

The Connotation and Construction of Spiritual Culture of Competitive Sports

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Abstract: The spiritual culture of competitive sports is an important part of the country's soft power. In the past years, China has devoted most of its energy to the achievement of gold medals and economic benefits in the development of competitive sports, which has caused the lack of spiritual culture of competitive sports in China today. Based on literature research and expert consultation, this paper expounds the origin of competitive sports and the content of spiritual and cultural connotation. By means of questionnaire and field investigation, combined with the spiritual and cultural connotations of competitive sports, this paper analyzed the current situation of people participating in competitive sports in their daily life, their understanding of the spiritual and cultural connotations of competitive sports, and the current situation of competitive sports construction in their environment. Based on the requirements of the current era for the development of competitive sports and without departing from the unique value of competitive sports, this paper studies the connotation and construction of the spiritual culture of current competitive sports, discusses the value of competitive sports from the aspects of education, politics, economy, fitness and entertainment, and summarizes the spiritual culture of competitive sports. Finally, from the results of the current questionnaire and field survey, this paper analyses how to construct the spiritual culture of competitive sports.

1. Introduction

The strength of a country depends not only on its hard power, but also on its soft power. Hard power is generally reflected by gross domestic product (GDP), while soft power is generally reflected by culture and institutions. The culture of a country represents the soul and spirit of the

country and is an important driving force for the steady development of a country. With the continuous development of modern society, people have already satisfied the pursuit of material aspects, and now they are more inclined to pursue spiritual and cultural aspects. In the report of the 17th National Congress of the Communist Party of China, culture was defined as the soft power of the country for the first time. The spiritual culture of competitive sports is an important part of culture.

Modern competitive sports originated in the West and first appeared in the Olympic Village of ancient Greece. It is a kind of sports that competes through the confrontation of strength and speed. Through continuous development, there are more and more competitive sports, more and more competitive content, and more and more perfect competition rules, the social influence is growing, and now it has developed into a grand event in which the whole world participates. Nowadays, in the Olympic Games [1], which are held regularly in a four-year cycle, competitive sports among countries are not only political and economic exchanges, but also cultural exchanges. According to the conditions of summer, winter, disabled people, youth, special groups and deaf people, they are divided into specific Olympic categories [2].

More than 50 years ago, Gu Shiquan and others in China divided sports into "mass sports" and "competitive sports", and the word "competitive sports" really appeared. The specific meaning of competitive sports is to strengthen the technical level of sports on the premise of exploring the greatest potential of human physical fitness and wisdom. Competitive sports are a sport that belongs exclusively to human beings. In the process of continuous development, a kind of culture is formed, which is not only influenced by politics, economy and society, but also has an impact on them in turn [3].

In the past years, most of our efforts in the development of competitive sports have been focused on the gold medals and economic benefits, while neglecting the spiritual and cultural development of competitive sports. As a result, the number of gold medals in our country is far ahead in the Olympic Games, but the lack of spiritual culture of competitive sports has also been highlighted [4]. Lack of spiritual culture of competitive sports has become an embarrassment in the development of competitive sports in China. We should face up to this shortcoming and carry out the construction of competitive sports spiritual culture through the study of competitive sports spiritual culture.

With the development of China's competitive sports under the socialist economic system, it gradually presents the requirements of international, market, business and profession. Therefore, the spiritual culture of competitive sports has the characteristics of the times. According to the construction of spiritual civilization with socialist characteristics in our country, we should continue, revise and improve it without divorcing from the unique value of competitive sports. Therefore, cultural construction through improving the spiritual and cultural connotation of current competitive sports can help athletes cultivate good mental state, establish correct outlook on life and values, and better improve the performance of Chinese competitive sports. By using athletes' examples, the spiritual culture of competitive sports is introduced into people's daily life, and the core values of socialism are cultivated, so as to contribute to the construction of socialist spiritual civilization [5].

On the basis of literature research and expert consultation, this paper has understood the origin and spiritual and cultural connotation of competitive sports in the past. By means of questionnaire and field investigation, combined with the spiritual and cultural connotations of competitive sports, this paper analyzed the current situation of people participating in competitive sports in their daily life, their understanding of the spiritual and cultural connotations of competitive sports, and the current situation of competitive sports construction in their environment. Based on the requirements of the current era for the development of competitive sports and without departing from the unique

value of competitive sports, this paper studies the connotation and construction of the spiritual culture of current competitive sports, discusses the value of competitive sports from the aspects of education, politics, economy, fitness and entertainment, and summarizes the spiritual culture of competitive sports. And from the current questionnaire and the results of the field survey, it analyses how to build the spiritual culture of competitive sports.

2. Research Process

2.1. Research Object

Three districts, three universities and three companies were randomly selected. 30 people were selected from each location, totaling 90 people. The subjects were 90 people.

2.2. Research Methods

1) Literature Research Method

Search the information of competitive sports, spiritual culture of competitive sports, venue construction and propaganda of competitive sports on the Internet; Search the development history of domestic competitive sports, collect relevant policies and reports on establishing and building spiritual culture of competitive sports in China, which is to study the connotation and content of spiritual culture of competitive sports. The structure provides a theoretical basis.

2) Expert Consultation Method

Through searching the relevant reports on the connotation of competitive sports and competitive sports spiritual culture on the internet, and the experts mentioned in the reports consult the current situation and future development of the connotation and construction of competitive sports spiritual culture.

3) Questionnaire Survey

Three communities, three universities and three companies were randomly selected. Thirty people were selected from each location. A total of 90 people filled in the questionnaire. According to their own situation, they answered the spiritual and cultural connotation and construction content of competitive sports. The questionnaire consists of three parts. The first part is the investigation of the situation of participating in competitive sports. The second part is the investigation of the participants' understanding of the spiritual and cultural connotation of competitive sports. The third part is the investigation of the sports facilities in the environment where the investigators are located. The results of these questionnaires need to be checked and collated by three different staff members to ensure the correctness of the survey results. By collating and analyzing the results of the valid questionnaires collected, this paper investigates the connotation and construction of competitive sports spiritual culture.

4) Field Survey Method

In the 9 randomly selected sites, the sports facilities, propaganda and organization of each site were recorded.

3. Analysis of the Survey Results

There are no invalid questionnaires in this questionnaire survey. Each questionnaire does not fill in the personal information of participants, but only fills in the results of locations and options according to their own circumstances. After compiling and counting the 90 questionnaires, the

results of the 90 questionnaires are analyzed from the following three aspects.

3.1. Analysis of the Investigation Result of Participation in Competitive Sports

In the questionnaire, the results of participating in competitive sports are shown in Figure 1. As can be seen from Figure 1, almost all people are willing to participate in competitive sports, and almost all people are willing to represent the collective to participate, indicating that everyone has a strong sense of collective honor. In the process of competition, 100% of the people choose to abide by the relevant provisions of competitive sports, conduct healthy competition, and create a fair and just competition environment. In the competitive process, 100% of the people choose to help those who need help when they are in trouble, rather than choose to stand by, which shows that everyone has a high ideological and moral accomplishment. These data show that in the process of participating in competitive sports, everyone actually has a spiritual culture reflecting competitive sports. In the option of being able to face the failure of competitive sports with a relaxed attitude, 69% of the candidates can easily face, and 31% can't. Because the ultimate goal of competitive sports is to win, in the eyes of ordinary people, only winning is success. In this way, we can't face the failure of competition positively. In order to win, we may ignore the rules of competition and not enjoy the pleasure in the process of competition, resulting in psychological and physiological problems. Therefore, propaganda of competitive sports content includes not only the introduction of competitive rules, but also the requirement of regularity and fairness of competitive sports, and also the propaganda of competitive sports spiritual culture.

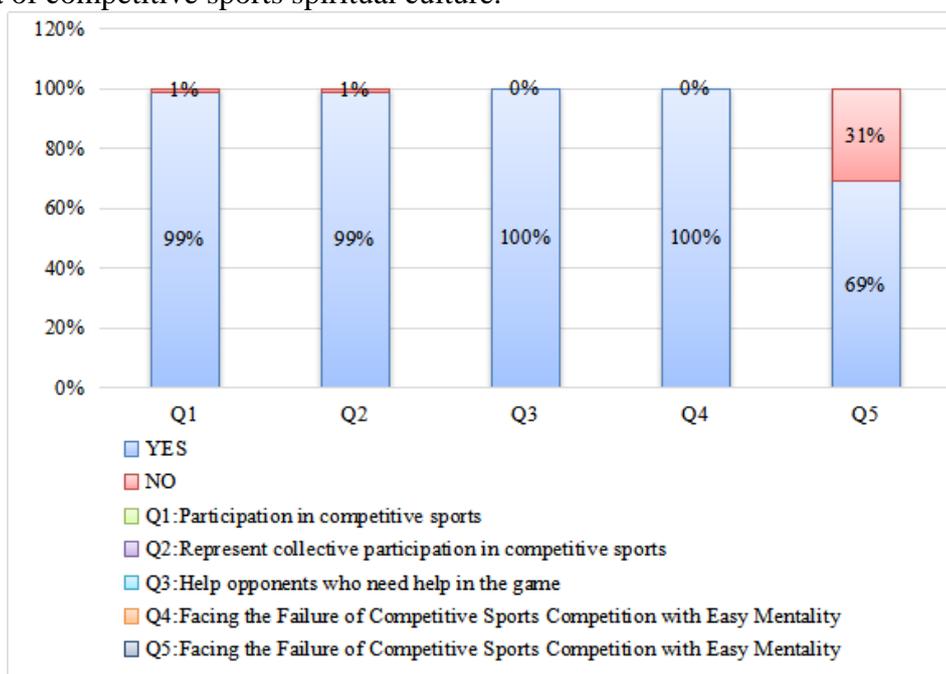


Figure 1. The results of participating in competitive sports

3.2. Analysis of the Survey Result on the Spiritual and Cultural Connotation of Competitive Sports

In the questionnaire, the results of the survey on the spiritual and cultural connotation of competitive sports reflected by the participants are shown in Figure 2. From Figure 2, we can see

that "fully reflect" is the most important option, followed by "general" option. Therefore, although everyone can't fully understand the spiritual and cultural connotation of competitive sports, they still have a certain understanding of the spiritual culture of competitive sports. Especially in the sports spirit of "national supremacy", the most people choose the option of "fully reflecting". In the world event of the Olympic Games, the "national supremacy spirit" is more vivid and vivid. Not only athletes, but also ordinary people pay close attention to the event and feel the "national supremacy spirit". Every athlete no longer represents himself, but represents the country behind him. The honors won by competitive sports are also included in the national honors. In competitive sports, the slogan "National Glory" is often mentioned. Every gold medal will excite everyone. From this result, we know that people have a high degree of acceptance of the connotation of competitive sports spiritual culture, which is conducive to the study of the connotation and construction of competitive sports spiritual cultures, and it is more conducive to the construction of competitive sports spiritual culture.

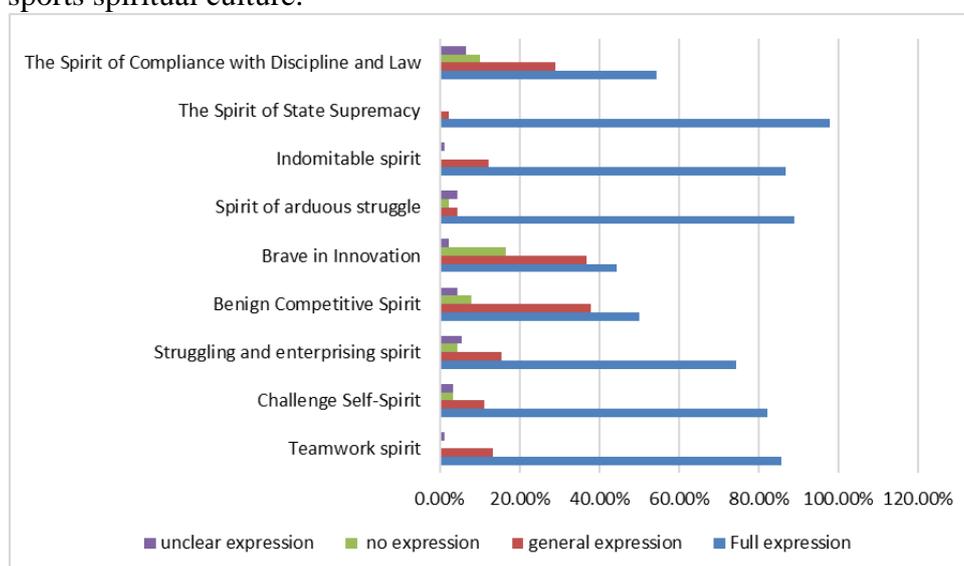


Figure 2. The results of the survey on the spiritual and cultural connotation of competitive sports reflected by the participants

3.3. Analysis of the Investigation Results of the Current Situation of Competitive Sports Construction

In the questionnaire, the results of the survey on the sports facilities in the environment of the participants are shown in Figure 3. According to the proportion of "yes" from large to small, there are gymnasiums nearby, sports equipment nearby, people or organizations organizing sports, propaganda of competitive sports, and sports materials. The result of this proportion shows that there is still a demand for sports. Only when there is a demand can there be a market. Therefore, the gymnasium exists for this demand. The national efforts in popularizing sports equipment are visible, but because of too many places, too many people, difficult maintenance and other reasons, it is difficult to improve the popularity of sports equipment in public facilities in people's living areas. The proportion of people or associations in organized competitive sports is much less than that with sports equipment. Therefore, in daily life, because no one organizes sports equipment idle, the proportion of people who actively participate in sports is too small. In the survey of propaganda and information, a large number of people do not fill in the information clearly because they are too

busy in their daily work and other reasons. Therefore, the results of the investigation on the sports facilities in the environment of the participants need to be investigated on the spot.

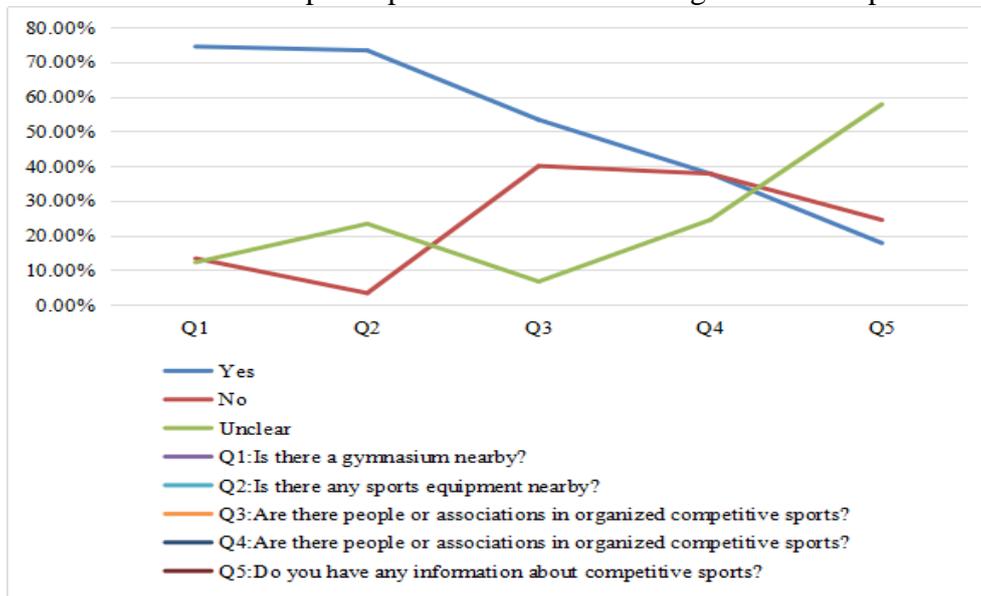


Figure 3. The results of the survey on the sports facilities in the environment of the participants

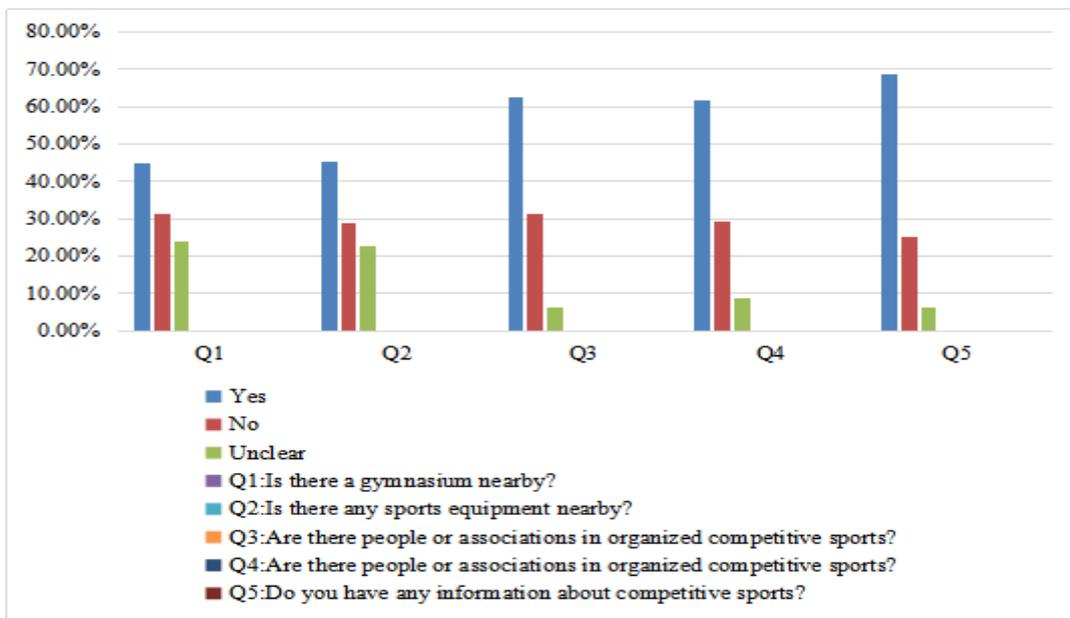


Figure 4. The number of respondents who answered yes in community, University and company surveys

In the questionnaire, the number of respondents who answered yes in community, University and company surveys is shown in Figure 4. The actual situation of sports facilities in nine randomly selected locations is shown in Table 1. Combining Tables 1 and 4, it can be seen that the situation of sports facilities in communities, universities and companies is very different. Colleges and universities generally have sports venues, including track and field, basketball, football, badminton, table tennis and other competitive sports venues. Sports equipment is also very professional. There

are more professional physical education teachers. At a fixed time of the year, schools and student unions organize school-level and college-level sports competitions. There are also special sports student associations, such as basketball associations and badminton associations. There are libraries and specialized institutes of physical education in Colleges and universities. There are many propaganda and materials about competitive sports that can be read for free by students. There are usually gymnasiums near the company, and the customers are mainly white-collar workers working in the company. Because white-collar workers basically sit in the office, exercise less, and pay, so white-collar workers often receive professional education in the gym, with the least time to get the best exercise. In addition, most companies have a corporate culture, focusing on group building activities, and from time to time organize corporate sports events. The popularization of competitive sports and the construction of spiritual culture are a little worse than those in Colleges and universities, but much better than those in residential areas. In only one of the three districts, the neighborhood committees regularly organize the activities of the neighborhood committees, and there is sports equipment in the community square, each of which is introduced. But the other two communities only depend on individual consciousness, without any effective organization and propaganda. Therefore, colleges and universities in the construction of competitive sports hardware and spiritual culture in the actual situation is the best, followed by companies, and finally the community.

Table 1. The actual situation of sports facilities in nine randomly selected locations

Contents of the survey	communities			company			universities		
	A	B	C	A	B	C	A	B	C
Is there a gymnasium nearby?	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is there any sports equipment nearby?	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes
Are there people or associations in organized competitive sports?	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Are there any propagandists of competitive sports?	Yes	No	No	Yes	No	No	Yes	No	Yes
Do you have any information about competitive sports?	No	No	No	No	No	No	Yes	Yes	Yes

4. The Connotation and Construction of Spiritual Culture of Competitive Sports

4.1. The Connotation of Spiritual Culture

1) Teamwork Spirit

In the development of competitive sports, there are more group sports besides individual sports. Team sports are not only popular in various competitions, but also the most popular sports in everyday life, such as football and basketball. These group sports require unity and cooperation among the members, close coordination, through the efforts of all members to complete the requirements of the group sports, carry out collective confrontation, enhance the collective consciousness of participants, and make them have team spirit. In team sports, through the coordination and integration of different members and unity and cooperation to hone the will, can

overcome the difficulties encountered in the game. In group sports, it is necessary to communicate with different people so as to enhance members' diplomatic ability. In team games, team tactics are very important. Only when each member carries out team tactics effectively, can he win the match [6]. After work, people organize a group sport with a group of friends in the stadium. While keeping fit, they can eliminate the pressure of work and alleviate bad moods, which can strengthen the feelings between friends. Even a group of strangers can become familiar with each other because of a group activity.

2) Challenge Self-Spirit

In the development of competitive sports, there are many individual sports. In personal projects, the process of how to make progress is the process of challenging oneself and constantly breaking through one's own limits. Progress in individual performance is the basic spiritual requirement of every athlete. Professional athletes' achievements in professional events such as the Olympic Games, if they can break records, can not only promote the development needs of athletes' sports career, but also can be included in the history of competitive sports, affecting the lives of athletes. The greatest charm of competitive sports lies in the word "competition". It is not only the competition between people, teams and teams, but also the competition between the present and the past. Only with the spirit of challenging oneself, can we make continuous progress on the premise of satisfying one's own development.

3) Struggling and Enterprising Spirit

The Olympic Games is the highest level of competitive sports at present. Its motto is "Faster, Higher and Stronger". The Olympic motto shows that the spirit of diligence and enterprising is the basic spiritual and cultural connotation of competitive sports. On the one hand, it advocates that athletes should do their best to fulfill the requirements of the competition, stick to the end and fight bravely. On the other hand, it advocates that in the face of various emergencies, they should use wisdom and strong will to solve various difficulties and overcome anxiety and tension and other psychological emotions. The spirit of hard work is not only the exclusive spirit of professional athletes, but also the outstanding quality that people should have. Take professional athletes as an example, learn their spirit of striving and enterprising, so that people can strive and make progress in daily life and get a better life.

The rules of competitive sports programs always carry out the principles of strictness, justice, fairness, etc., and can cultivate the spirit of obeying laws, fairness, justice and benign competition in the competitive sports in daily life [7]. Only in competitive sports can there be real fairness and justice. The rules of competitive sports have clear starting point and end point, strict rules and clear winning and losing boundaries. This ensures the standardization and regularity of competitive sports, and the results of the competition are convincing. Even if people disagree with the results, they can follow the rules and have evidence. The whole process of competitive sports embodies autonomy. Each participant can abstain from the competition or highlight himself without violating the rules of the competition [8]. In such a benign competitive environment, every event is conducted openly and transparently, which fully reflects the spirit of benign competition in competitive sports.

5) Brave in Innovation

The content of competitive sports has been developed for a long time, so the whole development process of competitive sports is inseparable from innovation. Innovation is the driving force of development. With the continuous improvement of people's appreciation of competitive sports, the action of beauty, strength and speed in competitive sports is constantly innovated, the fierce degree of confrontation is constantly intensified, the rules and competition system of the whole sports

project are constantly innovated, and the corresponding construction of competitive sports venues is constantly professional. With the development of standards, it keeps pace with the times, becomes more fashionable and accords with the aesthetics of the times [9].

6) Spirit of Arduous Struggle

The spirit of arduous struggle can enable athletes to persist in the dull training routine, constantly improve their competitions, or, under the temptation of the outside world, persist in their hearts and move forward steadfastly to their dreams. The spirit of hard struggle can also enable people to adhere to their beliefs and accomplish their own business in their work and life.

7) Indomitable Spirit

Whether in the athlete's career or in people's daily life, will constantly encounter difficulties, only with indomitable spirit can we face it with a relaxed mind when in trouble, and actively solve it, not discouraged, not give up.

8) The Spirit of State Supremacy

Every athlete wants to stand on the highest podium to receive the award, so that the national flag representing the country is raised. This is the highest ideal in every athlete's heart, which reflects the spirit of the supremacy of the country. In competitive sports, the enthusiasm for national glory can better reflect the patriotism of athletes. Especially in international competitions, not only athletes on the field, but also all the people in the audience, they put the country in the first place, shout for the country, fight for the country. In international competitions, their words, deeds and achievements represent not only themselves, but also the countries behind them. When the game won, not only they, but also all the people in the auditorium, their hearts were full of strong patriotism. Athletes at this time change their love for the country into practical action, strong sense of mission makes patriotism become the supremacy of the country, and national competitive sports supremacy plays a positive role in improving national cohesion, enhancing prestige and stabilizing society.

9) The Spirit of Compliance with Discipline and Law

In competitive sports, the spirit of abiding by law mainly refers to the spirit of abiding by competition rules and ethics. In the past competitive sports events, there were often violations of the rules and immoral events. For example, the use of prohibited drugs or stimulants in the competition venues leads to disqualification of athletes, confiscation of competition bonuses, and even dismissal and suspension [10]. These violations of competitive rules and immoral events not only become scandals of competitive sports, but also affect their fans, which also become social scandals in the form of violence, violations and other forms. Therefore, the spirit of abiding by discipline and law is the cornerstone of the spiritual and cultural connotation of competitive sports. In competitive sports events, it is necessary to clarify the process of the event, abide by the rules of the event, and specify rules for dealing with violations of the rules of the game and immoral incidents, so as to strictly and conscientiously implement them. In daily life, people learn legal knowledge and various rules and regulations, consciously abide by laws and regulations, and establish law-abiding consciousness. Only when everyone abides by the law, can social stability be ensured.

4.2. Construction of Spiritual Culture of Competitive Sports

With the development of China's competitive sports under the socialist economic system, it gradually presents the requirements of international, market, business and profession. Therefore, the spiritual culture of competitive sports has the characteristics of the times. Not divorced from the unique value of competitive sports, according to the construction of spiritual civilization with socialist characteristics of our country, it can be inherited, revised and perfected. Therefore, cultural

construction through improving the spiritual and cultural connotation of current competitive sports can help athletes cultivate good mental state, establish correct outlook on life and values, and better improve the performance of Chinese competitive sports. By using athletes' examples, the spiritual culture of competitive sports will be introduced into people's daily life, and the core values of socialism will be cultivated, so as to contribute to the construction of socialist spiritual civilization.

In the process of building Chinese competitive sports spiritual culture, we will integrate construction into development, strengthen publicity and education, increase learning and practice activities, accelerate the construction of competitive sports hardware facilities, and clarify the leading position of competitive sports spiritual culture. By studying the connotation and construction of spiritual culture of competitive sports, we can accelerate the actual development of competitive sports and become an important part of the construction of spiritual civilization with socialist characteristics. The details are as follows:

1) Integrating Construction into Development

The spiritual and cultural construction of competitive sports in China is a long-term process. To bring the spiritual and cultural construction of Chinese competitive sports into the development of competitive sports, it is necessary to combine national policies, economic benefits and laws and regulations according to the spiritual and cultural connotation of competitive sports. The binding force of law is used to construct the incarceration layer of competitive sports spiritual culture and standardize the behavior of competitive sports talents. We should adopt strict rules and regulations, independent referees or arbitration bodies, promote fair and fair implementation of competition rules, and have corresponding regulations on objections to results and penalties for violations. In addition to the formation of a written system, it is also necessary to regularly train employees in each position.

2) Strengthen Publicity and Education

In the past, it was mainly through traditional media such as newspapers and television stations. Through various new media channels, increase the propaganda of the spiritual and cultural connotation of Chinese competitive sports, and promote positive energy. Organizations of various competitive sports events use the Internet to set up exclusive websites for the construction of competitive sports spiritual and cultural content, disseminate the connotation of competitive sports spiritual and cultural content on various network platforms, and let the masses accept the content of competitive sports spiritual and cultural connotation through news reports and network platforms. In addition, media workers should also pay attention to the trend of social public opinion. They should not allow illegal and immoral phenomena in competitive sports to spread maliciously, put an end to incorrect attitudes towards such phenomena on the Internet, and guide the correct moral atmosphere and public opinion.

3) Increase Learning and Practice Activities

In the selection of advanced athletes in competitive sports, set up model models, and vigorously publicize the athletes' advanced deeds and spirit, using the effect of this example, we will guide the masses to learn advanced and strive for advanced trends. Through understanding the model of competitive sports demonstration, the enthusiasm of athletes and the masses to participate in the spiritual and cultural construction of competitive sports has been enhanced. Institutions at all levels responded positively by holding competitive sports activities regularly to improve work efficiency and provide support for the masses to participate in the practice of the construction of competitive sports spiritual and cultural activities.

4) Speed up the Construction of Hardware Facilities for Competitive Sports

In the promotion and popularization of competitive sports, the most effective sports items are

those which do not require high equipment and venues. The hardware environment of competitive sports promotes the formation of competitive sports spiritual culture. Therefore, in order to achieve the large-scale promotion and popularization of competitive sports and build the spiritual culture of Chinese competitive sports, we must first build a good hardware environment of competitive sports, such as the construction of sports equipment in residential areas, the construction of specialized sports venues and so on. In the construction of hardware environment, slogans can be written on sports equipment, front and other places, and portraits of advanced athletes can be drawn. It plays an inspiring role and promotes the construction of competitive sports spiritual culture.

5) Make Clear the Leading Position of Spiritual Culture of Competitive Sports

Because the construction of Chinese competitive sports spiritual culture is a long-term process, each organization is related to the construction of competitive sports spiritual culture. We should clearly establish the leading position of this construction content and fully recognize the importance of building competitive sports spiritual culture. Through formulating the correct direction and perfect policy, according to the corresponding organizational leadership responsibility to build competitive sports spiritual culture, affecting the moral quality of the broad masses.

5. Conclusion

On the basis of literature research and expert consultation, this paper has understood the origin and spiritual and cultural connotation of competitive sports in the past. By means of questionnaire and field investigation, combined with the spiritual and cultural connotations of competitive sports, this paper analyzed the current situation of people participating in competitive sports in their daily life, their understanding of the spiritual and cultural connotations of competitive sports, and the current situation of competitive sports construction in their environment. Based on the requirements of the current era for the development of competitive sports and without departing from the unique value of competitive sports, this paper studies the connotation and construction of the spiritual culture of current competitive sports, discusses the value of competitive sports from the aspects of education, politics, economy, fitness and entertainment, and summarizes the spiritual culture of competitive sports. And from the current questionnaire and the results of the field survey, it analyses how to build the spiritual culture of competitive sports.

As can be seen from this questionnaire, there is not much understanding of the spiritual and cultural aspects of competitive sports. After propaganda and explanation, everyone has a high degree of acceptance of the spirit of competitive sports culture, which is conducive to the study of the connotation and construction of competitive sports spiritual culture. It is more conducive to the construction of competitive sports spiritual culture. In the construction of competitive sports hardware environment is still good, the popularity of sports equipment and venues is not low, but lack of effective organization, it is difficult to effectively carry out competitive sports activities in the long run. Therefore, it is necessary to construct the spiritual culture of competitive sports. By integrating the construction into the development, strengthening publicity and education, increasing learning and carrying out practical activities, speeding up the construction of hardware facilities of competitive sports and clarifying the leading position of spiritual culture of competitive sports.

By studying the connotation and construction of the current competitive sports spiritual culture, we will speed up the construction of the current competitive sports spiritual culture and become a catalyst for the rapid development of China's competitive sports. Accelerate the process of building socialist spiritual civilization, establish socialist core values, and become participants in the great rejuvenation of the Chinese nation.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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