

The Influence of Community Basketball Team on the Construction of Civilized Community

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Abstract: Nowadays, China is developing constantly, not only in economy, but also in sports. The spirit of sports is more deeply rooted in people's hearts. In order to make every Chinese get enough physical exercise, every community has improved its sports facilities, and set up many football teams, table tennis teams, basketball teams. The formation of these teams also has a certain impact on the construction of civilized communities. Starting from the community basketball team, this paper explores the influence of community basketball team on the construction of civilized community. First, this paper briefly outlines the concept of community basketball team and civilized community, then explores the relationship between them and the influence of community basketball team on the construction of civilized community. The first is to enhance the physical quality level of community residents, the second is to enrich the spare time life of community residents, and then improve the level of residents' happiness index. From the research results, we can see that before and after the establishment of community basketball team, the level of community residents' physical quality has increased by 5.5% on average, and the level of happiness index has increased by 7.8% on average.

1. Introduction

Community is the home of a person, and the quality of a community will directly affect the development and progress of the community. Community is also a microcosm of race, and the quality of race will also affect the development of the country and society [1]. There are many factors affecting the development of community, positive and negative. Community language is relatively important among these factors. Civilized community language will make the community environment better [2]. The implementation of sports facilities and sports events will also have an impact on the construction of civilized communities. For example, the establishment of community football teams will further improve the cohesion of community residents [3].

Basketball has a long history. The first basketball was invented by Westerners. If we can trace back to the development history of basketball, we can find that James Naismith invented basketball in 1891, but at that time, basketball was not popularized, just in an embryonic stage [4]. Nowadays, basketball has spread to every corner of the world, and China is no exception. China is not only an economic power, but also a sports power. Basketball is becoming more and more important in Chinese life. Many factors need to be considered in the establishment of a basketball team, such as the physical strength and technology of the players [5]. In the basketball team, individual ability is very important, but team cooperation is more valuable. Only when the players cooperate with each other well, the basketball team can get better development [6]. But basketball players in different positions need different physical fitness, only in this way can a basketball team develop better [7]. In most people's eyes, basketball seems only suitable for boys. In fact, girls can play basketball, even better than boys. Now many countries have women's basketball teams, and China is no exception [8]. But even so, there are still a lot of impolite and uncivilized phenomena in basketball. How to eliminate such impolite and uncivilized phenomena is a problem to be solved [9]. As far as the current situation is concerned, basketball is developing rapidly and comprehensively, especially in Asia. With the development of its economy, basketball is also gradually developing [10]. Therefore, basketball plays an important role in physical exercise, and the spirit and culture of basketball are deeply rooted in people's hearts.

Starting from the civilized community, this paper explores the influence of the community basketball team on the construction of civilized community. First, this paper briefly outlines the concept of the community basketball team and civilized community, then explores the relationship between them and the impact. Finally, this paper analyzes the impact of the community basketball team on the construction of civilized community.

2. Overview of Civilized Community and Community Basketball Team

2.1 Definition of Civilized Community

The concept of community first evolved from the West. At that time, the West believed that the community was generated by traditional natural factors such as blood, geography and culture. It was a kind of social community that was intimate, mutual aid, obedient to authority, and had common beliefs and customs. Now community is defined as a large group of social groups or organizations gathered in a certain field, which is the most basic content of social organism and the epitome of macro society. Community is not only the epitome of society, but also the representative of the country, so the image of the community represents the image of society, the image of the country. Civilized community refers to the image of the community and the behavior of every resident in the community. The establishment of civilized community is of great significance not only to the development of the community itself, but also to the development of the society and the country.

2.2 Community Basketball Team

Basketball includes basketball and basketball culture, basketball equipment, basketball clothing. Basketball culture can be defined as the culture created in the material and spiritual production of basketball. Basketball is still developing, so basketball culture is still enriching. Basketball equipment refers to basketball and basketball court, basketball clothing refers to basketball team uniform, each basketball basket. Teams have specific uniforms, which can reflect the characteristics of the basketball team. Like basketball culture, basketball equipment and basketball clothing are changing with time. Community basketball team is a basketball team composed of members in the community. The formation of community basketball team can not only enrich the amateur life of community members, but also enhance the overall quality of community members. More importantly, community basketball allows each community member to participate in it, and can improve the cohesion of the whole community as a whole.

3. The Influence of Community Basketball Team on the Construction of Civilized Community

3.1 Enhance the Physical Quality Level of Community Residents

In the last century, the sports facilities are not perfect, and there are not so many basketball courts and football courts, so the physical quality of Chinese people is generally not high. Now every community has basically built perfect sports equipment and basketball courts, and the physical quality of Chinese people has improved a lot. The community basketball team is composed of community residents. Among them, there are young people and middle-aged and old people. For young people, it can help them to use their time online to play basketball. For the middle-aged and old people, it can not only enrich their lives but also make them exercise. In a word, the establishment of the community basketball team plays an important role in the construction of a civilized community, because the development of a civilized community cannot be separated from the community residents, and when the physical quality level of the community residents is improved, the civilized community will naturally develop.

3.2 Enrich the Spare Time Life of the Community

The establishment of community basketball team can greatly enrich the amateur life of the community, because the establishment of a community basketball team can play various kinds of

games with other community basketball teams. If there is a game, there will be a win or loss. If it wins, it will greatly encourage the community basketball team. If you lose, it will also stimulate the aggressive heart of the basketball team, so that the development of the community basketball team will be better and better, and the development of the civilized community will be better and better. In addition, when the community basketball team is playing, other men, women and children in the community can participate as cheerleaders. In this way, the establishment of the community basketball team can benefit the whole community residents, enrich their spare time life, and improve their happiness index, which is very important for the construction of a civilized community.

4. Impact Results

In view of the influence of the community basketball team on the civilized community, we can get two results. One is that the physical quality level of the Chinese people is significantly improved; the other is that the level of happiness index is significantly improved. We selected a community as the research object, and analyzed the changes of the residents' physical quality and happiness index before and after the establishment of the community basketball team. The research results show that after the establishment of the community basketball team, the residents' physical quality level has increased by 5.5% on average, and their happiness index level has increased by 7.8%. The specific research results are shown in Figure 1 and Figure 2 below.

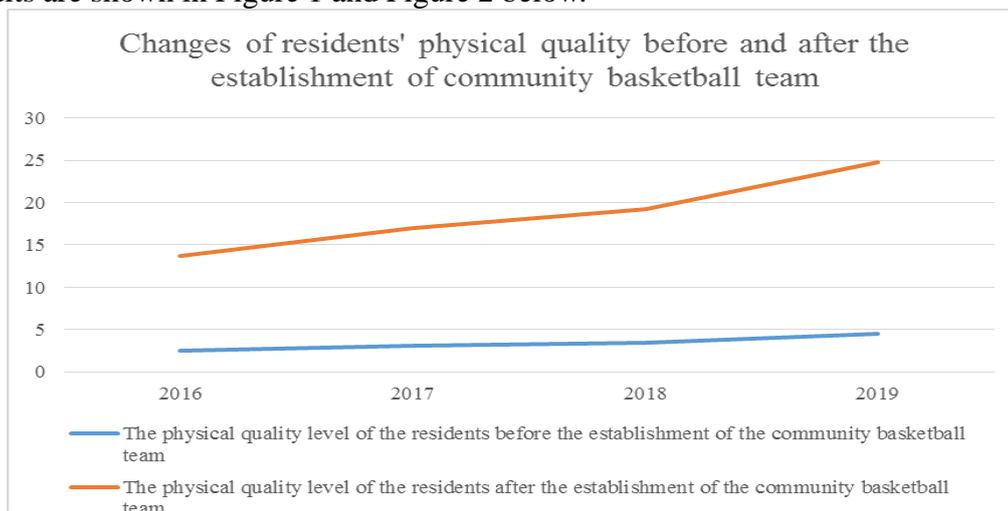


Figure 1 Changes of residents' physical quality before and after the establishment of community basketball team

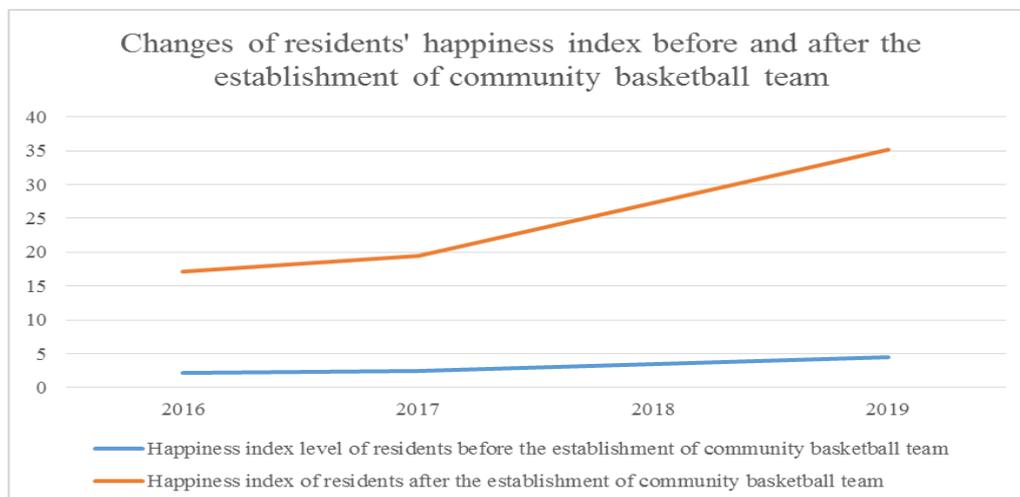


Figure 2 Changes of residents' happiness index before and after the establishment of community basketball team

5. Conclusion

Starting from the construction of civilized community, this paper explores the influence of community basketball team on the construction of civilized community. Firstly, this paper briefly outlines the concept of community basketball team and civilized community, then explores the relationship between them and the influence of community basketball team on civilized community. Secondly, this paper analyzes the influence of community basketball team on the construction of civilized community. The first is to enhance the physical quality level of community residents, and the second is to enrich the amateur life of community residents. In addition, there are many deficiencies in this paper, such as how to build a civilized community, how to build a community basketball team and so on. These deficiencies will be further resolved in the future research.

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