

Preservation And Revitalization Of Chinese Traditional Sports In The Modern Era

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Abstract: This research explores the complex terrain of conserving and rejuvenating Chinese traditional sports in the contemporary day. This study examines the issues faced by a varied set of respondents, including teachers, coaches, and those with multiple responsibilities. It evaluates the current efforts being made to address these challenges and offers strategic policy recommendations. The key findings indicate the presence of various problems, including budgetary limitations, gaps in policies, insufficient professional assistance, low awareness, and the influence of contemporary culture. Additionally, the research emphasizes the need of implementing gender-inclusive approaches and reveals that women demonstrate higher levels of awareness, expertise, and community involvement. Although factors such as age, education, and designation may not have a substantial impact on assessments, it is recommended to adopt a complete strategy. The policy ideas put forth span a range of areas, including financial assistance, gender inclusivity, awareness and knowledge upgrading, professional development, policy formulation, cultural advocacy, youth participation, resource allocation, public awareness campaigns, and professional networks. Success indicators are clearly defined for every policy area, so providing a complete and targeted approach towards the preservation and revitalization of Chinese traditional sports. This research enhances comprehension of the obstacles and possible remedies involved in preserving this cultural heritage, hence increasing its significance in present-day society.

Keywords: Awareness and Knowledge; Funding and Resources Succession and Transmission; Cultural Impact; Modernization and Adaptation

1 Introduction

Chinese traditional sports have a rich and diverse history that spans thousands of years. These sports have deep cultural roots and are deeply intertwined with the traditions, philosophies, and values of Chinese society. Chinese traditional sports encompass a wide range of physical activities, each with its unique characteristics, techniques, and cultural significance. According to immerqi.com, one of the most renowned aspects of Chinese traditional sports is martial arts, also known as wushu. Martial arts in China have a history dating back thousands of years and encompass a multitude of styles, such as Shaolin Kung Fu, Tai Chi Chuan, and Wing Chun. These styles emphasize self-discipline, physical fitness, and mental focus, as well as promoting principles such as balance, flexibility, and harmony. Another notable category of Chinese traditional sports is dragon boat racing. Originating from the legend of Qu Yuan, a poet and statesman of ancient China, dragon boat racing has become a significant cultural and sporting event celebrated during the Dragon Boat Festival. Teams paddle in long narrow boats adorned with dragon heads, competing in spirited races that showcase teamwork, strength, and determination. Qigong is another integral part of Chinese traditional sports. It combines slow, flowing movements, deep breathing techniques, and mental focus to cultivate and balance the body's energy, known as Qi. Qigong encompasses a range of practices, including Tai Chi, Baduanjin, and Five Animal Frolics, and is renowned for its health benefits, stress reduction, and mind-body harmony. In addition to martial arts, dragon boat racing, and qigong, Chinese traditional sports also include a variety of regional sports and games. These activities vary

based on the specific culture, geography, and history of different regions in China. Examples include Cuju, a traditional form of soccer; Jianzi, a game similar to hacky sack; and Chinese chess, also known as Xiangqi. These sports provide recreational and competitive outlets and have been enjoyed by people of all ages for centuries.

Chinese traditional sports hold significant cultural, social, and historical importance. They serve as vehicles for cultural expression, helping to preserve and promote traditional values, customs, and folklore. These sports embody the Confucian ideals of discipline, respect, and self-improvement, fostering moral character and personal development. Moreover, they are platforms for social interaction, community bonding, and the passing down of traditions from one generation to the next. In recent years, there has been growing recognition of the importance of preserving and revitalizing Chinese traditional sports. Efforts have been made to promote their practice, educate the younger generation, and integrate them into educational institutions, cultural festivals, and international sporting events. The preservation and revitalization of Chinese traditional sports not only safeguard cultural heritage but also contribute to physical fitness, mental well-being, and cultural exchange. However, despite their rich heritage, Chinese traditional sports face numerous challenges in the modern era. These challenges include the influence of Western sports, urbanization, limited resources, and the need to adapt to changing societal preferences and lifestyles. Therefore, it is crucial to understand and address these challenges to ensure the continued preservation and revitalization of Chinese traditional sports for future generations.

It is for this reason that this study has been conceptualized.

This study holds immense importance and relevance across various domains. Foremost, it contributes to the preservation of cultural heritage by safeguarding the invaluable traditions, values, and wisdom embedded within these sports. By studying and promoting their preservation, the study ensures the transmission of cultural identity and fosters a sense of pride and belonging among individuals and communities. Also, the study recognizes the comprehensive benefits of Chinese traditional sports, including physical fitness, mental well-being, and personal growth. By revitalizing these sports, the study can promote healthy lifestyles, combat sedentary behaviors, and improve public health outcomes.

Further, the study holds significance in the educational realm. By exploring the efforts of teachers and coaches in preserving and revitalizing these sports within the university setting, the study contributes to the development of effective educational methods, pedagogical approaches, and curriculum design. It also enhances academic knowledge and understanding in the field of traditional sports, bridging the gap between theory and practice. Economically, the study highlights the potential of Chinese traditional sports in the cultural tourism industry. By leveraging the cultural and sporting heritage of these activities, the study can inform strategies to attract tourists, generate revenue, and support local economies. This, in turn, creates opportunities for sustainable development and job creation.

Additionally, the study recognizes the role of Chinese traditional sports in fostering social cohesion and community development. By exploring the efforts made by teachers, coaches, and communities, the study can identify strategies that promote social inclusion, intergenerational interaction, and community engagement. These efforts strengthen social bonds, enhance community pride, and contribute to the overall well-being of society. The study has global relevance as it serves as a platform for international cultural exchange. By promoting the preservation and revitalization of Chinese traditional sports, the study facilitates cross-cultural understanding, dialogue, and appreciation. It fosters connections between different nations and communities, enriching the global cultural landscape.

The need for this study becomes indispensable. The research on the preservation and revitalization efforts of Chinese traditional sports in the modern era faces several notable gaps that this study aims to address comprehensively. Firstly, existing research often overlooks the specific role of teachers and coaches, focusing more on broader cultural and societal perspectives. This research gap neglects the experiences, challenges, strategies, and perspectives of these key stakeholders who play a vital role in transmitting and promoting Chinese traditional sports. Secondly, there is a lack of understanding of the university context in relation to the preservation and revitalization of these sports. Universities serve as important platforms for education and community engagement, yet little is known about the efforts, institutional support, and teaching strategies employed within this setting. This study seeks to fill this gap by examining the experiences and challenges faced by teachers and coaches within the university context.

Furthermore, there is a gap in the integration of qualitative and quantitative approaches. While qualitative studies offer valuable insights into experiences and perceptions, quantitative data can provide a broader understanding of prevalence and patterns related to factors such as awareness, funding, resource constraints, and institutional support. By employing a mixed-method approach,

this study aims to bridge this gap and provide a comprehensive understanding of the topic. Moreover, the research has not adequately explored the specific challenges faced by teachers and coaches in preserving and revitalizing Chinese traditional sports, nor the strategies they employ to engage students and navigate the complexities of tradition and modernity. This study seeks to address these gaps by exploring the challenges encountered and strategies employed by teachers and coaches within the university context, offering valuable insights for future interventions. Lastly, there is a need for research that specifically focuses on the context of Chinese traditional sports, as they possess unique cultural, historical, and philosophical characteristics that require tailored approaches for preservation. This study aims to contribute to the literature by providing insights and recommendations specific to Chinese traditional sports. By addressing these comprehensive research gaps, this study aims to enhance our understanding and inform future initiatives and interventions in the preservation and revitalization of Chinese traditional sports.

2 Methodology

In this section, the researcher provides a detailed description of the overall research design, data collection methods, and data analysis procedures. This section outlines the approach and techniques used to address the research questions or objectives. It includes information on the study population or sample, sampling techniques, instrumentation, data gathering procedures, and statistical or qualitative analysis methods. The methodology section acts as a roadmap for how the research was conducted, ensuring transparency, replicability, and validity of the study. It allows readers to evaluate the appropriateness and rigor of the research design and understand how the data was collected and analyzed to derive meaningful findings and conclusions.

2.1 Research Design

The study utilized a research design that incorporated a mixed-methodologies approach, including both qualitative and quantitative methods. This strategy was implemented to thoroughly evaluate the preservation and revival endeavors of Chinese traditional sports in contemporary times. The design process commenced by formulating targeted research inquiries that encompassed many facets of the subject matter. During the qualitative phase, data was gathered through several methodologies including semi-structured interviews, focus group discussions, and observations. To maintain uniformity, the research team employed an interview guide or focus group methodology, and subsequently transcribed the recorded data for the purpose of analysis. Thematic analysis or other suitable qualitative analytical methodologies were utilized to discern significant themes and patterns. During the quantitative phase of the study, a meticulously designed questionnaire or survey was created, tested, and subsequently distributed to a broader population of participants. The process of data collection involved gathering relevant information, followed by a thorough cleaning and coding of the data to prepare it for analysis. The qualitative and quantitative data were subjected to different analyses, wherein shared characteristics, inconsistencies, and mutually supportive discoveries were uncovered. By doing a comparative analysis, the qualitative and quantitative findings were synthesized to offer a holistic comprehension of the research subject.

2.2 Sampling Technique

The sampling technique employed for this study is purposive sampling, focusing on selected teachers and coaches as respondents who possess the expertise and experience necessary to provide valuable insights into the preservation and revitalization efforts of Chinese traditional sports in the modern era. The selection criteria for these participants include years of experience in teaching or coaching Chinese traditional sports, relevant qualifications and certifications, active involvement in teaching or coaching at the selected universities, and familiarity with preservation efforts.

To identify potential participants, university records will be consulted to identify teachers and coaches specializing in Chinese traditional sports. Recommendations from experts and senior faculty members in the field will also be sought. Upon identification, the potential participants will be invited to take part in the study, with clear explanations provided regarding the purpose, objectives, and expectations of the research. Participants will be informed about the research process, data collection methods, and the importance of their expertise in contributing to the study's findings. The sample size will be determined based on the research objectives, available resources, and the need to obtain in-depth insights. Efforts will be made to ensure diversity and representation within the selected sample, considering factors such as gender, age, geographical location, and specialization within Chinese traditional sports. By employing purposive sampling with specific selection criteria, the study aims to include teachers and coaches who have the requisite expertise and experience, ensuring their valuable insights into the challenges and efforts involved in the preservation and revitalization of Chinese traditional sports in the modern era.

2.3 Research object

Select 30 teachers from each of 5 universities as research subjects.

3 Results And Discussion

This chapter includes a tabular representation of the collected data, as well as its analysis and interpretation. This section's conclusions are based on a statistical analysis performed with jamovi 2.3.19. A normality test, namely the Shapiro-Wilk test, will be performed to determine whether the parametric test will be used to address the research objectives. When the p-values exceed .05, parametric testing is used. Nonparametric tests will be used if the p-values are less than .05 and the data is not normally distributed. The research questions posted in this study are once again recalled. Consequently, the findings are presented along with its interpretation and analysis.

Preliminary Analysis
Reliability

Table 1: Reliability Measurement (Cronbach's Alpha)

Construct	Cronbach's Alpha	No. of Item/s Deleted	No. of Items
Awareness and Knowledge	0.94	0	10
Funding and Resources	0.96	0	10
Succession and Transmission	0.95	0	10
Cultural Tolerance and Impact	0.96	0	10

Construct	Cronbach's Alpha	No. of Item/s Deleted	No. of Items
Modernization and Adaptation	0.95	0	10
Community Engagement	0.95	0	10

Table 1 presents the reliability measurement, particularly the Cronbach's alpha of the scales, awareness and knowledge, funding and resources, succession and transmission, cultural tolerance and impact, modernization and adaptation, and community engagement. Cronbach's alpha, abbreviated as CA, is a statistic that can be utilized for evaluating construct reliability or internal consistency (Roldan & Sanchez-Franco, 2012; Kock, 2015). To determine whether or not a measure is reliable using Cronbach's alpha, the value of the measure must be equal to or greater than 0.70. (Fornell & Larcker, 1981; Nunnally, 1978). The analysis of the data showed that all of the constructs satisfied the criterion for reliability and were considered to be good items with good internal consistency based on CA values ranging between 0.94 and 0.96.

Table 2: Normality

	Shapiro-Wilk		
	N	W	p
Awareness and Knowledge	150	0.91	<.001
Succession and Transmission	150	0.92	<.001
Cultural Tolerance and Impact	150	0.89	<.001
Modernization and Acceptance	150	0.91	<.001
Funding and Resources	150	0.93	<.001
Community Engagement	150	0.93	<.001

The p-values for the Shapiro-Wilk test are all less than 0.05, indicating that the scores are not normally distributed. As a result, non-parametric tests such as the Mann-Whitney U and Kruskal-Wallis test will be used to determine whether a significant difference exists between the variables.

Profile of the Respondents:

Table 3: Respondents Profile

Sex	Counts	% of Total
Female	57	38%
Male	93	62%

Age	Counts	% of Total
18-24 years old	2	1%
25-34 years old	36	24%
35-44 years old	70	47%
45-54 years old	26	17%
55 years old and above	16	11%

Highest Educational Attainment	Counts	% of Total
Bachelor	25	17%
Doctor	24	16%
Master	101	67%

The information reported in Table 3 offers significant insights into the characteristics of the participants involved in the research on the preservation and revival endeavors of Chinese traditional sports in contemporary times. The survey demonstrates a somewhat even representation of genders, as evidenced by the fact that 38% of respondents identify as female, while 62% identify as male. Gender diversity is a crucial factor in facilitating a comprehensive examination of the subject matter, as it encompasses a range of viewpoints and lived experiences.

The participants in this study exhibit a diverse variety of ages, with the largest proportion, accounting for 71% of the entire sample, falling within the age brackets of 25 to 44 years. This implies that the research primarily focuses on individuals who are adults and are expected to have a specific level of experience and knowledge in the domain of Chinese traditional sports. Nevertheless, the incorporation of participants from several age cohorts, including a mere 1% of those aged 18-24 and a notable 11% of individuals aged 55 and above, enhances the comprehensiveness of the study by encompassing a wider range of generational perspectives and life experiences.

Moreover, it is worth noting that a significant proportion of the respondents possess a considerable level of educational achievement, as evidenced by the fact that 67% of them have obtained a Master's degree. This suggests that the research involves individuals who possess a solid academic foundation, which may enhance the thoroughness and knowledge-based examination of the endeavors aimed at conserving and rejuvenating Chinese traditional sports. Moreover, the incorporation of participants with diverse educational backgrounds, including those with doctoral and bachelor's degrees (16% and 17% correspondingly), guarantees a range of perspectives and a thorough comprehension of the subject matter under investigation.

Finally, in terms of job designation, teachers make up 53% of the total, demonstrating their involvement in the research. This shows how important schools and teachers are in teaching Chinese traditional sports. Additionally, 41% of responders are both teachers and coaches, demonstrating their multifaceted involvement in the sector. These folks may have unique teaching and coaching skills that might provide light on traditional sports preservation and renewal. The remaining 6% of respondents are coaches, indicating their engagement in traditional sports coaching. As pioneers in practical application and training, their perspective is critical to preservation and regeneration. Including teachers, coaches, and dual-role participants ensures a complete study. It provides a wide range of experiences, expertise, and viewpoints to help the study better grasp the challenges and strategies of maintaining and renewing Chinese traditional sports in the modern period.

In a nutshell, the analysis of the respondents' demographic characteristics indicates a heterogeneous and highly educated cohort of participants, encompassing various gender identities, age groups, levels of educational achievement, and job designation. The inclusion of many perspectives is anticipated to enhance the research outcomes and offer a comprehensive viewpoint on the obstacles and approaches associated with the conservation and rejuvenation of Chinese traditional sports in contemporary times.

3.1 Awareness and Knowledge

Table 4: Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Awareness and Knowledge

Indicators	Mean	SD	Verbal Interpretation	Rank
1.I am aware of the existence of traditional sports in China.	1.82	0.61	Less Evident	5
2.I have sufficient knowledge about the history and cultural significance of traditional sports in China.	1.83	0.64	Less Evident	3.5
3.There are educational programs or initiatives that promote awareness of traditional sports in China among teachers and coaches.	1.83	0.66	Less Evident	3.5
4.I believe it is important to include traditional sports in China in school curricula to enhance awareness and knowledge.	1.66	0.65	Not Evident	9
5.I actively seek opportunities to learn more about traditional sports in China to better educate my students/athletes.	1.86	0.78	Less Evident	2
6.Media outlets provide sufficient coverage and information about traditional sports in China, which I can access as an educator.	1.75	0.67	Not Evident	7
7.I actively incorporate traditional sports in China into my teaching or coaching practices to promote cultural understanding.	1.73	0.70	Less Evident	8
8.I encourage my students/athletes to participate in traditional sports in China to foster appreciation for cultural heritage.	1.61	0.66	Not Evident	10
9.There are sufficient resources and materials available for me to teach or coach traditional sports in China effectively.	1.92	0.76	Less Evident	1
10.I actively collaborate with traditional sports associations or organizations to enhance my knowledge and skills in traditional sports in China.	1.81	0.75	Less Evident	6
Composite Mean	1.78	0.56	Less Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50:

Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

The results of the assessment of efforts toward the preservation and revitalization of Chinese traditional sports in the modern era in terms of awareness and knowledge are presented in Table 4. The variable yielded a composite mean of 1.78 and a standardized deviation of 0.56, indicating that respondents are divided on whether they encourage their students or athletes to participate in traditional Chinese sports to foster appreciation for cultural heritage, believe it is important to include traditional Chinese sports in school curricula to increase awareness and knowledge, and believe media outlets provide adequate coverage and information about traditional Chinese sports.

The indicator with the highest mean score, 1.92, pertains to Awareness and Knowledge regarding the preservation and revitalization of Chinese Traditional Sports in the Modern Era. Specifically, this score corresponds to Indicator 10, which states, "I engage in active collaboration with traditional sports associations or organizations to enhance my knowledge and skills in traditional sports in China." This implies that, on average, participants express a significant inclination towards engaging in active collaboration with conventional sports organizations or organizations as a means to enhance their proficiency and understanding of Chinese traditional sports.

Conversely, the indicator that exhibits the lowest mean score of 1.61 within this category pertains to Indicator 7, which entails the active integration of traditional sports in China into teaching or coaching methods as a means to foster cultural comprehension. This finding indicates that, on average, participants exhibit a lower inclination to actively include Chinese traditional sports into their instructional or coaching methodologies as a means to foster cultural comprehension.

The findings imply that the educators and coaches involved in this study demonstrate a recognition of the significance of engaging in collaborative efforts with traditional sports groups or organizations as a means to augment their knowledge and skills. This relationship is indicative of a proactive stance towards acquiring knowledge and consistently enhancing proficiency in the realm of Chinese traditional sports. This suggests a favorable inclination towards the utilization of external resources and expertise, which has the potential to enhance the efficacy of preservation and revitalization endeavors. In contrast, the lowest mean indicates the need for enhancement in the integration of Chinese traditional sports within teaching or coaching methodologies, with the aim of fostering cultural comprehension. The discovery brings attention to a potential deficiency in the implementation of cultural awareness via traditional sports in practical settings. It is imperative to address this discrepancy in order to ensure that traditional sports are not only recognized, but also actively incorporated into educational and coaching environments, with the aim of cultivating a more profound understanding and respect of cultural heritage.

In the scholarly paper entitled "Preserving ASEAN's Cultural Heritage: The Importance of Traditional Sports and Games," Nursabrina emphasizes the critical role of safeguarding traditional sports and games as an essential component of ASEAN's cultural legacy. This statement underscores the notion that traditional sports and games hold significance beyond their role as sources of amusement. They serve as portals to historical eras, mirroring the values and conventions of societies, and facilitating intercultural discourse and collaboration within the ASEAN community.

The article's assertion on the prevailing focus of current culture

on Western sports aligns with the research indicating that traditional sports and games are susceptible to being neglected and potentially facing extinction if not actively engaged in and advocated for. This underscores a collective apprehension regarding the possible erosion of these cultural artifacts and the imperative for collaborative endeavors to safeguard their perpetuation. Moreover, the aforementioned article emphasizes Cambodia's proactive engagement as the ASEAN Chair in the year 2022, wherein it has taken the initiative to organize workshops and spearhead the formulation of the ASEAN Declaration on the Promotion of ASEAN Identity via the Preservation of Traditional Sports and Games in the Contemporary Era. The aforementioned acts are consistent with the research findings that emphasize the significance of joint endeavors, both on a national and regional scale, in the preservation and promotion of traditional sports and games. The author highlights the significance of the socio-economic impact of the sports industry and the potential of traditional sports and games to attract tourism. This aligns with the notion that traditional sports and games can effectively contribute to the revitalization of local communities and encourage engagement in sports. The multifaceted nature of traditional sports and games is acknowledged as a mechanism to augment cultural appreciation and foster the adoption of healthy lifestyles.

To sum up, the findings presented in this paper are consistent with existing research, highlighting the significance of collaborative endeavors, both within and beyond the ASEAN region, in preserving and rejuvenating traditional sports and activities. This statement emphasizes the collective obligation of governments, corporate entities, and local communities in the conservation effort. It also stresses the strong political dedication demonstrated by the ASEAN Declaration, which further emphasizes the global importance of these cultural assets.

3.2 Funding and Resources

Table 5: Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Funding and Resources

Indicators	Mean	SD	Verbal Interpretation	Rank
1. Adequate financial support is provided for the revitalization of traditional sports in China.	2.0	0.73	Less Evident	3
2. Sufficient funding is allocated for the development and maintenance of infrastructure for traditional sports in China.	1.99	0.71	Less Evident	4.5
3. Private sponsors actively contribute to the funding of traditional sports in China.	2.10	0.75	Less Evident	1
4. There are grants or funding opportunities available for individuals or organizations promoting traditional sports in China.	1.91	0.77	Less Evident	8
5. Traditional sports in China have access to modern and well-maintained facilities.	1.90	0.65	Less Evident	9

6.The availability of equipment and resources for traditional sports in China is satisfactory.	1.92	0.71	Less Evident	7
7.Coaching and training programs for traditional sports in China receive adequate financial support.	2.01	0.72	Less Evident	2
8.There is government support in terms of funding for research and documentation of traditional sports in China.	1.86	0.69	Less Evident	10
9.Traditional sports in China receive comparable funding to contemporary sports.	1.99	0.70	Less Evident	4.5
10.Funding for traditional sports in China is transparently and efficiently managed.	1.99	0.76	Less Evident	4.5
COMPOSITE MEAN	1.97	0.62	Less Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50: Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

Table 5 presents the findings of an assessment of efforts to preserve and revitalize Chinese traditional sports in the modern era in terms of funding and resources. Based on the tabulated data, it yielded a composite mean of 1.97 and a standard deviation of 0.62. This implies that the variable is less evident, and teachers and coaches disagree that there is government support in terms of funding for research and documentation of traditional sports in China, that traditional sports in China have access to modern and well-maintained facilities, and that grants or funding opportunities are available for individuals or organizations promoting traditional sports in China.

The evaluation of endeavors aimed at the conservation and rejuvenation of Chinese Traditional Sports in contemporary times is significantly informed by the facts pertaining to funding and resources. The data indicates that there is a good opinion among respondents regarding the active contribution of private sponsors to the support of traditional sports in China, as seen by the highest mean score of 2.10 associated with Indicator 3. This discovery suggests that there is an acknowledgment of the involvement of private entities in providing financial support for conventional sports, which has the potential to be a significant means of funding for their maintenance and advancement.

On the contrary, the indicator 7 exhibits a significantly low mean score of 1.86, which elicits apprehension regarding the adequacy of financial backing allocated to coaching and training initiatives for conventional sports in China. According to the score, it may be inferred that respondents hold the perception that coaching and training programs receive comparatively limited financial support. The aforementioned discovery underscores a potential disparity in resource distribution, highlighting the necessity for heightened financial backing in this particular domain. Sufficient financial resources allocated towards coaching and training programs are important in order to effectively transmit the knowledge and abilities inherent in traditional sports, so guaranteeing their long-term viability and facilitating their

prosperous resurgence in contemporary times.

In a nutshell, it can be observed that private sponsorship for traditional sports is generally viewed favorably. However, the relatively lower average score assigned to coaching and training programs highlights the need to prioritize resource allocation in order to enhance the fundamental aspects of traditional sports in China. Sufficient financial backing for coaching and training plays a crucial role in the comprehensive preservation and revival endeavors of Chinese traditional sports.

Further, it sheds light on the potential of utilizing traditional sports culture tourism resources to offer visitors novel physical and psychological encounters. The aforementioned statement aligns with the inference drawn from the present research, which suggests that the preservation and promotion of traditional sports have the potential to foster cultural appreciation and foster the adoption of healthy lifestyles. The study also serves to strengthen the notion that traditional sports hold cultural and economic importance, and their advancement plays a role in the overall growth of the sports and tourism sectors. The convergence of viewpoints presented in this discourse serves to bolster the rationale for the conservation and rejuvenation of customary sports in China. This endeavor is not alone aimed at safeguarding cultural heritage, but also at fostering tourism and enhancing the overall encounters of tourists.

3.3 Succession and Transmission

Table 6:Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Succession and Transmission

Indicators	Mean	SD	Verbal Interpretation	Rank
1.There are mentorship or apprenticeship programs to pass down knowledge and skills of traditional sports in China.	1.78	0.73	Less Evident	7
2.Younger generations in China actively participate in traditional sports to ensure their continuity.	1.84	0.71	Less Evident	5
3.Traditional sports in China are included in community or family events to encourage succession and transmission	1.95	0.74	Less Evident	1
4.There is sufficient support for intergenerational exchange of experiences and knowledge in traditional sports in China.	1.91	0.77	Less Evident	2.5
5.Traditional sports in China are incorporated into school or university programs to facilitate succession and transmission.	1.69	0.68	Less Evident	10
6.Traditional sports associations or organizations in China play a significant role in promoting succession and transmission.	1.77	0.71	Less Evident	8

7.Traditional sports in China have well-defined pathways for individuals to progress and excel in their chosen sport.	1.90	0.71	Less Evident	4
8.The cultural value and importance of traditional sports in China are emphasized to encourage succession and transmission.	1.72	0.68	Less Evident	9
9.There are incentives or recognition systems in place to motivate individuals to engage in traditional sports succession and transmission in China.	1.83	0.76	Less Evident	6
10.Traditional sports in China have official training centers or academies to support succession and transmission efforts.	1.91	0.75	Less Evident	2.5
COMPOSITE MEAN	1.83	0.60	Less Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50: Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

Table 6 summarizes the assessment of efforts to preserve and revitalize Chinese traditional sports in the modern era in terms of succession and transmission. The tabulated data generated a composite mean of 1.83 and a standard deviation of 0.60, indicating that the variable is less evident and that respondents disagree that traditional sports in China are incorporated into school or university programs to facilitate succession and transmission, that the cultural value and importance of traditional sports in China are emphasized to encourage succession and transmission, and that traditional sports associations or organizations are established.

The evaluation of endeavors aimed at the conservation and rejuvenation of Chinese Traditional Sports in the contemporary period, with a specific emphasis on Succession and Transmission, provides significant observations regarding the perceived efficacy of different approaches. The indicator 3 is associated with the highest mean score of 1.95, indicating that respondents perceive the inclusion of traditional sports in community or family activities as crucial for promoting the continuation and transmission of these cultural practices. This discovery highlights the importance of community involvement and the cultural environment in the preservation and transmission of traditional sports knowledge and skills.

On the other hand, the mean score of 1.69, which is the lowest, is linked to Indicator 5. This suggests that participants perceive the integration of traditional sports into official educational initiatives as less effective in promoting the continuation and transfer of knowledge. The findings indicate a possible deficiency in the role of formal education in the preservation of traditional sports, emphasizing the necessity for enhanced incorporation of these sports into educational curriculum at both the school and university levels. This integration is crucial in order to guarantee the perpetuation of these sports among younger cohorts.

The findings indicate that community and family events are perceived as successful means of supporting the succession and

transmission of traditional sports. However, there is potential for enhancing the integration of these sports into the formal educational system. The inclusion of traditional sports in school programs is of paramount importance in safeguarding their cultural and sporting heritage among the younger cohorts in China.

Further, the research places significant emphasis on the influence exerted by educational institutions, familial structures, and community dynamics in the preservation and transmission of traditional sports culture among minority groups. This observation aligns with the results indicating that the incorporation of traditional sports into community or family gatherings is perceived as beneficial for promoting the continuation and transfer of these activities. Additionally, the research emphasizes the benefits of school engagement, as seen by the lower average score observed for Indicator 5 (integration into educational programs at schools or universities) in the present study. It is proposed that educational institutions have a significant impact on the preservation and dissemination of traditional sports culture within ethnic minority communities. This finding may also have implications for the broader understanding of traditional sports in the Chinese context.

Both the present findings and the study conducted by Chen and Chen underscore the importance of cultural education, community engagement, and formal educational institutions in the preservation and transmission of traditional sports knowledge and skills. The connection observed in this context provides additional support for the notion that a comprehensive strategy, encompassing various aspects such as education and community involvement, is crucial for preserving traditional sports in contemporary China.

3.4 Cultural Impact

Table7:Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Cultural Impact

Indicators	Mean	SD	Verbal Interpretation	Rank
1.Traditional sports in China play a vital role in preserving the cultural heritage of the country.	1.67	0.70	Not Evident	6.5
2.Participating in or supporting traditional sports in China contributes to a sense of cultural identity.	1.60	0.70	Not Evident	10
3.Traditional sports in China promote cultural diversity and understanding.	1.64	0.69	Not Evident	8.5
4.Traditional sports in China are integrated into cultural festivals and celebrations.	1.64	0.68	Not Evident	8.5
5.The cultural impact of traditional sports in China is widely recognized and appreciated.	1.69	0.68	Not Evident	5
6.Traditional sports in China have inspired artistic expressions such as music, dance, or visual arts.	1.72	0.73	Not Evident	2

7.Traditional sports in China strengthen social cohesion and community bonds.	1.70	0.70	Not Evident	3.5
8.Traditional sports in China are represented in the national identity and pride of the country.	1.67	0.72	Not Evident	6.5
9.Traditional sports in China are featured in cultural tourism initiatives.	1.70	0.68	Not Evident	3.5
10.Traditional sports in China are documented and showcased in museums or cultural institutions.	1.83	0.76	Less Evident	1
COMPOSITE MEAN	1.69	0.60	Not Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50: Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

The evaluation of the efforts made in the modern era to preserve and revitalize traditional Chinese sports is summarized in Table 7, which focuses on the cultural impact of these endeavors. The tabulated data produced a composite mean of 1.69 and a standard deviation of 0.60, indicating that the variable is not evident or practiced in the setting. Similarly, this indicates that teachers and coaches strongly disagree that participating in or supporting traditional sports in China promotes cultural diversity and understanding and that traditional sports in China are integrated into cultural festivals and celebrations.

The evaluation of endeavors aimed at conserving and rejuvenating Chinese Traditional Sports in the contemporary period, particularly in relation to their cultural influence, offers significant perspectives derived from the most and least average ratings. The indicator with the highest mean score of 1.83, namely Indicator 10, suggests that participants regard the documentation and exhibition of traditional sports in museums or cultural institutions to have a comparatively significant cultural impact. This implies that there is a certain degree of acknowledgement regarding the significance of safeguarding traditional sports within their cultural milieu, notably through endeavors aimed at documenting and showcasing them. The acknowledgment of these sports has the potential to enhance public consciousness of their cultural importance.

In contrast, the data reveals that Indicator 2 has the lowest mean score of 1.60, indicating that respondents perceive the presence of traditional sports in fostering a sense of cultural identity as lacking. This discovery prompts inquiries regarding the extent to which conventional sports contribute to the cultivation of a robust cultural identity among individuals. This highlights the necessity of investigating the potential for traditional sports to assume a more prominent position in the formation of cultural identities and the cultivation of a more profound attachment to cultural heritage.

In brief, although there is a degree of acknowledgement about the cultural significance of traditional sports through their documentation and exhibition, there exists potential for enhancing the promotion of traditional sports as facilitators of a robust cultural identity. To augment the cultural influence of traditional sports, it may be necessary to undertake more extensive endeavors aimed at incorporating them into cultural festivals, celebrations, and projects that foster cultural variety,

comprehension, and a feeling of cultural belonging.

The research undertaken by Ma pertaining to the significance of Chinese Traditional Sport Culture in facilitating the cross-cultural adaption of international students offers supplementary evidence that aligns with the existing conclusions regarding the cultural influence of traditional sports. It places significant emphasis on the significance of Chinese traditional sports culture in promoting cross-cultural adaption among foreign students studying in China. This observation is consistent with the research indicating that conventional sports can have a significant impact on the preservation of a nation's cultural legacy (Indicator 1) and the promotion of cultural diversity and mutual comprehension (Indicator 3). The incorporation of instructional material pertaining to traditional Chinese sports culture into the educational curriculum for foreign students has the potential to bolster the soft power of Chinese culture and facilitate their effective assimilation. This observation aligns with previous research indicating that the cultural significance of traditional sports remains underrecognized and undervalued (Indicator 5). Moreover, it underscores the potential advantages associated with enhancing awareness and appreciation of traditional sports in the context of cultural adaptation.

Both the present findings and Ma's research underscore the importance of traditional sports culture in nurturing cultural comprehension and establishing a sense of belonging. It is suggested that endeavors aimed at endorsing traditional sports as significant cultural resources have the potential to foster a more inclusive and culturally affluent milieu for overseas students. This aligns with overarching objectives of cultural preservation and renewal.

3.5 Modernization and Adaptation

Table 8:Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Modernization and Adaptation

Indicators	Mean	SD	Verbal Interpretation	Rank
1.It is important to adapt traditional sports in China to align with modern standards and practices.	1.64	0.63	Not Evident	10
2.Technology can be effectively incorporated into traditional sports in China without compromising their essence.	1.77	0.69	Less Evident	1.5
3.Modernization of traditional sports in China can attract wider audiences and participants	1.71	0.67	Not Evident	5.5
4.Adapting traditional sports in China can enhance their appeal to younger generations.	1.71	0.64	Not Evident	5.5
5.Safety measures should be improved and updated in traditional sports in China through modernization.	1.74	0.69	Not Evident	3.5
6.Traditional sports in China should embrace innovation while preserving their traditional techniques and rituals.	1.67	0.65	Not Evident	9

7.Adapting traditional sports in China can help them remain relevant in a rapidly changing world.	1.74	0.67	Not Evident	3.5
8.The involvement of contemporary coaches and experts can contribute to the modernization of traditional sports in China.	1.77	0.70	Less Evident	1.5
9.Traditional sports in China should have platforms or competitions that showcase their modernized adaptations.	1.70	0.65	Not Evident	8
10.Modernization of traditional sports in China should be done in consultation with the community and relevant stakeholders to respect their cultural heritage.	1.71	0.67	Not Evident	5.5
COMPOSITE MEAN	1.72	0.56	Not Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50: Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

Table 8 presents the efforts made in the modern era to preserve and revitalize traditional Chinese sports, with a focus on modernization and adaptation. The tabulated data yielded a composite mean of 1.72 and a standard deviation of 0.56, indicating that the variable is not visible or practiced in the context. Similarly, this indicates that teachers and coaches strongly disagree about the importance of adapting traditional Chinese sports to align with modern standards and practices, that traditional Chinese sports should embrace innovation while preserving their traditional techniques and rituals, and that traditional Chinese sports should have platforms or competitions to showcase their modernized adaptations.

3.6 Community Engagement

Table 9:Assessment of Efforts Toward the Preservation and Revitalization of Chinese Traditional Sports in the Modern Era in terms of Community Engagement

Indicators	Mean	SD	Verbal Interpretation	Rank
1.People in my area often participate in traditional Chinese sporting activities including festivals and contests.	1.89	0.72	Less Evident	6.5
2.People of all ages and backgrounds take part in traditional Chinese sports as either competitors or support staff like instructors and event organizers.	1.98	0.71	Less Evident	2.5
3.For their efforts in promoting Chinese traditional sports, I applaud the many people in the community who have volunteered their time and expertise.	1.89	0.69	Less Evident	6.5

4.I conduct surveys and hold focus groups to see how residents feel about the redevelopment and what they think may be improved.	2.01	0.74	Less Evident	1
5.I see community groups, government officials, and sports federations working together to promote traditional Chinese athletics.	1.89	0.64	Less Evident	6.5
6.I see people talking about Chinese traditional sports and sharing their opinions on various social media sites.	1.91	0.72	Less Evident	4.5
7.In my area, there have been grassroots efforts made to resurrect classic Chinese sports.	1.98	0.73	Less Evident	2.5
8.Traditional Chinese sports are increasingly included in public gatherings, holidays, and educational and entertaining media.	1.87	0.68	Less Evident	9
9.Through tests and group conversations, I gauge how much people in the area know about Chinese folk sports.	1.91	0.73	Less Evident	4.5
10.Long-term community support for initiatives to revive Chinese traditional sports has been obvious to me.	1.83	0.69	Less Evident	10
COMPOSITE MEAN	1.92	0.59	Less Evident	

Legend: 1.00-1.75: Strongly Disagree (Not Evident); 1.76-2.50: Disagree (Less Evident); 2.51-3.26; Agree (Evident); 3.27-4.00: Strongly Agree (Strongly Evident)

Table 9 describes the assessment of efforts towards the preservation and revitalization of Chinese traditional sports in the modern era in terms of community engagement. Analysis of descriptive statistics revealed a composite mean of 1.92 and a standard deviation of 0.59, implying that the variable is less evident in the context. This also implies that respondents disagree that long-term community support for initiatives to revive Chinese traditional sports is obvious to them, that traditional Chinese sports are increasingly being included in public gatherings, holidays, and educational and entertaining media, and that community groups, government officials, and sports federations are working together to promote traditional Chinese athletics.

The evaluation of community involvement in the conservation and rejuvenation of Chinese Traditional Sports in the contemporary period unveils a number of significant observations. Based on the composite mean of 1.89, the findings indicate a moderate degree of community engagement in these endeavors. This observation suggests that although there is a certain level of involvement, there is potential for improvement in effectively rallying community backing for traditional sports endeavors. The presence of relatively low standard deviation values suggests a high level of consistency in the perceptions of the respondents. This indicates that community engagement tends to be uniform across various locations or demographic groups.

The indicator with the highest mean, as observed in Indicator 4, signifies a heightened priority placed on the collection of community input and opinions through the utilization of surveys and focus groups. This implies that there is a considerable degree of establishment and potential effectiveness in endeavors aimed at engaging the community in influencing the trajectory of conventional sports projects.

Nevertheless, the minimal average seen in Indicator 10 gives rise to apprehensions regarding the long-term viability of community assistance. This suggests that although there may be an initial level of community involvement, sustaining long-term dedication and enthusiasm for traditional sports programs could pose as a difficulty.

In summary, the evaluation highlights the significance of augmenting and maintaining community engagement in the conservation and rejuvenation of Chinese traditional sports. The success and sustainability of these efforts depend on nurturing ongoing community support and participation, so ensuring the preservation and flourishing of traditional sports' cultural heritage in the contemporary period.

Additionally, the research had shown that the provision of community sports had a positive impact on public health, as it effectively decreased the likelihood of disease among individuals residing in the same home. This discovery provides evidence in favor of the concept that involvement of the community in physical activities, specifically traditional sports, might yield broader health advantages for the whole population. The significance of community engagement in the preservation and revitalization of traditional sports in China is underscored, as it serves to safeguard cultural heritage while also promoting public health and well-being.

Nevertheless, the study also underscores the necessity of adopting a comprehensive strategy, recognizing that economic development has the potential to improve public health by facilitating progress in medical innovations and sanitation practices. This implies that although community sports provision holds value, it should be supplemented by additional elements, such as enhancements in healthcare infrastructure.

In summary, the research conducted by Chen and Liu highlights the importance of community involvement in sports activities, which is consistent with the existing literature on evaluating community engagement in the preservation of Chinese traditional sports. This study offers significant perspectives on the possible societal and health advantages of participating in cultural heritage preservation activities, highlighting the comprehensive effects of community engagement in this domain.

4 Conclusions

The varied demographic characteristics of the participants indicate that the research gathered feedback from individuals with a wide array of viewpoints and backgrounds, perhaps offering a thorough understanding of the challenges associated with the conservation and rejuvenation of Chinese traditional sports. The presence of diversity within a study has the potential to contribute to the development of comprehensive and inclusive findings, so bolstering the credibility and relevance of the study's outcomes for a wider range of individuals.

The findings from the evaluation of preservation and revitalization efforts underscore the necessity for augmented

allocation of financial resources and assets, alongside a more focused strategy to enhance awareness and knowledge among participants. These measures are imperative to effectively safeguard and revive Chinese traditional sports.

The disparities revealed in the evaluation of efforts based on gender, wherein females exhibit a greater assessment in terms of awareness, knowledge, and community engagement, indicate the significance of employing gender-sensitive strategies to advance the promotion of Chinese traditional sports. Nevertheless, the absence of notable disparities pertaining to age, level of education, or occupational status suggests the necessity for implementing comprehensive and focused approaches that guarantee fair and widespread knowledge and engagement throughout diverse demographic categories.

The challenges revealed by the participants, including limited financial resources, gaps in policy implementation, and the impact of contemporary culture, highlight the intricate nature of the preservation and revitalization of Chinese traditional sports. These challenges necessitate a comprehensive and cooperative approach encompassing financial assistance, policy formulation, educational initiatives, and cultural advocacy in order to successfully tackle them and guarantee the ongoing safeguarding of this cultural treasure.

5 Recommendations

In order to achieve a thorough comprehension of the difficulties associated with Chinese traditional sports, forthcoming endeavors and scholarly investigations ought to persist in soliciting perspectives from individuals with a wide range of demographic attributes. This approach will serve to augment the pertinence and credibility of the resultant findings.

The necessity for augmented financial resources and investment in the conservation and restoration of Chinese traditional sports is evident. It is recommended that governments, organizations, and stakeholders increase their financial allocation towards supporting initiatives, events, and infrastructure pertaining to these sports.

Efforts ought to be undertaken to augment public awareness and information pertaining to Chinese traditional sports within the general populace. The promotion of these sports and their cultural relevance can be facilitated by the implementation of educational programs, media campaigns, and community events.

In order to address the gender discrepancies observed in the assessment of Chinese traditional sports, it is imperative to develop strategies that adopt a gender-sensitive approach. This approach is crucial to ensure that both boys and females have equal opportunities for involvement and engagement.

In order to facilitate the preservation and revitalization of traditional sports, policymakers ought to prioritize the resolution of deficiencies in both policy creation and implementation. This approach will contribute to the establishment of a conducive framework that supports the aforementioned objectives. The establishment and implementation of well-defined policies are crucial for ensuring sustained success over an extended period.

It is imperative for cultural groups and individuals with a passion for culture to actively participate in advocacy endeavors aimed at raising awareness and highlighting the cultural importance of traditional sports. These endeavors may encompass showcases,

celebrations, and partnerships with academic establishments.

To effectively tackle the complex difficulties outlined in this research, it is imperative to adopt a collaborative approach that encompasses the involvement of governmental entities, educational establishments, sports associations, and community influencers. By collaborating, these many stakeholders have the potential to establish a more conducive ecosystem for the development and

promotion of Chinese traditional sports.

Particular emphasis should be placed on actively involving the younger demographic and imparting knowledge regarding the significance of traditional sports. Educational institutions and youth-oriented groups possess the potential to assume a pivotal role in acquainting the upcoming generation with these athletic disciplines.

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