

# *Investigation and Analysis of Sports Attitude of “Small Foreignstudents” of Burmese Nationality in China-Myanmarcross-Border Area*

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**Abstract:** Primary school sports work is one of the important links. The general situation of contemporary elementary school students is not optimistic. The most fundamental and direct reason for the decline of pupils 'physical fitness is that the students' physical exercise behavior is not guaranteed. Whether students participate in sports activities is not only related to external environmental factors. China-Myanmar border area, cross-border pupils studying abroad, their breakthrough cultural differences The obstacles to language differences are integrated into China's education system. In this paper, through the literature method, questionnaire survey method, interview method, data statistics method, and logic analysis method, the “small international students” of Guomen Primary School in the border area of China and Myanmar are the research objects, and the status quo of their sports attitude and physical exercise behavior are studied, and the analysis of Myanmar Are the sports attitudes and physical exercise behaviors of foreign students of small nationality coordinated? Explore the laws of physical attitudes and physical exercise behaviors to grasp the mechanism for the coordinated development of good physical attitudes and physical exercise behaviors.

## 1. Introduction

As far as the contemporary school physical education in China is concerned, school physical education at the elementary level is gradually being valued by the whole society. For this reason, some schools also specially organize students to participate in physical exercise activities, such as: organizing inter-class exercises to ensure that students must participate in sports activities every day;

the latest survey results have learned that the basic physical fitness and vital capacity of Chinese students exist The rate of decline. Among the declines in various physical qualities, the decline in flexibility and endurance is the most obvious. According to the survey, nearly 80% of students have a significant reduction in lung capacity, and obese people account for the highest rate among 8-12 year olds.

## **2. Manuscript Preparation**

### **2.1 Research Object and Method**

#### **2.1.1 Research Object**

According to the needs of the research task and the principle of intentional sampling, the study selected ten primary schools in the cross-border ethnic areas with the most concentrated Burmese students in Yunnan Province, and selected R cities M and L counties with a large number of Burmese students in Dehong. , Select a border township in each of these three counties. The researchers distributed questionnaires on the spot at the school, and recovered 255 on the spot. A total of 300 questionnaires were distributed and 255 were recovered. The researchers distributed the questionnaires on the spot at the school.

#### **2.2 Research Method**

##### **2.2.1 Literature Survey**

According to the purpose and content of the research, the e-book resources such as CNKI and Wanfang were used to consult materials related to the opening of traditional ethnic sports in Yunnan, which laid a solid theoretical foundation for the smooth development of this research.

##### **2.2.2 Questionnaire**

Sampling the existing in Border School Elementary Schools in 2 cities and 3 counties under the jurisdiction of Dehong, and then taking 100 physical education teachers and 150 students from them as samples, sending out 100 copies of questionnaires to teachers, 100 copies were returned, and 93 copies were returned. The rate is 100% and the effective rate is 93%. 150 questionnaires were distributed to students. 150 copies were recovered and 143 valid questionnaires were collected. The questionnaire recovery rate was 100% and the effective rate was 95.3%.

##### **2.2.3 Mathematical Statistics**

Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

## **3. Research Results and Analysis**

### **3.1 The Influence of Myanmar Students Studying Abroad on China-Myanmar Cross-Border Ethnic Groups**

#### **3.1.1 Recruiting Burmese Students from Schools in Cross-Border Ethnic Areas Can Promote Good-Neighbourly Friendship and Cultural Exchanges**

The cross-border ethnic areas in Yunnan and Myanmar share the same veins, rivers and rivers. The cross-border ethnic groups have the same origin, the same people, and the same folk customs. Enrolling Burmese students in schools in Yunnan's cross-border ethnic areas will promote the non-governmental exchanges between the borders of the two sides and help deepen the friendly relations between China and Myanmar<sup>[1]</sup>. The spread of China's outstanding culture raises its recognition of China and Chinese culture. In the investigation, through interviews with local communities and border management departments, it was also found that with the gradual expansion of cross-border enrollment of Burmese students, the border exchanges between China and Myanmar are becoming more frequent, and cultural exchange activities between cross-border ethnic groups are increasing. rich.

#### **3.1.2 Recruiting Burmese Students from Schools in Cross-Border Ethnic Regions Can Promote the Opening Up and Internationalization of Regional Education**

The "Outline of National Medium- and Long-Term Education Reform and Exhibition Planning" (2010-2020) proposes that we must insist on opening up to promote reform and promote development, carry out multi-level and wide-ranging education exchanges and cooperation, and raise the level of internationalization of education in our country. As a frontier and a new period of opening up to South Asia and Southeast Asia, the region is the forefront of the "Belt and Road" strategy and is the gateway to the opening up of education in Yunnan Province. Recruiting Burmese students from cross-border ethnic schools is an important step towards opening up education in the region. It is conducive to enhancing the international level of education in cross-border ethnic areas. Enrolling Burmese students in schools in cross-border ethnic areas can enhance the exchanges between parents and teachers of Chinese and Burmese students, and play a role in radiating basic education to northern Myanmar. Promote the opening up and internationalization of education in cross-border ethnic areas.

### 3.2 Participation in Sports Activities of Burmese “Little Foreign Students” in China-Myanmar Cross-Border Area

In the survey participation project, in the physical education curriculum of Guomen Elementary School, new sports such as row dance (34.3%) and competitive fighting style martial arts (17.9%) are more popular among students, because of some dance Modern sports are in line with modern elements and the trend of the times, and are the sports that many students yearn for. The second is ball sports, such as basketball (23.3%), soldiers (26.5%) and badminton (19.8%). These three traditional ball games have been popular in all middle schools. Some boring and boring physical events, such as track and field (8.3%), football (7.6%), and tug-of-war (6.7%), are projects that most students do not usually participate in. There are also some projects that affect student participation such as tennis (3.7%) due to low venue and project popularity, and few students participate in activities

### 3.3 Status Quo of Sports Attitudes of “Small Foreign Students” of Myanmar Nationality in China-Myanmar Cross-Border Area

#### 3.3.1 Basic Characteristics of “Small International Students” of Burmese Nationality in the China-Myanmar Cross-Border Area

Found through investigation, boys and girls have a good attitude towards participating in sports, which is inseparable from the good physical and mental and emotional experience that sports brings to students<sup>[2]</sup>. From the table below, we can understand that except for a very small number of students (2.2%) who do not like sports, the rest of the students have a good attitude towards sports, which is in line with the male life and likes experience. There is a certain correlation; there is a certain difference between the attitude of female students to sports and that of male students. We found that only 17.7% think that they like sports very much, and those who hold like and general attitudes account for nearly 80%. They choose not to like sports There are also fewer activities. There are obvious differences in the attitudes of boys and girls towards sports activities, which is related to the different physiological structures and personality characteristics of boys and girls. In addition, it is also related to the fact that school physical education cannot reasonably arrange male and female students to participate in different sports activities and choose effective methods. In fact, this is also a question worth pondering in our school's physical education. How to implement the teaching plan according to the different physiology and psychology of boys and girls, to ensure that every student can fully appreciate the physical and mental experience brought by sports, so as to comprehensively Promote the change of male and female students' attitudes towards physical exercise.

*Table 1 Attitudes of Middle School Students of Different Genders (%)*

gender	like very much	like	general	dislike	Dislike very much
male	30.1	44.5	23.2	1.5	0.7
Female	17.7	33	45.2	2.5	1.6

#### 3.3.2 General Situation of Sports Attitudes of Myanmar “Little International Students” in China-Myanmar Cross-Border Areas

The survey results show that the average score of sports attitudes of Burmese “little international students” in the China-Myanmar cross-border area reached 77.76 points, and the students with a sports attitude score greater than or equal to the passing score accounted for 88.9% of the total sample. In general, the sports attitude of Burmese “little international students” in the border areas

is positive. From the perspective of the three dimensions of sports attitude, the sports recognition of the Myanmar “small international students” in the cross-border areas of China and Myanmar is better, followed by sports emotions, and the sports behavior intentions are relatively poor. Among them, the average score of sports cognition reached 38.23%, and the students whose sports cognition score was greater than or equal to the score of sports cognition accounted for 95.72% of the total sample; the average score of sports emotion reached 19.55 %, sports emotion score Students with a value greater than or equal to the passing score of sports emotion accounted for 75.02% of the total sample; the average score of sports behavior tendency reached 19.68 %s, and those with a score of sports behavior tendency greater than or equal to the passing score of sports behavior accounted for the total sample 72.36%. This shows that through the years of physical education in Burmese “little foreign students” in the China-Myanmar cross-border area, sports awareness has been very good, and they have a good understanding and evaluation of the purpose, significance, and value of sports activities; sports emotion Compared with sports behavior tendency, it is worse than sports cognition.

#### 4. Conclusion

Burmese students studying abroad are generally positive in sports attitude, but the three dimensions of sports attitude are unbalanced. Among them, sports cognition performance is the best and sports behavior tendency is the worst.

Burmese students studying abroad are relatively poor in physical exercise. In the process of participating in physical exercise, the exercise time and frequency are not guaranteed; at the same time, the grasp of exercise intensity is also insufficient, and physical exercise cannot be carried out scientifically; the participating sports are different from those of interest.

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