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RESEARCH ARTICLE

PROMOTING LIFELONG PHYSICAL EDUCATION CONSCIOUSNESS AND COMMITMENT IN SPORTS AMONG ADOLESCENTS IN A SELECTED YOUTH ORGANIZATION BEIJING, CHINA

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Abstract

This study explores the determinants of sports commitment among adolescents within a Chinese youth organization, aiming to cultivate lifelong physical education consciousness and healthy lifestyles. By synthesizing insights from global research on organizational dynamics, psychosocial factors, and motivational environments, it investigates how tailored interventions can enhance adolescents' sustained engagement in sports. Emphasizing adolescence as a formative period for habit formation, the research highlights the role of collaborative efforts among educators, youth leaders, and communities in fostering inclusive sports cultures. The findings aim to inform strategies that promote physical health, teamwork, and resilience, ultimately contributing to holistic adolescent development and long-term well-being in China

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Introduction:-

Promoting lifelong physical education consciousness and commitment in sports among adolescents is imperative in cultivating healthy lifestyles and overall well-being. Adolescence is a critical period where habits and attitudes towards physical activity are formed, making it an opportune time to instill a lasting appreciation for sports and fitness. In the context of a selected youth organization in China, understanding the multifaceted nature of sports commitment becomes essential for designing effective interventions and programs tailored to the unique needs and preferences of adolescents.

Research in the field of sports commitment offers valuable insights into the factors that influence individuals' sustained engagement in athletic activities. Studies conducted by van der Roest et al. (2017), Yıldırım (2020), and Merdan et al. (2021) have delved into various dimensions of sports commitment, ranging from organizational dynamics within sports clubs to individual psychosocial determinants such as motivation and coaching environment. By examining these factors within the specific context of a youth organization in China, we can gain a deeper understanding of the drivers and barriers to adolescents' participation in sports.

This study seeks to contribute to the promotion of lifelong physical education consciousness and commitment among adolescents by elucidating the factors that shape their attitudes and behaviors towards physical activity. By identifying the key determinants of sports commitment within the context of the selected youth organization, interventions can be developed to foster a culture of active participation in sports and fitness activities.

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Such initiatives not only promote physical health but also contribute to the holistic development of adolescents, instilling values of teamwork, discipline, and resilience.

Through collaborative efforts between educators, youth leaders, and community stakeholders, we can create supportive environments that encourage adolescents to embrace physical activity as an integral part of their lives. By promoting a positive and inclusive sports culture within the youth organization, we aim to empower adolescents to lead active and healthy lifestyles well into adulthood. Ultimately, our goal is to enhance the overall well-being and quality of life of adolescents in China by fostering a lifelong commitment to physical education and sports.

Background Of The Study

The background of this study is rooted in the shared motivation of the researchers, who are owners of a sports club, to promote lifelong physical education (PE) consciousness and sports commitment among adolescents in China. As owner of a sports club, the researcher has a vested interest in understanding the factors that influence individuals' sustained engagement in athletic activities, particularly during adolescence, a critical period for habit formation and attitude development towards physical activity.

Driven by their commitment to fostering a culture of active living and well-being, the researchers recognize the importance of instilling a lifelong appreciation for sports and fitness from a young age. They are cognizant of the role that organized sports and structured physical education programs play in shaping individuals' attitudes and behaviors towards physical activity, not only during adolescence but throughout their lives.

Drawing on their firsthand experience in managing a sports club and interacting with adolescents, the researcher is keenly aware of the unique challenges and opportunities present in promoting sports commitment within this demographic group. They understand the need for tailored interventions and programs that take into account the diverse interests, preferences, and barriers faced by adolescents in China.

Furthermore, as advocates for youth development and holistic well-being, the researchers are committed to leveraging their expertise and resources to create supportive environments that encourage adolescents to lead active and healthy lifestyles. They believe that by promoting physical education consciousness and sports commitment among adolescents, they can contribute to the overall health, happiness, and success of future generations in China.

Thus, the motivation of the researchers, as owner of a sports club, to promote lifelong physical education consciousness and sports commitment in China serves as the driving force behind this study. Their firsthand experience and commitment to youth development underscore the importance of understanding and addressing the factors that influence adolescents' engagement in sports and physical activity.

Theoretical Framework

The theoretical framework proposed by Sulin-Yi (2020) advocates for a transformative approach to physical education within colleges and universities, aiming to instill lifelong consciousness regarding the importance of regular physical activity. This framework emphasizes the necessity of redefining the role of physical education instructors, urging them to discard traditional teaching methodologies in favor of innovative approaches that actively promote sustained engagement in exercise. Rather than viewing physical education as merely a means to fulfill academic requirements or enhance physical fitness, educators are encouraged to reconceptualize it as a platform for fostering students' intrinsic motivation to participate in lifelong physical activity.

A key aspect of this framework involves empowering students to recognize the myriad benefits of regular exercise and to internalize the value of incorporating physical activity into their daily routines. By equipping students with the knowledge and motivation to view exercise as an essential component of their overall well-being, colleges and universities can lay the groundwork for a lifelong commitment to physical fitness. This necessitates not only providing students with comprehensive information about the benefits of exercise but also fostering a sense of personal agency and responsibility for maintaining an active lifestyle beyond the confines of formal education.

Furthermore, the framework underscores the importance of enriching the content and delivery of physical education curricula to ensure that they resonate with students and stimulate ongoing interest in physical activity. By leveraging innovative teaching methods and incorporating diverse instructional materials, educators can create dynamic learning experiences that captivate students' attention and inspire them to actively participate in physical education. From organizing mini-games to introducing specialized sports projects, colleges and universities have the opportunity to offer engaging and relevant activities that promote lifelong engagement with physical fitness.

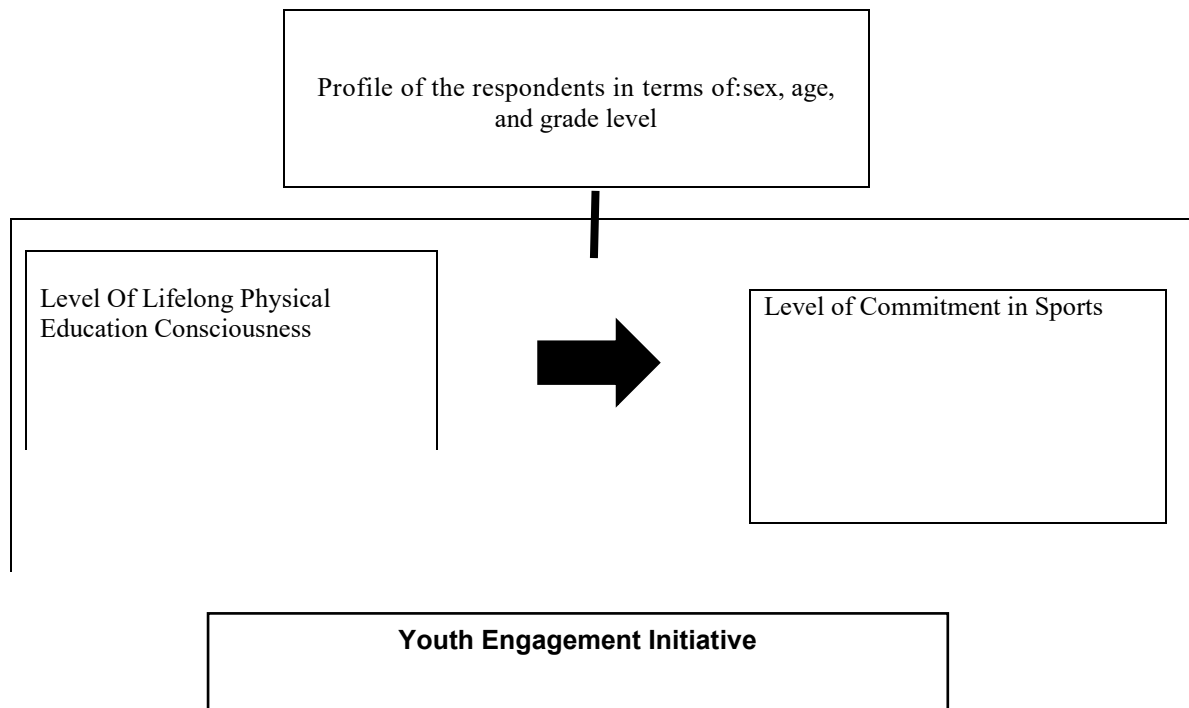
Additionally, the framework emphasizes the need for a comprehensive approach to sports evaluation that goes beyond traditional performance metrics. By recognizing and valuing students' diverse talents and contributions within the realm of physical activity, colleges can reinforce the intrinsic rewards of sports participation and encourage students to embrace physical fitness as a lifelong pursuit. Through thoughtful and inclusive evaluation

practices, educators can foster a culture that celebrates students' efforts and achievements in the realm of physical education, further reinforcing their commitment to lifelong physical activity.

In summary, the theoretical framework proposed by Sulin-Yi (2020) serves as a guiding blueprint for colleges and universities seeking to promote lifelong physical education consciousness among students. By embracing innovative teaching methodologies, empowering students to recognize the benefits of regular exercise, and adopting comprehensive evaluation practices, institutions can play a pivotal role in shaping a generation of individuals who prioritize physical fitness as an integral aspect of their personal and academic lives.

Conceptual Framework

The conceptual paradigm of the study aligns with the theoretical framework proposed by Sulin-Yi (2020), which emphasizes the importance of instilling lifelong physical education consciousness among adolescents. The study seeks to investigate the relationship between this consciousness and adolescents' commitment to sports within a selected youth organization in China.



The research paradigm for this study involves three frames of analysis to investigate different aspects related to adolescents' physical education consciousness, commitment to sports, and demographic profiles.

Research Objectives

The study aims to:

1. Understand the characteristics of the respondents (sex, age, grade level).
2. Measure how much the respondents value lifelong physical education, including their exercise habits, awareness of its importance, access to facilities, sports knowledge, and appreciation of innovative teaching.
3. Determine if these factors vary based on the respondents' profiles.
4. Assess the level of commitment to sports among the respondents, considering their engagement, dedication, and persistence.
5. Examine if commitment to sports differs based on the respondents' profiles.
6. Explore whether there's a connection between valuing lifelong physical education and commitment to sports.

7. Suggest initiatives to engage youth in promoting lifelong physical education and commitment to sports based on the study's findings.

Statement of the Problem

The general objective of the study is to examine the relationship between lifelong physical education consciousness and commitment to sports among adolescents in a selected youth organization in Beijing, China.

1. What is the profile of the respondents in terms of:
 - 1.1. sex;
 - 1.2. age;
 - 1.3. grade level?
2. What is the level of lifelong Physical Education Consciousness among the respondents in terms of their:
 - 2.1. understanding of exercise benefits;
 - 2.2. regular exercise habits;
 - 2.3. recognition of physical education's importance;
 - 2.4. access to sports facilities;
 - 2.5. knowledge of sports; and
 - 2.6. appreciation of innovative teaching?
3. Is there a significant difference in the level of lifelong physical education consciousness of the respondents when grouped according to profile?
4. What is the level of commitment in sports of the respondents in terms of:
 - 4.1. engagement;
 - 4.2. dedication; and
 - 4.3. persistence in athletic activities?
5. Is there a significant difference in the level of commitment in sports of the respondents when grouped according to profile?
6. Is there a correlation between the level of lifelong physical education consciousness and the level of commitment in sports of the respondents?
7. Based on the data, what Youth Engagement Initiatives can be proposed?

Hypothesis

1. There is no significant difference in the level of lifelong physical education consciousness of the respondents when grouped according to profile.
2. There is no significant difference in the level of commitment in sports of the respondents when grouped according to profile.
3. There is no correlation between the level of lifelong physical education consciousness and the level of commitment in sports of the respondents.

Methodology

Design For this study, a quantitative comparative correlational research design will be employed. This design is chosen because it allows for the investigation of relationships between variables, specifically lifelong physical education consciousness and commitment to sports among adolescents.

Quantitative methods are suitable for this research as they provide numerical data that can be analyzed statistically to identify patterns, trends, and correlations. The comparative aspect of the design will allow for comparisons to be made between different demographic groups, such as gender, age, and grade level, to determine if there are significant differences in lifelong physical education consciousness and sports commitment.

The correlational aspect of the design is essential as it enables the examination of the relationship between lifelong physical education consciousness and commitment to sports. By measuring both variables and analyzing their

correlation, it will be possible to determine if higher levels of lifelong physical education consciousness are associated with greater commitment to sports among adolescents.

This design is needed to address the research questions effectively by providing quantitative data that can be analyzed to identify patterns and relationships between variables. Additionally, it allows for comparisons between different groups of respondents, providing valuable insights into potential differences in lifelong physical education consciousness and sports commitment based on demographic factors. Overall, the quantitative comparative correlational design will enable a comprehensive investigation into the relationship between lifelong physical education consciousness and commitment to sports among adolescents.

Locale Of The Study

The selected youth organization for this study is situated in Beijing, China's vibrant capital city. Beijing is renowned for its rich history, cultural heritage, and modern development, making it an ideal locale for conducting research on youth engagement in physical education and sports.

The youth organization caters to adolescents aged 12 to 18 years old and provides a range of recreational, educational, and developmental programs. It serves as a hub for young people to socialize, learn new skills, and participate in various activities aimed at personal growth and community engagement.

Located in a bustling urban area, the youth organization is easily accessible to residents of Beijing, with convenient transportation links and amenities nearby. The facility is equipped with indoor and outdoor spaces for sports and recreational activities, including sports fields, courts, gyms, and multipurpose rooms.

The organization's mission is to promote holistic development among adolescents, emphasizing the importance of physical fitness, mental well-being, and social interaction. It offers a diverse range of programs and initiatives designed to foster lifelong values such as teamwork, leadership, and resilience.

The demographic profile of the youth organization reflects the cultural diversity and dynamism of Beijing's population. Adolescents from various socio-economic backgrounds, ethnicities, and educational levels participate in its programs, contributing to a vibrant and inclusive community environment.

Overall, the youth organization in Beijing provides a conducive setting for studying the relationship between lifelong physical education consciousness and commitment to sports among adolescents, offering valuable insights into youth development and engagement in a rapidly evolving urban context.

Statistical Analysis of Data

The statistical analysis of the data will involve both descriptive and inferential statistics to gain insights into the variables under investigation and test the hypotheses formulated in the study.

Descriptive statistics will be employed to summarize and describe the characteristics of the participants, including their demographic profiles, level of lifelong physical education consciousness, and commitment to sports. Measures such as means, standard deviations, frequencies, and percentages will be calculated to provide a clear picture of the data distribution and central tendencies.

Inferential statistics will be utilized to make inferences and draw conclusions about the population based on the sample data collected. Specifically, inferential tests such as t-tests, ANOVA, and correlation analyses will be conducted to examine relationships between variables, test for differences among groups, and determine the strength and direction of associations.

The choice of statistical tests will depend on the nature of the variables and the research questions being addressed. For instance, t-tests may be used to compare means between two groups (e.g., male vs. female participants), while ANOVA may be employed to assess differences among multiple groups (e.g., different age or grade levels).

Correlation analyses, such as Pearson's correlation coefficient, will be conducted to examine the relationship between lifelong physical education consciousness and commitment to sports. This analysis will help determine whether there is a significant association between these variables and the direction and strength of the relationship.

Overall, the statistical analysis of the data will provide valuable insights into the relationships and patterns within the dataset, allowing for a comprehensive understanding of the factors influencing lifelong physical education consciousness and commitment to sports among adolescents in the selected youth organization in Beijing, China.

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