

# Family Sports Value Orientation and Path Exploration Based on the Perspective of Better Life

Zhe Ruan

School Of Physical Education, Zhengzhou Normal University, Zhengzhou, Henan 450000, China

Email: 15566625@qq.com

**Keywords:** Better Life; Family Sports; Value Positioning; School Sports; Community Sports

**Abstract.** A better life is an important social demand in the new era. Family sports derived from life and better life show a high degree of agreement in the logic of deduction, value positioning, and realization path. As an important part of sports in my country, family sports is an important sports lifestyle for modern people. The article uses literature data, logical reasoning and other research methods, and takes the logical interaction of better life and family sports as the research entry point. The study found that it has many value propositions to promote the healthy growth of family members, enhance the effect of family education and promote the harmonious development of family relationships, and provides a realistic path for family sports to promote a better life.

## 1. Introduction

The report of the Nineteenth National Congress of the Communist Party of China, based on the historical position and basic national conditions of the new era, clearly stated that "the people's longing for a better life will always be the goal of struggle." With the advent of a new era, people's life scale and value sequence have changed, people's needs have risen to a new level, and the survival type needs are gradually replaced by the development type needs. From the perspective of the large social background, the state's attention to the physical and mental health of the people and the promotion of sports and fitness have all risen to the national strategic level; from the perspective of the development of sports themselves, the significance of sports for people's physical and psychological promotion has been difficult to satisfy people. The demand for sports activities. As an important way and means of socialization of human beings, sports is the meaning of family education. Under the guidance of "Better Life", family sports has become a cultural phenomenon that most directly reflects social conditions, reflecting the degree of social material civilization and the development of spiritual civilization. However, compared with the current widespread concern in sports, family sports have always played an insignificant role. In particular, the lack of research on the value of family sports culture not only leaves a gap in the interpretation of family sports at the theoretical level, but also causes the margins and disorder of family sports in practice. Therefore, exploring the origin of family sports value is not only an urgent need for family sports theory research, but also a practical need to realize the health, harmony and stable development of family members.

## 2. The Logical Interaction between a Better Life and Family Sports

Looking at sports from scratch, from the privileges of the upper class to the welfare of the civilian population, from being marginalized to becoming mainstream, family sports and life are actually two intertwined melodies, sometimes overlapping or overlapping in tone, sometimes played separately. The unique rhythm will eventually lead to the beautiful movement of mankind's beautiful future. With the advancement of human society, the development trajectory of family sports and the evaluation criteria of a better life both exhibit complex and diverse characteristics. We should abandon the linear "logic" and examine the significance of family sports in a

three-dimensional and diverse field. The hierarchy and extensibility of the need for a better life, and on this basis, "generatively" grasp the dynamic correlation and interaction between people's needs for a better life and the meaning of family sports.

A better life contains the process of constantly pursuing perfection [1]. The understanding of a better life has different interpretations in different historical periods, and the judgment standards are also different. But no matter what defines a better life, it means an overall satisfactory state of life. People's satisfaction with the present moment will never stagnate and congeal. A better life must be a better life than the status quo, and it places the eternal pursuit of "better" life. Better life is not about the best, but better. Human life is an endless process towards better. Throughout history, family sports and a better life are a process of eternal pursuit, and the two processes are related to each other. Family sports as a social cultural activity of human beings take physical activity as the basic means and act on the human body's own nature. From beginning to end, they all show the way of life of human beings. If we take a longitudinal scan of family sports with historical eyes, it is not difficult to find that sports has been closely related to people's lives since its birth [2]. When family sports have not been divorced from productive labor, they are already pushing mankind towards a better living situation. After entering a civilized society, the primitive instinct of body movement has accelerated the "natural humanization". It no longer exists entirely for the survival and reproduction of life; it is also the expression and enjoyment of life. The family sports in the agricultural society bear the important task of cultivating qualified labor. The family sports in the industrial society bridge the alienation between people in the urban jungle. The family sports thus display their own value and existence significance in different forms. It has become an indispensable factor in people's idealized lifestyle [3]. Therefore, family sports is a long-standing topic related to a better life. The concern of family sports for the better life of mankind is a question of the existence of sports itself, and a reflection of the ultimate care of mankind [4].

### **3. The Value of Family Sports from the Perspective of a Better Life**

#### **3.1 Promote Family Harmony and Build a Bridge Of Communication**

In the family, sports fair and equal game rules can not only strengthen family members' physique, promote health, and form unified sports values, but also make family members cooperate with each other in sports activities, respect each other, and encourage each other, and overcome difficulties together, fair competition and equal dialogue. Family sports is a special communication method that uses words and words to express emotions; enhances trust and understanding among family members and builds a bridge of trust; enhances family inclusiveness and happiness, resolves family conflicts to the greatest extent, and maintains family harmony exercises that stabilize, promote the healthy development of family members' physical and mental health, and quality of will have profound significance [5].

#### **3.2 Achieve National Fitness and Build a Healthy Foundation**

"Family" is the basic unit of social groups. Although this organization is small, it plays an irreplaceable role in the development of sports and national fitness programs. Whether family members participate in sports is related to the success or failure of the national fitness program and the achievement of overall health goals [6]. In fact, in the early days of health promotion, family sports laid the foundation for the early development of human physical health and provided additional fitness life guarantees. The theory has long been proven. Family members accompany family sports and fitness activities for a long time to regulate growth and life pressure in a relaxed and pleasant sports environment to achieve a healthy state of health; At the same time accept the influence of sports spiritual culture, improve psychological resistance, cultivate optimistic, healthy and non-distorted psychology. Human development needs to be based on a certain social environment, and the maintenance of physical and mental health also needs an environment to support. Family sports provides a "healthy environment".

### **3.3 Carry out The Education Concept and Realize Social Expression**

The family is the social place of "the beginning of man" and the starting point for the implementation of human education. The so-called socialization of human beings refers to the process by which individuals develop their own sociality by learning the culture of the group and society, and integrate themselves into the group. That is to realize the transformation from "biological person" to "social person". In fact, people have experienced different degrees of socialization throughout their lives, the essence of which is the role-taking process. Scholar Wang Sibin once pointed out that the socialization of people depends on the extension of family education and school education. From birth to youth, people have been carrying out "learning the basic skills of life and the basic means of earning a living; learning social behavior norms; clarifying life goals and forming social values such as leading values and cultivating social roles. The two attributes of family sports and specific education and education are particularly significant in promoting the socialization of people [7].

### **3.4 Reinforce Lifelong Sports and Form Bond Interactions**

As a useful supplement to school sports and community sports, family sports run through it throughout. School sports teaching time is limited, family sports can make up for the shortcomings of school sports, assist the development of students' athletic ability, cultivate sports awareness and interest, and play a key role in enlightenment education and extended education. For community sports, family sports will Small unit groups unite to cooperate with community sports to create a warm and leisure sports environment, draw closer, enhance emotional resonance, and build a harmonious, green and healthy community sports environment [8]. With family sports as the link, school sports and community sports are effectively combined to ensure that physical education is closely connected in the enlightenment stage, development stage and continuous stage. The three are harmonious and unified, based on each other, and jointly shoulder the mission of cultivating individual lifelong sports habits and shaping the overall development of people.

## **4. The Development Path of Family Sports from the Perspective of A Better Life**

### **4.1 Strengthen Family Sports Education and Establish Correct Family Sports Concepts**

Strengthen the internal education of the family, emphasize the "two-way education", focus on parents' psychological education, physical health education, and physical intelligence development education; call on the younger generation to "feed back", pass on emerging education concepts, open up horizons, change ideology, and jointly view sports in a scientific manner, deepen the understanding of sports knowledge, and integrate sports activities into family daily life. Educate people with sports and baptize people with sports spirit. Increase the time and frequency of communication between family members. At the same time, with the help of online media platforms, modern communication methods, rich communication forms, and "mutual assistance learning", create a family sports culture learning environment, and establish a correct concept of family sports.

### **4.2 Create a Family Sports Environment and Correctly Guide Family Sports Behaviors**

Throughout the current family sports, people still lack a correct and clear understanding of its functional value. Family sports are in a state of disorder and marginalization in terms of consciousness and behavior [9]. Therefore, actively create a family sports and fitness atmosphere, build a development environment for family sports from the social environment and living environment, and enhance the sense of social identity of family sports value. In public leisure places and residential settlements, the family sports electronic initiative card is hung, and through visual stimulation, family sports concepts and values are embedded in people's hearts. Combine urban planning and real estate industry development with health and leisure concepts. Public leisure plazas and government-supported indoor venues were added to the urban planning, and public

fitness venues were added to the housing environment to meet the needs of family sports venues and equipment. The layout design fully reflects humanity, which is conducive to placing small fitness equipment and providing indoor fitness activities. To create a healthy and green living environment. At the same time, increase the exchange of sports cultural awareness activities, strengthen family sports concepts, and enrich sports cultural knowledge. Change the form of fitness that focuses on competitive sports, and innovatively design sports that integrate fun, groupness, fitness, and simplicity, for family sports activities "private custom" correctly guides people's family sports behavior.

#### **4.3 Construct a Trinity Mechanism of Community Sports, School Sports and Family Sports**

Constructing a trinity mechanism of community sports, school sports, and family sports, and perfecting the sports network in which schools, families, and society are closely integrated is essential to promote the overall development of sports and form a joint force for educational development [10]. In the process of physical education, the family sports work is included in the community sports work inspection mechanism. The performance of the family regularly holding family sports fun activities is closely related to the work performance. The community should take into account the promotion and education of the family sports concept. Schools should set up sports culture festivals, expand the education objects to families and communities, invite student parents and community residents or workers to participate in sports activities, teach sports knowledge, and promote sports spirit. Within the family, members effectively communicate and exchange sports culture knowledge, build a communication platform, resolve the obstacles of the times, and enhance the sense of intimacy and family happiness. Family members actively or passively participate in community or school physical education and cultural activities, fully appreciate the cultural charm of sports, change their ideas, correct sports attitudes, pursue higher spiritual and cultural needs, and fully tap the value of family sports to promote family sports. To develop in a direction that meets the human spiritual and cultural needs [11].

#### **Conclusion**

A better life is the ultimate direction of all social and cultural activities of mankind in the era of civilization. Leading the meaning of family sports and life turn with a better life, making sports truly a way to integrate into a better life is the appeal of the times, the vision of society, and more the task of development. Family sports as an inevitable product of the development of society and the era to a certain stage, while promoting physical health, giving people spiritual and spiritual comfort and support, has become an important part of modern family life. However, in the process of realizing the vision of a better life, family sports must strengthen the construction of family sports culture, excavate the meaning of family sports values, and reshape the relationship between family sports and cultural values. Only in this way can the development of family sports have a better tomorrow. Make due contributions in the process of achieving a better life.

#### **Reference**

- [1] Li Shanying. The historical value direction of realizing "a better life" in the new era [J]. Fujian Forum: Humanities and Social Sciences Edition, 2018 (4): 93-98.
- [2] Song Yufang. A Better Life: The Significance and Life Turning of Sports in the New Era [J]. Journal of Shandong Institute of Physical Education, 2019 (6): 38-42.
- [3] Liu Yimin. The life meaning and expression of sports existence [J]. Journal of Wuhan Institute of Physical Education, 2005 (4): 13.
- [4] Wang Qianjun. The value logic and realization of the good life in the new era [J]. Hunan Social Sciences, 2020 (6): 13-18.

- [5] Zhang Qian. Correct positioning and healthy development of family sports value in my country[J]. Fujian Sports Science and Technology, 2018 (4): 13-15.
- [6] Ou Ping. Analysis on the Harmonious Value of Family Leisure Sports Value[J]. Journal of Chengdu Sport University, 2009 (7): 26-29.
- [7] Wuchang Bridge. Research on the Green Development of Family Sports in the Period of Social Transformation[J]. Sichuan Sports Science, 2018 (5): 87-90.
- [8] Guo Qin. Problems Existing in Family Sports Research and Puzzles Facing Practice Development[J]. Journal of Guangzhou Institute of Physical Education, 2016 (1): 23-26.
- [9] Zhu Qingying. Research on the Influence of Contemporary Chinese Family Function Changes on Family Fitness Activities[J]. Journal of Shenyang Institute of Physical Education, 2016 (3): 42-46.
- [10] Ma Dehao. From fragmentation to integration On the Coordinated Governance of Schools, Communities and Family Sports in my country[J]. China Sports Science and Technology, 2020 (3): 46-54.
- [11] Wang Xianmao. Research on the Development Dilemma of Schools, Communities and Family Sports Integration, Overseas Experiences and Development Strategies[J]. Journal of Chengdu Sport University, 2020 (3): 112-117.