

STRATEGY DEVELOPMENT OF LEISURE SPORTS TO PROMOTE THE QUALITY OF LIFE FOR PUTIAN UNIVERSITY STUDENTS

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field of study: RECREATION TOURISM AND SPORT MANAGEMENT

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Received 17 June 2024; Revised 25 July 2024; Accepted 30 April 2025.



Abstract

Objective: Preliminary discussion on the study of leisure sports development strategies that improve the quality of life of college students in Putian. Methods: Random sampling methods are used in four grades. Fill in the "Questionnaire of the Quality of College Students in Putian City" and "Questionnaire on Putian University Student Leisure Sports Development Methods". A total of 379 valid questionnaires were recovered according to the Krejci & Morgan scale. Use SPSS software for statistical analysis and processing.

Results: In terms of quality of life: The quality of life of gender and grade has a high degree of significant differences ($P < 0.01$). The professional quality of life has significant differences ($P < 0.05$), and the three items of ethnic groups, sources and only children of students No significant differences ($P > 0.05$). In the survey of the relationship between the quality of life and the development of leisure and sports, Putian University students exercise motivation, sports participation, sports consumption, social support and information channels are positively related to life ($P < 0.05$). The motivation to exercise is high in psychological categories and social categories; leisure sports participation is high in psychological category, social relations, and environmental categories; sports consumption scores high in psychological categories and environmental categories; information channels score high in psychological categories. And there is no significant correlation between leisure sports cognition and quality of life.

Conclusion: The quality of life of college students in Putian shows differences between gender, grades, and disciplines. Boys are more independent, but they need to be improved in terms of social and psychological dimensions. Senior students facing poor emotional experiences such as graduation and anxiety affected their quality of life. Liberal arts and science students

have their own strengths in their lifestyles. They have strong ability to solve problems independently in science and science, but they are fragile and lack of social support. Liberal art students are healthier but have poor independence.

Suggestions: According to the characteristics and habits of college students, we will propose corresponding countermeasures from the perspective of the reform of college physical education teaching. It is recommended to promote the "leisure sports lifestyle education" suitable for Putian universities to correctly guide college students to form a healthy lifestyle. College students of different disciplines should learn from each other to take advantage of their strengths. At the same time, students also need more attention to social, family, schools and other aspects to improve the quality of life of college students.

Key words: Putian City; college students; quality of life; leisure sports; strategy

Research Background

The future youth is the foundation of national strength. Among them, college students are the mainstay of national development. We must pay attention to the leisure sports and fitness of college students. College students are usually 18-24 years old; their thinking is active and energetic. It is the golden period of life. At the same time, college students are in the period from school to society. There is more autonomy. The 4-5 years of academic system can treat and improve many diseases. If college students can reasonably arrange a reasonable life improvement process, the arrangement of college students' lives is not reasonable, which also restricts their quality-of-life quality. The benefits of leisure sports to the body, physiology and psychology are gradually recognized by everyone. Lack of physical activity is one of the biggest factors in the world's death and the population of the world's population will greatly increase, and the average life expectancy will be reduced by 20-30%. Moreover, a number of studies have shown that physical activity is positively related to health factors. Cardiovascular disease, diabetes, cancer, hypertension, hypertension, obesity are closely related to lack of exercise, The participation of leisure sports can affect my country's lifelong health, it will affect people's physical strength, and even affect the national strength of a country. College students have high cultural quality, but lack scientific guidance for what is healthy and reasonable lifestyle. The definition of health promotion is to promote and influence individual health behaviors. Leisure sports are a direct way to improve health (Wendlandt & Wicker, 2021). Physical

exercise can enhance physical fitness and improve the essential functions of health. It has been widely consensus. Incorporating physical exercise into the category of lifestyle. Leisure sports activities are indispensable parts of lifestyle. Objective conditions are limited, and individuals or groups in the society under the guidance of the corresponding sports values are full of good behavior characteristics through sports activities. In addition, college students who are often engaged in physical exercise are better cardiopulmonary health and quality of life. Dopamine, serotonin, and positive glands will be produced during exercise. These three neurotypical substances are closely related to the learning of students. At the same time, exercise and happiness, Emotions, memory, and attention have a direct relationship. These three nerve conduction substances are closely related to students ' learning; at the same time, exercise is directly related to happiness, emotion, memory and attention (Bang & Park, 2020). Scientific leisure sports activities are conducive to regulating emotions, enhancing positive emotions, promoting comprehensive development of people, and improving the quality of life. Therefore, the development of leisure sports with the purpose of promoting the quality of college students is particularly important.

In addition to physical function problems, college students have more than 90 days of winter and summer vacations. How to spend leisure time to properly participate in positive and beneficial leisure methods to achieve physical and mental needs. The word 'leisure' has become a synonym for the fashion trend, and 'leisure sports' has also been increasingly respected and favored by contemporary college students. Leisure sports, as a leisure, fitness, civilized and scientific way of life, has gradually become an important part of college students ' daily leisure life. The idea of spending time, energy and wealth on sports and leisure is understood and accepted. Therefore, in this context, it is of great significance to study the development of leisure sports for college students in Putian City and to promote the quality of life of college students.

Research objects and research methods

2.1 Research object

According to the Krejcie & Morgan quantity table, random sampling methods are adopted, and a total of 379 full -time undergraduates in Putian College (2023, 2022, 2021, and 2020) are selected as the target of the investigation.

2.2 Research Tools

Including two questionnaires, questionnaires: Self-made "Questionnaire on the Development of College Students Leisure Sports Development"; Questionnaire 2: Refer to "Quality Questionnaire of College Students".

2.2.1 Survive Sports Development Questionnaires for Self -made College Students

In general, investigations mainly include: gender, grade, ethnic, students (rural, cities), professional types, whether they are only children, health self-assessment, personal cases, and living conditions. The development of leisure sports is mainly from the perspective of leisure sports. It mainly includes college students' sports consumption situation, daily leisure and sports activities, forms of leisure sports activities, leisure sports cognition, schools to carry out leisure sports activities, leisure time and leisure sports exercise, and the influencing factors of leisure and leisure sports activities. In the study, in order to facilitate analysis, it divides them into 6 dimensions, namely sports cognition, sports motivation, sports participation, sports consumption, social support, and information channels.

2.2.2 Life quality table

According to the needs of this study, Kaiping Y., (2002) The "Quality Table of the World Health Organization Life Quality Table" was carried out, and the "Quality questionnaire of college students" was formulated.

2.3 Data analysis

After this study recycled the data from and eliminates the invalid questionnaire, the valid questionnaire will be preliminarily organized and encoded, and then the SPSS20.0 software package is used for T testing and descriptive statistical analysis.

Research results

3.1 The quality of life of college students

Table 1 College students' quality of life and basic information survey form

(n = 379)

		quality of life ($M \pm SD$)	t	p
1. gender	male	73.67 ± 12.52	4.53	0.000**
	female	67.86 ± 11.87		
2. grade	Grade 2023	62.44 ± 7.46	32.543	0.000**

	Grade 2022	74.73±10.67		
	Grade 2021	75.59±13.35		
	Grade 2020	74.70±12.68		
3. nationality	Han Dynasty	72.64±12.96	2.443	0.115
	minority	71.38±11.65		
4. Source	City	72.31±11.83	-2.228	0.127
	Rural	73.35±13.56		
5. Professional type	liberal arts	70.69±12.42	0.424	0.042*
	science	71.13±12.86		
6. Only child	Yes	71.29±12.45	-0.332	0.74
	No	71.72±12.80		

* p<0.05 ** p<0.01

As shown in the above table, the basic information of students such as gender, grade, ethnicity, student, professional types, and whether they are only children's quality T tests, and found that the quality of life of gender and grades is highly significant ($P <0.01$), Professional quality of life has significant differences ($P <0.05$), and three non-significant differences in ethnic, student, and only children ($P > 0.05$).

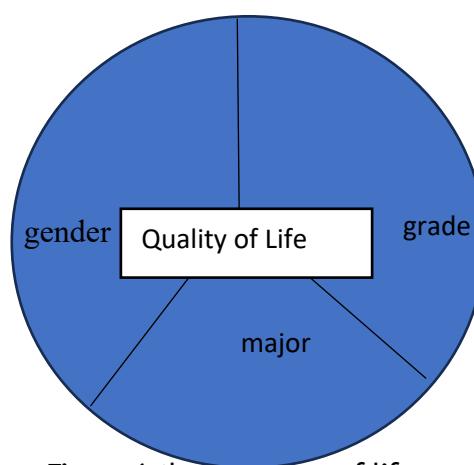


Figure 1 three factors of life quality

Figure 1 The quality of life affects three elements

3.2 Comparison of different gender, grades and majors for college students' life comparison

Table 2 Different gender, grades and majors for the quality of life of college students ($\bar{X} \pm S$)

		Physiological category	Psychological Category	social relationship Category	Environmental category
gender	male	15.64 \pm 2.12	16.49 \pm 2.46	15.52 \pm 1.96	16.22 \pm 2.68
	female	15.26 \pm 2.39	15.44 \pm 1.57	17.44 \pm 2.93	15.94 \pm 2.66
	P	0.106	0.043*	0.011*	0.328
grade	Grade 2023	15.19 \pm 2.57	15.50 \pm 1.90	15.57 \pm 2.25	15.76 \pm 1.99
	Grade 2022	16.61 \pm 2.35	15.22 \pm 2.57	16.59 \pm 2.63	16.38 \pm 2.48
	Grade 2021	18.47 \pm 2.86	17.38 \pm 2.89	18.28 \pm 2.01	17.87 \pm 3.01
	Grade 2020	14.18 \pm 1.69	14.26 \pm 2.66	14.75 \pm 1.86	15.37 \pm 2.42
	P	0.029*	0.0451*	0.040*	0.032*
major	liberal arts	14.53 \pm 1.18	16.58 \pm 2.58	17.35 \pm 3.02	14.11 \pm 2.71
	science	15.44 \pm 2.31	13.32 \pm 2.37	15.70 \pm 2.81	16.13 \pm 2.62
	P	0.041*	0.022*	0.046*	0.03*
	* p<0.05 ** p<0.01				

The psychological category is the opposite of Shu Jianping's research results, and the research results of social relations are the same. There are significant differences between boys and girls in the psychological category and social relationship category ($P <0.05$). Boys are more independent than girls, and girls score higher than boys in psychological categories. This result may be related to the traditional values of our country. Social value hopes that boys are independent and brave. Girls are more inclined to help and support their parents or friends when they encounter emotional problems. College students are in the early days of adulthood, with vigorous energy and health, and there is no significant difference in physiological and environmental categories.

The fresh graduates of the 2020 level and the 2021, 2022, and 2023 students score a significant difference in the four areas ($P <0.05$). Grade 2023 students are not high, only higher than graduates. There is no obvious difference between level 2021 and level 2022, and the quality of life is higher than graduates and freshmen. Graduates are significantly different in the

physiological and social scope level and other grades, which are manifested as the level of life quality lower than other grades ($P < 0.05$).

Freshmen are generally 18 years old, and their health is the most vibrant in life. They are more physiological. However, they just left their parents and left their hometown. They were not used to the environment of the school. Interpersonal relationships felt lonely and uncomfortable. At the same time, they also received the support and encouragement of parents and friends. Students in the second and third grades of university have been in school for 2-3 years. They are familiar with the school's environment and fixed students to learn together with friends. At the same time, they do not need to think too much about the future. Simple, it is the most high -quality group in university. Graduates are facing multiple problems and multiple options. They are embarrassed between reality and ideals and pursue economic freedom, but they must also take into account the pressure of scientific research. Some students have to take the postgraduate entrance examination. They have no time to consider their own health, basically do not participate in physical exercise, support their friends and dissatisfaction with the school environment, the fear of employment, and various reasons to cause the status quo of graduates. At the same time, this result is also consistent with the results of Shu Jianping's survey of the quality of life of college students, which is manifested as graduates the lowest quality of life.

The scores of the quality of life of liberal arts and science students are seen in the table. Results showed that scientific science students and science students both had significant differences in physiological, psychological, social relations and environmental categories ($P < 0.05$). Scientific students scored higher in the physiological category and environmental categories than liberal arts, but in psychological and social relations The score is higher than the science student. It shows that the quality of life of college students in different majors is different. The course of scientific students is mainly based on experiments and theories, which also promotes their rational thinking and makes them more independent. Liberal arts students pay more attention to interpersonal relationships, and they are more willing to take the initiative and be communicated, but they also lack the ability to adapt to the environment. This result is also consistent with the survey and analysis of the quality of life of Wu Xinyan and Li Furong (2013) in local university students in Hubei.

3.3 Analysis of the quality of life of college students

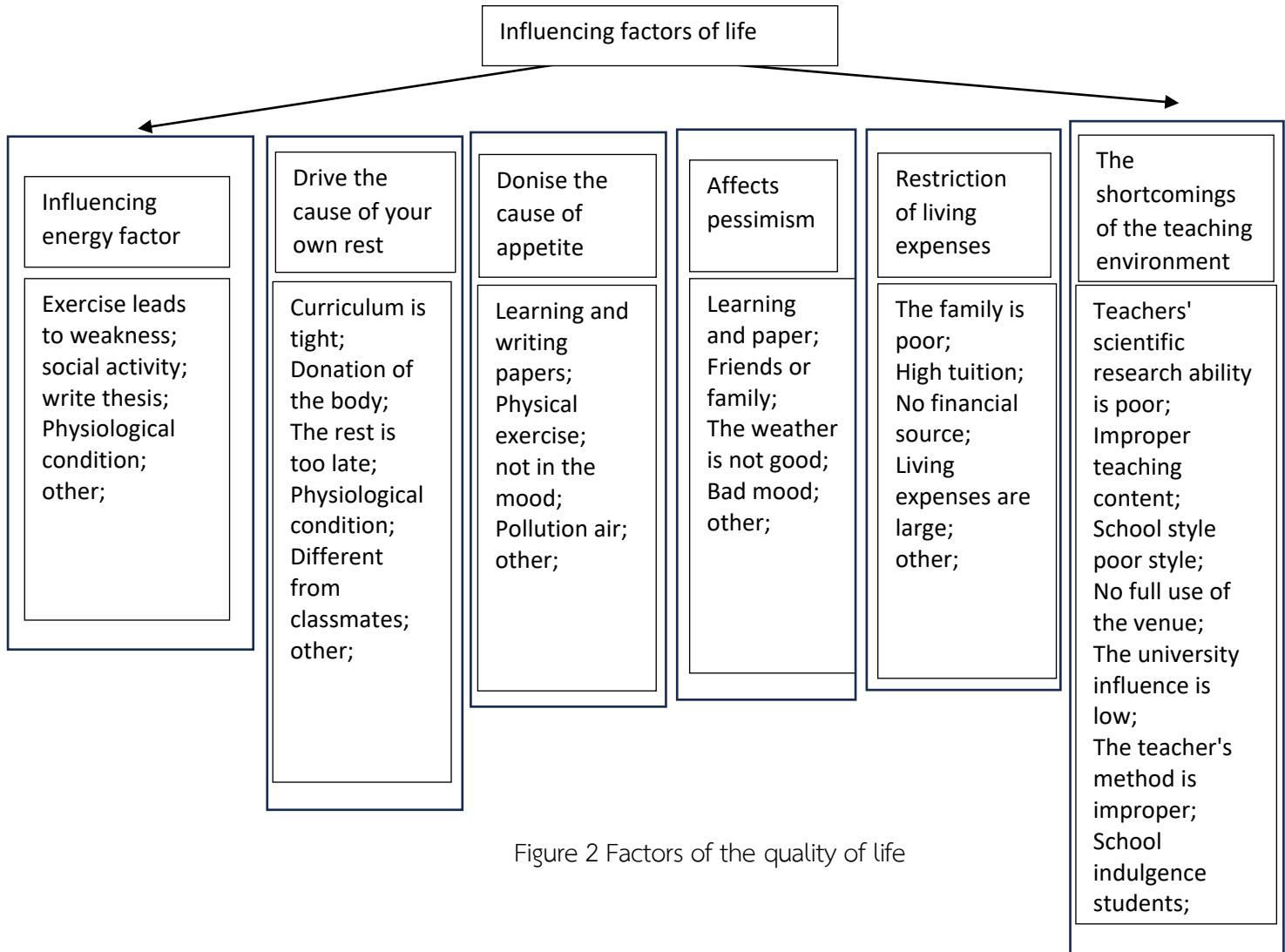


Figure 2 Factors of the quality of life

3.3.1 The influencing factors of the quality of different gender life of college students

Table 3 Investigation Form for the Influencing Factors of Different Gender Life of College Students (N = 379) In the survey of physiological categories, 68.06% of the physical factors in the influencing factors of energy were selected; 60.42% of the interference resting factors selected physiological reasons and 60.42% of the curriculum tension. 65.97% of the influencing factors of the appetite have a bad mood. 68.51% of the boys have 68.51% of the factors that affect their social activities. 66.38% of students chose to rest late is a factor affecting sleep. 71.06% of students choose to learn and write papers is the cause of appetite.

Girls have affected their energy and sleep because of their special physiological conditions. Girls are more careful and sensitive, and the events in life can easily make them feel

bad, which will affect appetite. In addition, this is also likely that the mood is low because of physiological reasons. Female college students like to watch TV series, and often stay up late on weekends. This is also an important factor affecting sleep. They also lack physical exercise, which will also cause decline in sleep quality. Girls may think more than boys in terms of diet, such as weight loss, saving money, convenience, etc., resulting in bad desire for girls. For girls, school leaders and teachers should arrange more activities, actively publicize health and rest lifestyles, and guide female universities to improve the level of physiological health. At the university boys, they started to contact society. Some of them were part-time, and some volunteers. These activities enriched their lives to exercise their abilities, but at the same time, their bodies were in a state of fatigue for a long time. The living habits of male college students are very different. Most people have a late rest. Playing games with my roommates or going to self-study is very late. This is why their quality of life is not high.

In a survey that affects pessimism in psychological category, 66.67% of girls chose a bad mood. 65.53% of boys choose friends or family members to bring themselves negative feelings. In addition, 63.82% of students choose to study and scientific research pressure.

Girls' emotions are easy to fluctuate, and they will have a lot of negative thoughts when they are low, which will affect the level of mental health. In addition, girls have rich feelings and are mainly emotional thinking. They will be worried because of various things in life, which also affects their health level. In actual teaching, teachers should deal with girls with more attention and concern, be their conscious friends, and maintain their dignity. This is consistent with the results of Shu Jianping's (2005) survey and analysis of the quality of life of college students.

Boys are more rational than girls, but they care about their interpersonal relationships, especially their parents' every move will affect their nerves. No matter what professional boys, their main tasks as students are learning, so learning and scientific research is an important part of their lives. But the road of learning and scientific research is rugged. On this road, they encountered a lot of hardships, making them have more negative emotions.

Among the influencing factors in the environmental category, 73.61% of female college students believe that they are not independent of their economy is the cause of dissatisfaction with economic conditions. In the teaching environment, 70.83% of students believe that the school's curriculum is unreasonable. Boys are not satisfied with 69.36% of students who are not independent in their economy and 64.26% are difficult to choose their homes. 56.17% of students

are not satisfied with the school settings and 57.44% of people choose venue equipment. Take advantage of.

College students are already adults. The maturity of the age and the inadequate independence in actual economic life have caused college students to have great contradictions. This also reduces their neglect of the beautiful environment. Real independence. Many of the textbooks used by the school are universal edition textbooks. There are very few special textbooks in the Putian area. The course is seriously separated from the actual situation of life. Students are not interested in curriculum and reduce their enthusiasm for learning. Based on the above analysis, the school should continuously enrich the curriculum structure to meet the students' job search needs and give girls more concern.

Boys are relatively independent, and they are also pursuing independence in terms of economy, but most of their economic sources are mainly based on their parents, which makes them very dissatisfied. The school curriculum is relatively complicated, without effective integration content, and mostly theoretical content, lack of practical courses. There are a large number of students in the school, and limited teaching instruments and equipment are environmental factors restricting students' development.

In the surveys of the three categories of physiology, psychology, and environment, each grade has different stages of trouble and trouble. Most reasons for 2023, 2022 and 2021 are similar. Here are analyzing 2020 students.

(Tao,2009) Because graduates are busy writing papers, finding a job, postgraduate entrance examination and other things, this has made them encounter many difficulties in their lives. They often have pessimistic and negative feelings, so their appetite is not good. Non-graduate doesn't have to think so much. Only live a good daily life. The living environment is stable, so their scoring level is also significantly higher than graduates in a state of anxiety.

In the survey of physiological categories, 74.16% of students 2020 students chose to affect the mental state in life due to the pressure of scientific research. 66.29% of students believe that 64.04% of students in their bodies choose to rest too late to affect sleep. 78.65% of students who affect appetite choose to learn and papers.

College students were full of health and spirit, but for fresh graduates, they have caused physiological fatigue due to a large number of theses writing and social practice work, affecting a healthy lifestyle. This is consistent with the results of Wu Xinyan and Li Furong. Investigation in psychological categories shows that 77.52% of students choose to learn and papers are the main sources of pessimistic feelings. Facing graduate students may have a lot of

hard exams, they have not passed yet, which requires them to try hard and cause greater pressure. Or a certain vocational qualification certificate that I have not passed before, I want to take the test before graduation, so I work hard to study. In addition, they have the writing of the paper, and the thesis is not completed in the short term, which costs them a lot of thoughts.

Graduates have lived in school for nearly four years, and have a more understanding of the school. At the same time, they are also at the turning point of schools and society, facing life choices, thesis writing, work, postgraduate entrance examination, etc. These issues have caused a lot of distress to have no direct social experience. Most of them are busy writing papers during this time, so scientific research has become the main reason for affecting physiology. Some college students started social work internships, busy work and the tasks of papers made them exhausted. When they were looking for a job, they encountered a lot of demanding units, which also made them feel that the school's popularity was not high enough, and they did not learn enough in college.

3.3.2 The influencing factors of the quality of life of different professionalism

In the physiological category survey, in the reasons for energy, the scientific and technical students 68.58 chose the physiological status, and 67.97% of the science students chose to write the paper; in the reasons for the rest, 66.37% of the liberal arts students chose to rest too late, 64.71% of the science students, 64.71% of the people. Choose the tight course; in the investigation of the appetite, 69.03% of the liberal arts students choose to have no mood, and 69.28% of the science students choose to learn and write papers.

In the psychological category survey, 65.49% of the people who affected pessimism were not in a bad mood, and 67.32% of science students chose to learn and papers.

In the survey of environmental categories, in the reasons for restricting living expenses, 71.68% and 69.93% of the liberal arts and science students chose to have no financial source; in the survey with insufficient teaching environment, 61.95% of liberal arts students chose school style and 57.52 science students 57.52 % of people choose to set the teaching content improperly. In the investigation of the influencing factors of liberal arts and sciences, there are many girls in liberal arts students, and there are many boys in science students.

3.4 Study on the Relations of the Quality and Leisure Sports Development Method of College Students

In order to study the correlation between college students' leisure and sports methods and quality of life, the differences in the quality of life of college students are affected by leisure

sports development methods. Therefore, related analysis of the two is to explore the correlation between leisure sports development methods and quality of life

Table 6 Analysis of the relevance of the quality of life and leisure sports development of college students

The survey shows that Putian University students exercise motivation, sports participation, sports consumption, social support and information channels are positively related to the quality of life ($P < 0.05$). The motivation to exercise is high in psychological categories and social categories; leisure sports participation is high in psychological category, social relations, and environmental categories; sports consumption scores high in psychological categories and environmental categories; information channels score high in psychological categories. And there is no significant correlation between leisure sports cognition and quality of life.

The results show that the six independent variables in the leisure sports development mode affect the scores of the quality of the quality of life of college students, which has an impact on the quality of life of college students in Putian. The strong or wider effect is: leisure sports participation, social support, social support, Exercise motivation, information pathway, sports consumption and sports cognition.

Discussion

Liberal arts students will take the initiative to seek help when they encounter problems, and then alleviate psychological pressure. In addition, they are also widely supported by social support, but their independence is poor and needs to be improved. Science college students are more independent, but the degree of social support and psychological health need to be improved. Grade is mainly manifested in the high quality of life in level 2021 and 2022. Graduates have the lowest quality of life at the 2020 level, and they need more attention and concern. In addition, freshmen 2023 students also need more guidance and education. From a gender perspective, boys are more independent than girls, but they lack social support and are prone to bad emotions. Schools and families should give more support. Girls' life quality scores are higher than boys, but due to their own physiological structure, they are easily plagued by physiological problems, and they are volatile.

Sports population is low in the total population, and boys have more sports population than girls. The number of sports populations needs to be increased. College students are single in physical exercise, and at the same time, the location of sports activities is mainly school stadium. The main influencing factors of college students' sports lifestyles are not understanding

exercise methods and social support. The motivation for participating in exercise activities is mainly to enhance physical fitness and health. There are few students with sports consumption, and the overall level of sports consumption is low.

Sports consumption, sports population, and social support in lifestyle have the greatest impact on the quality of life and the highest correlation. The physical exercise habits of college students are obviously related to the quality of life.

Conclusion

The differences in regional and economic areas are one of the influencing factors of the living quality of college students in Putian. According to local sports characteristics and local and regional characteristics, choosing a sports activity project that is beneficial to the level of sports consumption of college students. This not only inherits and carry forward local specialty sports projects, develops the sports industry, stimulates students' interest, and promotes physical health.

Stimulate college students, especially female college students to participate in sports activities, and cultivate their ability to exercise themselves and take the initiative to exercise. University can make full use of campus propaganda media, spread the basic common sense of sports information and sports exercise, and increase the efforts to publicize physical exercise. Improve students' enthusiasm for participating in exercise and enable students to learn sports well.

Sports teachers can realize the correlation between learning quality of life and physical exercise habits. The university plays an important role in the development of students' physical exercise habits, and has a key role in promoting the comprehensive development of students and improving students. The practice of physical education can promote students to participate in sports and improve the quality of students' lives.

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