sports are daily activities or training for school tasks and school events. Through these competitions, female college students' sense of responsibility and collective honor are enhanced. 10.76% of female college students participate in extracurricular activities in the form of personal exercise. These students feel that independent exercise of their own body and mind can relax them better and fully release stress without restraint. Of course, some female college students feel that personal autonomy is more casual, easy to implement, and relatively free, which is also in line with the personality of contemporary young people.

3.2 Factors Influencing Female College Students' Participation in Extracurricular Sports Activities in Jilin City

3.2.1 Internal Factors

Table 8. Internal factors affecting female college students' participation in extracurricular sports activities in Jilin City (N=288)

Internal factors	Physical ability	Personal interest	Sports awareness	Exercise habits	Menstrual cycle	Other
Number of people	80	74	57	56	12	9
Percentage	27.78%	25.69%	19.79%	19.44%	4.17%	3.13%

An investigation of the internal factors that influence female college students in Jilin City to participate in extracurricular sports activities shows (Table 8): sports ability, personal interests,

sports awareness, exercise habits, menstrual cycles, and others account for decreasing proportions. The physical fitness of female college students is one of the important internal

factors restricting their participation in extracurricular sports activities, accounting for 27.78%. Secondly, 25.69% of female college students feel that personal interest affects their participation in extracurricular sports activities. Sports interest is an intrinsic motivation to actively understand and engage in sports or physical exercise. 19.79% of female college students lack sports awareness, have insufficient understanding of sports, lack the motivation to

participate in sports activities, have not developed extracurricular physical exercise habits, and lack lifelong sports awareness (Zhang Yadi, 2019). The physical and psychological characteristics of female college students are also factors that limit their participation in some sports, but the menstrual cycle is not the main influencing factor.

3.2.2 External Factors

Table 9. External factors affecting female college students' participation in extracurricular sports activities in Jilin City (N=288)

External factors	Insufficient sports facilities	Lack of organization and guidance	Campus sports atmosphere	Learning pressure	Seasonal climate	Sports Injury	Other
Number of people	93	58	45	42	29	10	11
Percentage	32.29%	20.14%	15.63%	14.58%	10.07%	3.47%	3.82%

An investigation of the external factors that affect female college students in Jilin City to participate in extracurricular sports activities shows (Table 9): The main external factor that affects female college students to participate in extracurricular sports activities is the lack of sports facilities, accounting for 32.29% of the total. Other surveys show that Jilin City's colleges and universities have physical exercise venues for college students, but there are insufficient sports facilities for women's sports and the quality of sports equipment does not meet standards. Followed by lack of organization and guidance accounting for 20.14%. According to the investigation, there is a lack of professional female teachers during extracurricular activities due to the special characteristics of female college students. The lack of campus sports atmosphere, coupled with the low frequency and small scale of extracurricular sports organized by departmental societies, has not stimulated the enthusiasm of female college students to participate in extracurricular sports. The scope of influence is limited, which naturally reduces

the enthusiasm of female college students to participate in extracurricular sports. Due to the high employment pressure of college students in today's society, and some female college students are preparing for postgraduate entrance examinations, heavy study tasks and high study pressure are also one of the external factors that affect female college students' participation in extracurricular activities. Of course, the winter in Jilin lasts longer, the temperature is low, the floors of activity venues are slippery, and some venues are covered with ice and snow, and the nights are long and the days are short, which seriously affects the extracurricular sports activities of female college students. Female college students have experienced sports injuries, but the survey shows that only 3.47% believe that sports injuries have affected their participation in extracurricular sports activities.

3.2.3 Investigation on the Impact of Physical Education Teaching Evaluation on Extracurricular Sports Activities of Female College Student

Table 10. Final exam items and score composition list

Usually	Proportion (%)	Special	Proportion (%)	Physical fitness	Proportion (%)	Other	Proportion (%)
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Northeast Electric Power University	Attendance	20	Freshman Year: Tai Chi Sophomore year: special project	30	2400m	30	sports world campus	20
Beihua University	Attendance	10	Freshman year: Broadcasting exercises and rope skipping Sophomore year: special project	40	50m 800m Standing long jump Sit-ups	10 10 10 10	sports world campus	10
Jilin Medical University	Attendance	20	Tai Chi/Special	40	800m	40	none	0

A survey of the final examination items and scores of female college students in Jilin City shows (Table 10): Through understanding, we learned that only freshmen and sophomores in Jilin City's colleges and universities have physical education courses. The usual scores of each school are 20%. Northeastern Electric Power University's physical examination items are Tai Chi/special events accounting for 30% of the total score, physical fitness 2400 meters accounting for 30% of the total score, and Sports World Campus accounting for 20% of the total score. Freshman students take specialized Tai Chi studies, and sophomore students begin to choose specialized courses. Sports World Campus requires girls to complete 60 kilometers in one semester, 3 kilometers every day. The physical examination items of Beihua University are broadcast exercises in the first semester of the first grade, rope skipping in the second semester, and special events in the second grade, accounting for 40%. Physical fitness includes 50 meters, 800 meters, standing long jump, and sit-ups each accounting for 10%. Sports Campus World Accounting for 10%. The physical examination items and results of Jilin Medical University are Tai Chi/special events accounting for 40%, and physical fitness is 800 meters accounting for 40%. According to the investigation, it is known that in the first semester of the freshman and sophomore years at Jilin Medical University, some special courses cannot be carried out due to climate problems, so Tai Chi learning is conducted, and Tai Chi is included as an exam component. Special courses

will be studied normally in the second semester.

It is precisely because of this physical examination mechanism that whether it is to improve special skills or improve physical performance, repeated practice is required. Class time is not enough to meet this demand, so it is necessary to use extracurricular time to practice fully, which invisibly promotes the extracurricular sports of female college students. development of activities. In addition, female college students need to complete sports world campus tasks, which require their spare time to complete. Therefore, sports world campus increases the intensity and time of female college students to participate in extracurricular activities (Zhu Jianqiang, 2019).

4. Conclusions and Suggestions

4.1 Conclusion

- (1) Female college students in Jilin City participate in extracurricular sports activities mainly in their first and second years. Most female college students in Jilin City have a positive attitude towards extracurricular sports activities. A few female college students show negative attitudes towards extracurricular sports activities. dislike.
- (2) Most female college students in Jilin City participate in extracurricular sports activities less than three times a week, and only a small part of them participate in extracurricular sports activities more than three times a week. Compared with the national requirement of one hour of exercise per day, the duration of female college students' participation in extracurricular

sports activities is only a small amount. Partially achieved.

(3) Female college students in Jilin City prefer projects that are relatively less confrontational, less complex, require less professional skills, are suitable for women's own characteristics, and are emerging and challenging. The main places to participate in extracurricular activities are mainly free places on campus.

(4) Female college students in Jilin City participate in extracurricular sports activities in various forms, and their main motivations are to enhance their physical fitness and enjoy their physical and mental pleasure. Internal and external factors such as sports ability, personal interests, insufficient sports facilities, and lack of organizational guidance all restrict female college students from participating in extracurricular sports activities.

4.2 Recommendations

(1) Increase interest in sports and cultivate sports awareness

All levels of school management should actively organize and carry out a variety of extracurricular sports activities to enhance female college students' interest in sports. Physical education teachers in colleges and universities in Jilin City should strengthen the cultivation, encouragement and guidance of students' sports awareness. And actively provide opportunities for female college students to participate in extracurricular sports activities, so that they can develop good sports emotions in their hearts, thereby cultivating female college students' lifelong sports awareness.

(2) Colleges and universities should increase investment in sports venues and equipment

Colleges and universities in Jilin City should strengthen the construction of sports facilities, open more sports venues for free, increase investment in sports construction, and purchase more sports equipment suitable for female college students to participate in physical exercise. Adjust measures to local conditions and take the natural geographical environment and climate of Jilin City as the starting point to provide better sports facilities and venues for female college students and promote the active development of extracurricular sports activities for female college students.

(3) Publicity efforts should be increased to build

a good sports atmosphere

Colleges and universities can use modern network tools as a means of publicity to comprehensively publicize extracurricular sports activities so that students can have a correct understanding of extracurricular sports activities. At the same time, campus sports posters can also be produced to stimulate female college students' curiosity about extracurricular sports activities and drive them to participate in extracurricular sports activities.

(4) Strengthen guidance on extracurricular sports activities and improve students' technical level

Colleges and universities should reasonably arrange relevant professional teachers to guide students to participate in extracurricular sports activities with different functional properties based on students' different technical levels and athletic abilities, increase students' self-confidence, and stimulate the athletic potential of female college students in more aspects, thereby improving the professional and technical level of female college students.

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