

## *Original Paper*

# Research on the Construction of Social Support System Framework of Sports Service for the Aged in the New Era

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### **Abstract**

*Through the documents, logic analysis and other methods of the study of the sports service social support system for the elderly in our country, the paper thinks that the sports service social support system for the elderly refers to by the government, social organizations or individuals through the formal and informal way, for the elderly sports services to provide social support, according to a certain order and contact formed the whole. Relevant responsibility subjects cover the government, communities, sports non-profit organizations, social workers, volunteer service teams. They mainly include formal social support system, informal social support system, professional social support system and community support system. In the future, philosophy reform should be adopted as soon as possible to guide the formulation of relevant policies, and on the basis of giving full play to the leading role of the government, a social support system for sports services for the elderly with Chinese characteristics should be constructed. Through multiple cooperation, an effective supply of sports services for the elderly in China should be realized.*

### **Keywords**

*the elderly, Sports service, Social support*

As the world's largest population country, China began to age from the turn of the century on January 1, 2001, and the speed of aging gradually accelerated, and the number of elderly population is becoming larger and larger, rising year by year. According to the data of the National Bureau of Statistics of China, statistics show that the number of people over 60 years old in China is growing at an average rate of about

6 million per year. In December 2010, the total number of elderly population in China was 178 million, and in December 2014, the number of elderly population increased by 34 million, a total of 212 million. Has reached 15.8% of the total population, the number of elderly people aged 65 and above in December 2010 was 119 million, to December 2014 increased to 138 million people, accounting for 10.1% of the total population. By December 2017, there were 240.9 million people over the age of 60, accounting for 17.3% of the national population, and about 158.3 million people over the age of 65, accounting for 11.4% of the total population. The United Nations predicted the growth trend of the elderly population in China and pointed out that the elderly population over the age of 60 would maintain a gradual rise. In the middle of this century, it is expected to peak at 440 million people, about one third of the total population of the country. Sports services play an important role in promoting the physical and mental development of the aged groups. However, since social support is still in the primary development stage in China, it has not yet played an important role in the supply of sports services for the aged. At present, through the ideological reform, the formulation of relevant policies is guided and on the basis of giving full play to the leading role of the government. To build a formal social support system, informal social support system, community support system and professional social support system of sports service for the elderly with Chinese characteristics. Through multiple cooperation, to realize the effective supply of sports service for the elderly in the new era, has important theoretical and practical significance.

### **1. Connotation of Social Support System of Sports Service for the Elderly**

To understand what is the social support system of sports service for the elderly, we must first understand what is social support. Social support is a foreign term, first used in the field of medicine. In the works of psychiatry, social support is generally associated with social factors that can promote physical health. In western developed countries, the research on the problem of social support was earlier, and the concept of social support began to appear in the 1970s. However, due to the different fields that researchers focus on, there are some debates about what social support is. From abroad, Smith. Adams believed that social support is an individual or group in need of help, and can get support from other social forces; According to Cullen, social support refers to a social group that provides both moral and material help to an individual, Titan. According to Li, social support is an individual's external perception of wanting help. China began to discuss the issue of social support in the 1990s, and there are mainly the following definitions of social support: Li Qiang et al., believe that social support is a broad concept. All the help provided by social organizations and individuals to groups in need of help can be called social support. Such support can be non-profit organizations, units and individuals, and family members. Chen Chengwen et al., believe that social support can be classified as a selective social behavior, which mainly refers to the material and spiritual support and help provided to socially vulnerable groups through certain ways and channels. According to Chinese and foreign research results, although there are different understandings of social support, they all include four elements: support network, support method, service object and service target. Therefore, this study believes that social support for the elderly

is to provide necessary support and help for the elderly at different ages who are lacking in material and spiritual aspects through social organizations, units, individuals and other forces. The social support system of sports service for the elderly is to provide necessary support for the elderly who have sports service needs through sports non-profit organizations, units, families or individuals and other social forces to enjoy the right to sports service. According to the research results of sociology, the social support of sports service for the elderly includes formal social support and informal social support. Formal social support refers to the material support and spiritual support provided by the government and social organizations according to the current laws and regulations; Informal support refers to the support provided by acquaintances and relatives who are often contacted by the elderly. The main difference between formal support and informal support is that formal support must be protected by law and policy, while informal support does not need legal and policy support and can be done anytime and anywhere. Based on the above analysis, the social support system for sports services for the elderly refers to the whole system formed by the government, social organizations or individuals to provide social support for sports services for the elderly through formal and informal means, in accordance with a certain order and connection.

## **2. Analysis of the Main Responsibility of the Social Support System for the Elderly Sports Service Supply**

The supply of sports services for the elderly involves many subjects, including the government, sports administration departments, civil affairs departments, sports non-profit organizations, families, volunteers, etc. Different subjects have different responsibilities. Clarifying the main responsibilities is the premise of constructing the classification framework of the social support system of sports services for the elderly.

### *2.1 The Government*

The government is the basic body to provide social support for sports services for the elderly. In sports services for the elderly, the government should have the following functions: first, it should provide necessary sports facilities, equipment and venues for the elderly, which lays a solid foundation for the supply of sports services for the elderly. According to the research group's field survey, the elderly are very dissatisfied with the current supply of sports facilities, equipment and venues in both developed and underdeveloped areas. This is on the one hand restricted by the level of social and economic development in China; on the other hand, governments at all levels have been paying more attention to the utilization efficiency in the supply of sports facilities for a long time. Attaching importance to universal sports service facilities while ignoring the special needs of the elderly and other groups, which requires the government to focus on the supply of sports facilities, equipment and venues for the elderly in the future sports work and work for the elderly. The second is to formulate sports service policy for the elderly, which makes clear the direction of the development of sports service for the elderly. The government should formulate and revise the policy according to the development of Chinese sports and the actual

needs of the elderly. In the formulation of the policy, it should not only pay attention to the text content, but also pay attention to the implementability of the policy, so as to ensure that the elderly sports policy can take root and point out the direction for the elderly sports supply. Thirdly, a series of rules and regulations should be formulated to ensure the orderly supply of sports services for the elderly. As the government, it is necessary to comprehensively examine and consider the complexity of the supply of sports services for the elderly, and ensure the steady progress of the supply of sports services for the elderly through the formulation and implementation of a series of systems such as input system, supervision system and evaluation system.

### *2.2 Sports Non-Profit Organizations*

A sports non-profit organization refers to a non-profit social organization whose main goal is to promote the development of sports in social sports activities. Sports non-profit organizations play a very important role in sports services for the aged, which is mainly manifested in the following aspects: first, to alleviate the shortage of government professionals. The biggest difference between sports services for the elderly and ordinary sports services is that the service objects have certain particularity, their physical and mental states are different from those of the general population when they participate in sports activities. As the government, there is rarely a reserve of professional talents in this field, which requires sports non-profit organizations to develop their strengths comprehensively and make up for the shortage of the government. The second is to supervise the sports services for the elderly. Although China's current supervision in the supply of sports services proposed to build a multi-regulatory system, it still relies on government supervision in the actual work. Due to the complex process of sports services for the elderly, relying on the government alone can not carry out the whole process supervision and management, especially in recent years, the government purchase of sports services for the elderly and other innovative forms have been increased. The government has no energy to comprehensively supervise the supply of sports services for the elderly, which requires sports non-profit organizations to play a regulatory role in the supply of sports services for the elderly, timely investigation and understanding of the elderly's satisfaction with sports services, in order to provide help for the elderly sports service supply and demand. Third, provide diversified sports services for the elderly. As the government provides more general sports services for the elderly, for some personalized services, the government is unable to afford either in terms of funds or human resources, which requires sports non-profit organizations to give full play to their flexible advantages, make use of existing social resources or develop new sports services for the elderly. Try their best to provide diversified and personalized services to the elderly.

### *2.3 Community*

From the experience of developed countries, communities are playing an increasingly important role in social and economic development and in the supply of services for the aged. The biggest characteristic of community is that it has a bond function. On the one hand, it connects the residents in the area as a whole, and on the other hand, it connects the residents and the government as a whole. Therefore, the importance

of community in the supply of sports services for the elderly is obvious. At present, the role of community in sports services for the elderly is mainly to organize sports activities and competitions for the elderly. As a community, we should actively carry out sports activities for the elderly through associations and other organizations, make full use of traditional festivals, combine our traditional culture with the supply of sports for the elderly, and provide the enthusiasm of the elderly to participate. The community should regularly hold sports competitions suitable for the elderly, in the arrangement of competition items, to highlight the fun and safety, through sports competitions to improve the enthusiasm of the elderly to participate in sports activities. Third, it should be combined with pension institutions to provide help for some special elderly groups. The community should pay attention to the elderly and the elderly with mobility difficulties in the supply of sports services, and actively promote and improve their quality of life through sports, so as to provide certain help for the equal development of sports services for the elderly.

#### *2.4 Family*

Family has a special status in our social structure, influenced by traditional culture, almost all the elderly people have a deep attachment to the family, compared with pension institutions and other ways of supporting the elderly, more elderly people like to spend their old age in the family, so the family plays a very important role in the supply of elderly services. However, due to the implementation of the family planning policy in recent years, there are some problems in the family structure of our country, and there is great pressure for children to provide family pension services for the elderly. In the elderly sports clothes.

In the provision of services, the family mainly has the following responsibilities: first, to help the elderly develop a correct way of life. The elderly due to muscle strength degradation, to a certain age stage will appear restless, restless behavior, which is a normal physiological phenomenon, as a family member, must encourage the elderly to continue to carry out physical exercise, as far as possible to delay muscle aging and visceral function degradation. Two is to popularize the old age health knowledge for the elderly. As a family member, do not take the popularization of health knowledge as the responsibility of the community and the government, the family is also responsible. The popularization of health knowledge of the elderly is mainly divided into two parts, one is nutrition and health, the other is sports and health, to make the elderly understand what kind of physical exercise they need to do, why to do, how to do it. The third is to improve the convenience of physical exercise for the elderly. From the economic level, as a family to give the elderly necessary sports consumption funds, promote the formation of their healthy sports consumption habits; In the specific exercise process, family members should give appropriate accompany and help, all-round promote the development of physical and mental health of the elderly.

#### *2.5 Social Workers*

Social workers, referred to as social workers, take social work as a specialized profession and play a key role in services for the elderly in many western countries. In recent years, due to the surge of the elderly population in China, social workers also begin to play an important role in services for the elderly. From

the theoretical level, social workers can use professional knowledge, through individual cases, administrative and community, adopt professional methods suitable for the elderly population, improve the elderly people's ability to join society and adapt to society. For the supply of sports services for the aged, social workers can also make use of their professional advantages to improve the supply effect of sports services for the aged. First of all, Chinese governments and communities at all levels will give certain subsidies to some poor elderly people or elderly people with diseases. With the promotion of poverty alleviation through sports, the scope of poverty alleviation has also been expanded to the field of sports services for the elderly. In this case, accurate identification of sports poverty for the elderly is very important. In the process of sports poverty alleviation, the elderly should not only be guaranteed the sports rights they should enjoy, but also avoid blind poverty alleviation. This requires social workers to collect and sort out the information of the elderly and determine the scope of sports poverty alleviation for the elderly. Secondly, for some elderly people with special needs, social workers can also give play to their own advantages, especially for some elderly people who need to promote their health through sports. Since most social workers have certain medical knowledge and fitness knowledge, they can play an important role in the integration of fitness and health for the elderly. However, the current main problem is that the number of social workers in China is small, some professional social workers charge high fees, ordinary elderly people can not afford the relevant costs, as the government and the community should actively intervene, through targeted poverty alleviation, government purchase and other forms to solve this problem, to promote the healthy development of social workers.

### *2.6 Volunteers*

There are two types of volunteers: permanent volunteers and temporary volunteers. Generally speaking, long-term volunteers have a clear service direction, and some volunteers have fixed service objects. While short-term volunteers generally do not have clear service direction and fixed service objects, but according to the needs of schools, units, associations and other organizations to participate in volunteer activities temporarily. For long-term volunteers, in the supply of sports services for the elderly, the emphasis should be placed on the cultivation of the elderly's sports awareness and specific physical exercise assistance. For temporary volunteers, the emphasis is generally placed on the organization of sports activities for the elderly and the development of sports competitions. Because the organization of sports activities and sports competitions for the elderly is different from ordinary sports activities and competitions, it not only needs a referee team and organization personnel, but also needs logistics services and medical security for the elderly. In the case that the long-term volunteer team cannot meet the needs, communities, schools and units and other organizations can enrich the volunteer service team through temporary recruitment. To ensure the smooth progress of related activities and competitions.

## **3. Construction of Social Support System Framework for the Elderly Sports Service in the New**

## Era

From the actual situation of the supply of sports services for the elderly in China, in order to achieve a diversified support system of sports services for the elderly, the government should play the leading role, the government should actively absorb other subjects to participate in the supply of sports services for the elderly, and play the role of other subjects to “enhance the ability” to form a “small government, big society” work pattern in the supply of sports services for the elderly. As the government should take the initiative to carry out the function transfer, the elderly sports services can be borne by the social forces to the society, to minimize the financial pressure, improve administrative efficiency. For other subjects in the social support system of sports services for the aged, they should actively undertake government empowerment according to their own advantages, and improve their service capacity through various means. Generally speaking, the diverse subjects of sports services for the elderly in our country under the current system can form a formal social support system, informal social support system, professional social support system and community support system, which together play a role in the supply of sports services for the elderly.

### *3.1 Formal Social Support System*

The official social support system of sports service for the aged in our country should be dominated by the government, through the formulation and implementation of the system and policies to ensure that the supply of sports service for the aged is scientific and rational, and the distribution and reorganization of sports service resources for the aged. Firstly, the formal social support behavior of sports service for the aged should focus on the construction of the security mechanism of sports service supply for the aged, and provide a solid foundation for the supply of sports services for the aged through funds investment, site construction and facility purchase. In terms of fund investment, under the circumstance that the reform of the financial system will not undergo a fundamental change in the short term, we can try to establish a special transfer payment system for sports services for the elderly, so as to meet the fund demand of sports services for the elderly to the greatest extent through transfer payment. In terms of site construction and facility allocation, on the one hand, we should build sites and purchase special facilities for the elderly within the permitted conditions. On the other hand, we should play the coordinating role of the government to promote the integration of social resources, and use the resources of schools, medical institutions, administrative institutions and enterprises to serve the elderly and resolve the contradiction of the shortage of sports service resources for the elderly. Secondly, the government should actively manage and guide other social support subjects. On the one hand, it should regulate their supporting behaviors, and on the other hand, it should mobilize their enthusiasm to participate in the social support of sports services for the elderly. In addition, in order to promote the cooperation between different subjects, it is necessary to actively construct the cooperation platform of social support for the elderly service, carry out reciprocal cooperation through “Internet +” and other forms, and actively promote the market-oriented reform of social support for the elderly sports service, so as to provide continuous power for the development of the formal social support system of sports service for the elderly.

### *3.2 Community Support System*

In the supply of sports services for the elderly, the community becomes the hub between the government and the elderly. In the supply of sports services for the elderly, the community support system mainly uses community resources to provide help for the supply of sports services for the elderly, including skills training support, sports rehabilitation support, sports facilities support, sports consumption support, etc. Different communities have different ways and contents of sports service support for the elderly, which should be based on the situation of the community and the needs of the elderly. Generally speaking, the community support for the elderly sports service is closely related to the community culture. For example, in Baiyiqiao community in Fuyang, Anhui Province, the elderly have always been fond of dancing for the elderly. The community has put the content of support in the aspect of skill training. Since 2016, it has hired professional coaches for guidance for the elderly for three consecutive years. In the adjacent Qinghe community, the elderly are deeply influenced by the traditional martial arts culture, most of the elderly like Tai chi and other traditional health projects, the community will put the content of support on the martial arts, the way of support is mainly to organize activities and related competitions. At present, according to the actual situation in China, due to the rural community in the economy, organizational ability and other aspects of some problems, the current stage of the elderly sports service community support system can focus on the urban community, gradually infiltrate into the countryside. In the concrete construction process, we should not only clarify the functional division of different subjects, but also define the direction of community support, and strive for different communities, different subjects of the community can complement and cooperate with each other, at the same time, we should pay attention to play the role of community neighborhood committees, sports associations and other aspects, promote the all-round development of the elderly sports service community support system.

### *3.3 Informal Social Support System*

The informal social support system for sports services for the elderly refers to the action unity formed by informal organizations (mainly including sports non-profit organizations, some for-profit organizations, foundations, volunteer associations, etc.) providing social support for sports services for the elderly in the supply of sports services for the elderly. Compared with the formal social support system, the informal social support system has two obvious characteristics: one is that the organization is more closely connected with the elderly, which can effectively solve the problem of government failure in the supply of sports services for the elderly. In the specific sports service supply, it is more in line with the needs of the elderly. Secondly, in the specific sports service supply, it is more professional and can provide personalized sports services for the special elderly groups. In view of this situation, the current work should be done in three aspects: first, for the senior sports non-profit organizations, appropriately relax access restrictions, and strive to improve the number of senior sports non-profit organizations in the shortest possible time, after all, the current number of sports non-profit organizations is insufficient, and the number of senior sports non-profit organizations is even less, unable to meet the practical needs. The second is to improve the professional level of sports service teams such as members and volunteers of



sports non-profit organizations through policy support or financial support, so that they can better provide professional sports services for the elderly; Third, we should strengthen publicity to attract more organizations and volunteers to participate in the supply of sports services for the elderly. In particular, we should strengthen the cooperation between communities and local colleges and universities, make full use of high quality human resources of colleges and universities, and solve the problem of insufficient capacity of the current government. In addition, in order to realize the diversification and multidimensional social support of sports services for the elderly, it is necessary to establish a cooperation platform between the formal support system and the informal support system as soon as possible, so as to provide a smooth communication channel between the government, social organizations and volunteers, realize information sharing, and help the elderly to enjoy the best sports service support.

### *3.4 Professional Social Support System*

Sports services for the elderly can be divided into two types: universal and professional. Generally speaking, universal sports services for the elderly refer to fitness sports services that the elderly can participate in independently, while professional sports services are mainly physical rehabilitation and sports promotion services arranged according to the physical status of the elderly. For universal sports services for the elderly, basically all volunteers and sports non-profit organizations can be responsible for providing them, but for professional sports services for the elderly, they need personnel with professional knowledge. In Germany, this task is usually completed by the elderly sports instructors and community doctors. At present, the number of community doctors in our country is small, and few have sports background, so they cannot truly realize the professional support for sports services for the elderly. However, there are no sports instructors for the elderly in our country, and the general social sports instructors have been analyzed in the above article. They have little medical knowledge background, and cannot realize professional sports service support for the elderly alone. At present, the integration mechanism of sports medicine combination has not been completely established in China, which causes great obstacles for social sports instructors and community doctors to jointly provide professional sports service support for the elderly. Therefore, at present, social workers can provide professional sports services for the elderly. Although the main duty of social workers at present is to take care of the elderly's diet and daily living, as there are no institutional barriers, they are fully capable of doing this job as long as they receive proper training. Therefore, civil affairs departments should speed up systematic training of social workers and carry out professional reform of social workers in areas where conditions are ripe, so as to facilitate the social needs of providing sports services for the elderly.

## **4. Conclusion**

In recent years, with the accelerating process of aging society in China, the elderly sports service supply has been paid more attention by governments at all levels and sports management departments, hoping to improve the physical and mental health level of the elderly through sports fitness. But what we can't deny

is that compared with the elderly's increasing demand for sports services, there are still many deficiencies in the current supply of sports services, both in quality and quantity. The main reasons include economic factors and insufficient social support. Therefore, it is particularly important to build a relatively perfect social support system for sports services for the elderly as soon as possible. In the new historical period, we should fully realize that the elderly sports service social support system, is an important guarantee for the elderly sports service supply, the relevant subject covers the government, communities, sports non-profit organizations, social workers, volunteer service team, etc., should guide the formulation of relevant policies through the ideological reform, on the basis of giving full play to the leading role of the government, To construct formal social support system, informal social support system, community support system and professional social support system for the elderly sports service with Chinese characteristics. At present, through system construction and policy support as soon as possible, and constantly promote the diverse cooperation of different social support systems in the supply of sports service for the elderly in China, to realize the effective supply of sports service for the elderly in the new era.

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