

The Psychological Integration of Yunnan Traditional Ethnic Sports Culture

Sidong Cui ¹, Zerong Jiang ^{2*}, Jingran Xing ³ and Fan Li ⁴

¹ Yunnan Normal University, Kunming, Yunnan, China, 650500

² Kunming University, 650214

³ Yunnan Physical Science and Sports Professional College, 650228

⁴ Kunming Foreign Languages school, 650030

jiangzerong1988@163.com

*corresponding author

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Abstract: Traditional sports culture as a special kind of culture with cultural heritage is worthy of our promotion and excavation. The traditional ethnic sports culture in Yunnan has unique cultural characteristics, and adopts appropriate and scientific methods and methods for inheritance and development. This article focuses on the psychological integration research of traditional ethnic sports culture in Yunnan, through a combination of literature review and statistical methods to understand the types of traditional sports in Yunnan, analyzes the difficulties faced by traditional sports culture in the development process, and summarizes the ways to improve And countermeasures, put forward different levels of development from the government to the people.

1. Introduction

Yunnan Province has a unique geographical advantage, and it also gathers the most ethnic minorities in China. Each ethnic minority has its own cultural heritage and unique cultural characteristics [1-2]. Each ethnic minority also has its own unique , Precious sports cultural heritage [3-4].

The traditional ethnic sports culture in Yunnan has unique cultural characteristics. In this paper, through the research on the psychological integration of traditional ethnic sports culture in Yunnan [5-6], adopting appropriate and scientific methods and methods for inheritance and development. It is conducive to promoting the region The development and enrichment of the national culture is conducive to enhancing national cohesion and building a harmonious society [7-8].

This paper first analyzes the current situation of Yunnan traditional sports culture and the characteristics of Yunnan traditional sports culture, and then combines the literature review method and the statistical method to summarize the main categories of Yunnan traditional sports activities. When we reach the predicament, we then analyze the value of promoting the integration of Yunnan's traditional sports culture and psychological integration and the specific ways to enhance the integration of Yunnan's traditional sports culture and psychology [9-10].

2. Proposed Method

2.1 Overview of the Status Quo of Yunnan Traditional Sports Culture

Due to the vast territory of Yunnan and the largest number of ethnic minorities distributed among them, the characteristics of different ethnic groups have created many traditional sports competitions in Yunnan with various forms. Compared with other places, Yunnan traditional sports culture is in a relatively active state. With the development of the economy and the appeal of the country, the traditional sports culture has gradually received more attention than before. Yunnan's traditional national sports culture and rural cultural construction are beginning to be connected, and

many of the traditional national sports culture that are about to be abandoned are gradually being valued. In addition to the construction of some cultural bases, local cultural government departments have also carried out "succession" activities for some outstanding traditional ethnic sports cultures to ensure that these excellent minority traditional sports cultures can be passed down well.

2.2 Characteristics of Yunnan Traditional Sports Culture

(1) Nature

The natural formation of the traditional ethnic sports culture in Yunnan is mainly due to the strong resistance of the ethnic group to foreign cultures, and the possibility of primary damage to traditional sports culture is small. The series of geographical environment and regional status of the Yunnan region itself determine the formation and development of the natural characteristics of traditional sports culture.

(2) Folk

The so-called folk traditional sports culture is mainly a traditional sports culture with distinctive national personality. The folk characteristics of traditional sports culture can be traced in the traditional national festivals and traditional folk customs, which represents the long history and culture of the nation. National traditional sports activities and national traditional festivals are related to each other and co-exist with each other. Traditional sports are the core content of national festivals.

(3) Leisure

After being passed down from generation to generation, traditional ethnic sports in Yunnan have always maintained distinctive traditional characteristics. Unlike the competitive nature of Western competitive sports, they pay more attention to the essence of moral cultivation and physical and mental health. The content of its activities covers the traditional culture and customs of the nation. These sports activities are mostly carried out in festive festivals or harvests of farming leisure, social networking, and religious sacrifices.

3. Experiments

(1) Literature review method:

This paper refers to the literature about Yunnan traditional sports culture through the network, library, literature room, etc., extracts the contents of this article, and then summarizes and obtains relevant conclusions.

(2) Measurement statistics method:

This article summarizes the types of traditional sports activities of Yunnan minority nationalities through measurement statistics, and understands that Yunnan traditional sports activities are diverse, mainly divided into three types: competitive, entertainment, and religious.

4. Discussion

4.1 Value Analysis of Promoting the Psychological Integration of Yunnan Traditional Sports Culture

(1) It is conducive to enhancing national cohesion

National traditional sports as an important part of national culture is a national traditional culture with an independent cultural form, a history of development that survives alone, and a national character with outstanding rich cultural connotations. These traditional national sports cultures provide Yunnan people with daily entertainment and relaxation of self-activity, but also give them more national awareness. Participation in these national traditional sports cultures will allow Yunnan people to have a better understanding of their ethnic minority traditional sports cultures, more understanding of their ancestors and their national roots, full of awe and worship situation. In this way, Yunnan people can be closely linked in the cultural spirit, thereby increasing national cohesion.

(2) Conducive to building a socialist harmonious society

National traditional sports culture can reflect the long-term living habits, ethnic customs and moral beliefs of a nation, and under the influence of these living habits, ethnic customs and moral beliefs, people's lives will be in a stable state. Consciousness will guide them to live together in a standard way and lead a peaceful life.

(3) Promote economic development

In the protection and promotion of traditional national sports culture, the whole process of participation will involve national costumes, singing and dancing performances with national characteristics, decorative decorations with national characteristics and food with national characteristics, etc. These material needs will drive rural production. In addition, some ethnic groups will also organize cultural festivals according to local customs, etc., which can integrate local special crafts or special agricultural products and display them on the cultural festival. This approach not only enables the traditional national sports culture to be well inherited and preserved, but people are also promoting the development of the local rural economy while celebrating the festivals warmly.

Be reborn, presenting the scene of "full bloom".

(4) Reflect the artistic value of traditional sports

The national traditional sports culture contains the spirit of the working people at that time. They integrated their thoughts and emotions into sports activities. Through their understanding of beauty, they constantly enriched the content and forms of sports activities and participated in these traditional sports activities. China came to gain appreciation and feelings of beauty, which reflected an aesthetic tendency of working people at that time. These have provided a very important reference value for modern national art activities. On the basis of these national traditional sports cultures, modern artists have opened the source of their creation and created a national masterpiece, and these All originate from the artistic value brought by traditional sports.

4.2 Difficulties in the Development of Traditional Sports of Ethnic Minorities in Yunnan Province

(1) The soil for ecological survival of traditional sports culture of ethnic minorities in Yunnan Province is disappearing

The change of life style makes some traditional festivals of ethnic minorities lose their original cultural connotation. The life that used to work in the field was gradually replaced by migrant workers. Some traditional sports from labor production will no longer be launched. In order to pray for the weather and the traditional festivals with abundant grains, the status of traditional festivals has gradually declined. People no longer value it. Even if it is carried out only for nostalgia, the younger generation without production work cannot fully understand the significance of these traditional activities. The indispensable traditional sports will fade out the daily life of the younger generation.

(2) The increase in the number of migrant workers and the impact of modern sports events have left Yunnan minority nationalities traditional sports projects unsuccessful

Most of the ethnic minorities in Yunnan live in remote mountainous areas. With the development of economy, more and more young people go out of the mountains to work or do business in cities, so as to pursue a more affluent material life. Many young people do not come back when they go out. Even if they come back, they are reluctant to learn their own traditions and projects, and they lack a sense of identity with their own culture. In addition, modern sports also have a huge impact on the traditional sports of ethnic minorities. With the development of radio and television, even remote ethnic minority villages can learn many modern sports through TV. These modern sports have more publicity methods and contain many modern elements, which have more attractiveness to young people.

(3) The development of traditional sports of ethnic minorities in Yunnan pays insufficient attention to their cultural value

In economic society, economic power is often the fundamental power for people to complete

their work. Driven by interests, the development of traditional sports of ethnic minorities in Yunnan Province basically does not pay attention to the cultural heritage contained in the project, and most of them use traditional sports as tourism products for everyone to consume. In Yunnan Province, where tourism is extremely developed, many ethnic tourist attractions can see the performances of traditional sports of ethnic minorities, and tourists can also participate in them, but although these tourists have experienced the project, they have a cultural connotation for these projects. Ignorant.

(4) Self-adjustment of traditional sports of ethnic minorities in Yunnan Province lags behind

In the course of hundreds of years of the formation and development of traditional sports of ethnic minorities in Yunnan, they have been in a relatively closed environment for a long period of time, and have been rarely impacted and eroded by foreign culture. situation. With the rapid development of society, the traditional sports of ethnic minorities in Yunnan are facing unexpected shocks, and are significantly caught off guard.

4.3 Main Categories of Traditional Ethnic Sports in Yunnan

Through investigation, this paper finds that the traditional ethnic sports activities in Yunnan mainly have the following concentrated types, as shown in Table 1.

Table 1. Main categories of traditional ethnic sports in Yunnan

Type	National Sports	Proportion
Competitive	Horse racing, dragon boat racing, wrestling, crossbow shooting, archery, gyroscope	35%
Entertainment	Tug of war, swing, kite, hydrangea, grasshopper, shoulder pole	44%
Religion	Dragon sabre dance, water sprinkling Festival, song singing, heaven worship, flower mountain stepping	21%

According to relevant research, more than 300 traditional sports activities of ethnic minorities have been excavated and sorted out in Yunnan. From Table 1, it can be seen that there are a large number of ethnic sports events in Yunnan, and they have their own ethnic characteristics. There are certain similarities in the similarities of the two, and in terms of their content and form, they can be divided into three types: sports, entertainment, and religion.

4.4 Analysis of Specific Ways to Improve the Integration of Yunnan's Traditional Sports Physical and Psychological Integration

This article summarizes the specific ways of the integration of Yunnan's traditional sports literature psychology by referring to relevant data and investigation and research, as shown in Figure 1.

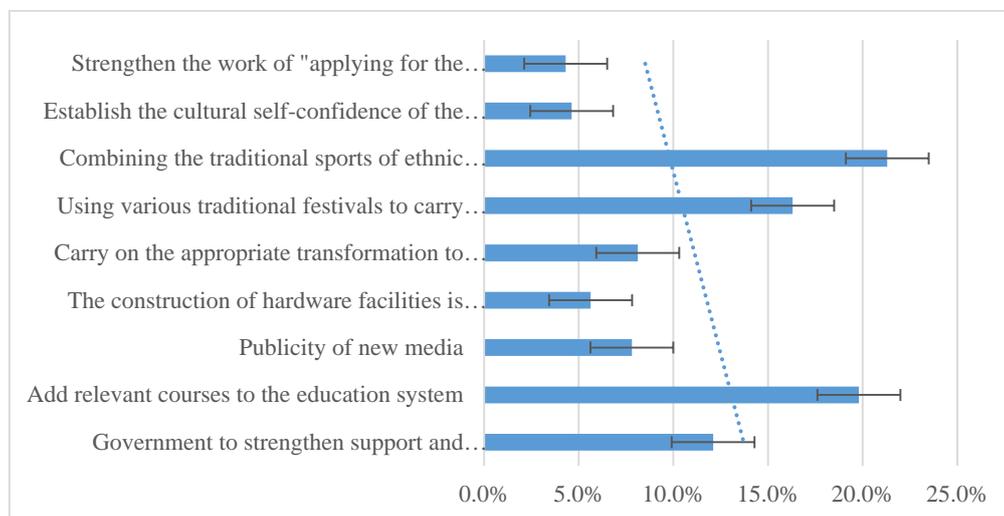


Figure 1. Specific approaches to the psychological integration of Yunnan Traditional Sports

It can be seen from Figure 1 that the specific ways of the integration of Yunnan's traditional national sports literature and psychology are mainly as follows:

(1) The government strengthens support and publicity, accounting for 12.1%

In the development of culture, the leading role of the government is very important. The inheritance and development of traditional ethnic sports culture in Yunnan also requires the support and guidance of the local government. The government's guidance is conducive to expanding the scope of influence and deepening the depth of influence, so as to more comprehensively improve the development of traditional ethnic sports culture in Yunnan.

(2) Add relevant courses to the education system, accounting for 19.8%

School is the cradle of training students. School students need not only the learning and irrigation of cultural knowledge, but also the improvement of physical quality. Incorporating excellent Yunnan traditional sports culture projects into the teaching system can cultivate students' local feelings, is conducive to the popularization and popularization of traditional sports culture, and can achieve new development in larger and younger groups, making Yunnan traditional The development of sports culture has new vitality.

(3) Propaganda of new media, accounting for 7.8%

With the development of science and technology, the emergence of the "Internet +" model has provided new ideas for the development of many traditional projects. Being good at using new media for propaganda is of innovative significance for strengthening the development of Yunnan traditional sports culture.

(4) The construction of hardware facilities is the foundation, accounting for 5.6%

Appropriately increase the intensity of infrastructure construction of traditional ethnic sports projects. On the one hand, it can meet the requirements of local people's exercise and develop interesting civic culture; on the other hand, it can also provide professional facilities and development for the development of traditional ethnic sports culture in Yunnan. Venues, thereby increasing the motivation and foundation for development.

(5) Proper transformation of traditional ethnic sports in Yunnan, accounting for 8.1%

There are both essence and dross in traditional Chinese culture, so the development of traditional Chinese culture requires us to take rough extracts, extract its essence and remove dross. In the process of promotion and inheritance, it also needs to match the development of the times and catch up with the times. In order to have a larger audience. Using modern science and technology, the traditional sports methods are changed to a certain extent. It makes it more suitable for the lives and needs of modern people, and on the basis of retaining the outstanding characteristics and advantages, it enhances the people's sense of identity.

(6) Utilize various traditional festivals to promote the national traditional sports culture, accounting for 16.3%

Different nationalities celebrate festivals in different ways and methods, but no matter what type of traditional national festivals, the meaning and impact of the transfer are similar. Under a specific time, background and environment, they gradually form a strong national characteristics and modern society. Perfectly integrated culture. The specific festivals of various ethnic groups are the essence of the long-term development of the ethnic group, as well as a platform for displaying ethnic history and culture to foreign countries and an important window for foreign exchanges. Yunnan ethnic minority sports are diverse in form and form, and the content is extremely rich. At present, it has been integrated into various national traditional festivals.

(7) Combining traditional sports of ethnic minorities in Yunnan Province with mass fitness, accounting for 21.3%

With the development of the economy, more and more people participate in fitness. Some traditional ethnic minority projects in Yunnan Province have strong entertainment and exercise value. Government departments should encourage folk sports and sports groups to organize the promotion of traditional sports of ethnic minorities, so that people who participate in physical exercise have the opportunity to contact and learn traditional sports of ethnic minorities, and stimulate the public's love for traditional sports of ethnic minorities.

(8) Establish cultural self-confidence of traditional sports of ethnic minorities in Yunnan Province, accounting for 4.6%

Cultural self-confidence is a kind of identity of a nation to its own culture. To establish cultural self-confidence, we must first strengthen theoretical research. Through theoretical research, we can make people fully realize the unique connotation of traditional sports of ethnic minorities in Yunnan, tap the cultural advantages of traditional sports of ethnic minorities, and complement each other with modern sports culture.

(9) Strengthen the “traditional application” of traditional ethnic sports, accounting for 4.3%

For those traditional sports cultures with a long history and great value, the staff should do a good job of "succession". The staff should have a deep understanding of traditional sports culture, understand what it is to inherit, and try to keep the original face of the national traditional sports culture.

Conclusions

Promoting the construction and development of Yunnan's traditional national sports culture is of great significance to Yunnan's economic, social and cultural aspects. Regardless of whether it is the government, the masses, or the relevant work department, it is incumbent on the quality of promoting the construction of traditional national sports culture. In this paper, through the research on the integration of psychological culture of traditional ethnic sports in Yunnan, the promotion of the integration of psychological culture of traditional ethnic sports in Yunnan can be promoted according to the power of the government, popularized by the education system, and promoted by new media technology. China's construction needs to be improved. It is also possible to carry out reasonable reforms and innovative development, thereby promoting its better and longer-term development. Only in this way, traditional sports in Yunnan will not be obliterated in the rolling tide of history, enhance the soft power of culture, enhance national cohesion, and promote the construction of a harmonious society.

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