

# *Investigation and Research on the Current Situation of Volleyball in Junior Middle Schools in Baoqing County*

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**Abstract:** With the beginning of teaching reform in China, school physical education has gradually established and developed. The development of sports on campus is affected by many factors. This paper starts from the current situation of primary volleyball in Baoqing County, analyzes the factors affecting the current situation of volleyball, and puts forward solutions based on this, laying a solid foundation for the healthy and scientific development of primary volleyball in Baoqing County. This paper uses the methods of literature, logical analysis, and questionnaire to investigate the current situation of volleyball sports in various middle schools in Baoqing County, and draws the following conclusions through the analysis of the survey results: The current situation of volleyball in the primary school of Baoqing County is in the middle, and the construction of venues required for the game is relatively sufficient, which can be further improved. The main factors affecting the development of primary volleyball in Baoqing County are: students' insufficient knowledge of volleyball and parents' lack of support. The physical organization of middle school students is in the growing stage, and excellent volleyball leads to greater pain in students' sports, which leads to students' dislike to participate in volleyball sports. Suggestions on the development of primary volleyball in Baoqing County: increase the publicity of volleyball and encourage parents to support students to participate in sports activities. We will strengthen the infrastructure construction of indoor volleyball venues and expand the number of female physical education teachers.

## 1. Introduction

Volleyball is a very popular sport. At the 2016 Rio Olympic Games, Lang Ping led the women's volleyball girls to win the Olympic gold medal, which made the Chinese people know more about volleyball. Volleyball has also entered the lives of many students and become a favorite sport for some students. Volleyball can improve students' physical coordination, enhance their physical quality, enrich their extracurricular activities [1], and play a certain role in students' physical and mental development.

Physical education is an important part of promoting students' all-round development. Volleyball, as one of the main items of school sports activities, has fitness and entertainment, reflecting students' characteristics and direction of the times of volleyball [2]. Good volleyball training is conducive to improving the level of school volleyball, promoting the development of school volleyball, and promoting the construction of school spiritual civilization [3].

## 2. Research objects and methods

### 2.1. Research object

This paper takes the investigation of the current situation of volleyball in the junior middle schools in Baoqing County as the research object, and conducts an investigation and research on the current situation of volleyball in the four middle schools in Baoqing County.

### 2.2. Research methods

#### 2.2.1. Literature method

This paper provides valuable theoretical basis for the research of this paper by consulting and collecting relevant information about junior high school volleyball through the Internet, CNKI and the full text of periodicals according to the database.

#### 2.2.2. Logical analysis method

Through the questionnaire survey, the data of the questionnaire results are sorted and analyzed, and the conclusions and suggestions are drawn through logical analysis.

#### 2.2.3. Questionnaire survey method

The teachers and students of junior middle schools in Baoqing County were surveyed by questionnaires.

#### 2.2.4. Mathematical statistics

The results of the questionnaire were statistically analyzed and sorted out, and the mathematical statistics and analysis were carried out to draw conclusions.

## 3. Results and analysis

### 3.1. Investigation of venue and equipment in Baoqing County Middle School

Volleyball required for sports and the field affect the development of volleyball sports on campus to a certain extent. Therefore, the field equipment of four middle schools in Baoqing County was investigated.

Table 1: Statistics of venue equipment of four middle schools in Baoqing County

School	No.1	No.2	No.3	No.4
Indoor site (block)	3	0	0	0
Outdoor site (block)	2	3	2	4
Number of volleyball(set)	400	300	170	400
Soft Volleyball	150	0	20	100
Hard Volleyball	250	300	150	300

Show in table 1, there are five sites in Baoqing County, including three indoor sites and two outdoor sites. According to the field survey, three indoor venues are distributed in the air-film gymnasium, made of PVC plastic sports floor, and two outdoor venues are made of plastic. There are 400 volleyball, including 150 soft volleyball and 250 hard volleyball; Baoqing No. 2 Middle School

has three outdoor venues, all of which are made of plastic materials. There are 300 volleyballs, all of which are hard volleyball; There are 2 sites in Baoqing No. 3 Middle School, all of which are plastic sites. There are 170 volleyball, including 20 soft volleyball and 150 hard volleyball; Baoqing No. 4 Middle School has 4 venues, all made of plastic materials, with 400 volleyballs, including 100 soft volleyball and 300 hard volleyball. It can be seen that the four middle schools in Baoqing County have outdoor venues, all made of plastic materials. The types of volleyball are mainly hard volleyball, supplemented by soft volleyball. To a certain extent, it can meet the needs of classroom teaching and extracurricular activities in various middle schools.

### 3.2. Investigation on the current situation of middle school students participating in volleyball in Baoqing County

#### 3.2.1. Investigation on the love of volleyball among middle school students in Baoqing County

Table 2: Statistical Table of Middle School Students' Love of Volleyball in Baoqing County

Category	Like very much	Like	So so	Dislike	Dislike very much
Number of people	51	69	189	62	24
Percentage	12.9%	17.5%	47.8%	15.7%	6.1%

Show in table 2, in Baoqing County, 30.4% of middle school students like volleyball and 21.8% do not like volleyball. However, the middle group of 47.8% is the most important in the whole group of data, which reflects the influence of volleyball on most students. Volleyball is only one of many sports in the consciousness of this group, and its influence can be strengthened or weakened at any time because of some strength.

### 3.3. Investigation on the basic situation of middle school PE teachers in Baoqing County

#### 3.3.1. Investigation on gender and age of middle school PE teachers in Baoqing County

Table 3: Statistical table of gender and age of middle school PE teachers in Baoqing County

Respondents	Gender		Age	
	Male	Female	Age 20-30	Above age 40
Baoqing No.1 Middle School	5	0	3	2
Baoqing No.2 Middle School	3	2	3	2
Baoqing No.3 Middle School	4	1	2	3
Baoqing No.4 Middle School	3	2	3	2
Number of people	15	5	11	9
Percentage	75%	25%	55%	45%

From the above table 3, the number of male volleyball teachers is higher than that of female volleyball teachers, with male volleyball teachers accounting for 75% and female volleyball teachers accounting for 25%. Among them, 55% are teachers aged between 20 and 30, and 45% are teachers over 40. It can be seen that the proportion of male PE teachers in four middle schools in Baoqing County is relatively high, and the age of teachers is relatively young.

#### 3.3.2. Investigation on the basic content of volleyball teaching in middle schools in Baoqing County

Volleyball has a positive role in promoting the physical and mental development of teenagers and

has a good exercise value. Therefore, I investigated the basic contents of volleyball teaching in four middle schools in Baoqing County.

Table 4: Contents of volleyball teaching in middle schools in Baoqing County

Content of courses	Basic technology	Volleyball in the middle school entrance examination	Volleyball game
Number of people	20	10	13
Percentage (%)	100%	50%	65%

Show in table 4, of the 20 PE teachers in the four middle schools in Baoqing County, 20 teachers will take the basic volleyball technology as the teaching content, and 10 teachers will choose to focus on the sports volleyball items in the middle school entrance examination, so that students can more calmly cope with the examination; 65% of physical education teachers teach volleyball games in the classroom. For junior high school students, their physical education lessons should be combined with fun, so that students can master volleyball skills in laughter, and stimulate students' enthusiasm to actively participate in volleyball.

### 3.4. The extracurricular development of volleyball in middle schools in Baoqing County

#### 3.4.1. Investigation on the development of volleyball competition teams in middle schools in Baoqing County

Table 5: Statistics of volleyball competition teams in middle schools in Baoqing County

Respondents	Number of teams/person	Age	
		Male	Female
Baoqing No.1 Middle School	24	12	12
Baoqing No.2 Middle School	26	13	13
Baoqing No.3 Middle School	24	12	12
Baoqing No.4 Middle School	28	14	14
Number of people	102	51	51

Every year in Baoqing County, inter-school volleyball competitions are held to stimulate students' fighting spirit and competitive consciousness. Therefore, each school has set up school teams to participate in the competitions. For this reason, I investigated the number of participants in the volleyball teams of four middle schools in Baoqing County.

In table 5, four middle schools in Baoqing County have volleyball teams on campus. According to the communication with the physical education teachers, the volleyball team athletes are selected by the physical education teachers according to the students' classroom performance during the physical education class, and choose whether to enter the school team for more systematic training according to the students' wishes. The number of volleyball teams in the four middle schools all meet the standard configuration of volleyball competition, and the four schools will also participate in the competition every year. It can be seen that there are still some students who like volleyball and are willing to participate in it.

## 4. Conclusions and suggestions

### 4.1. Conclusion

Four middle schools in Baoqing County have sufficient volleyball venues and equipment, all of which are made of plastic materials. To a certain extent, they can meet the needs of classroom teaching

and extracurricular activities in middle schools and provide students with a better volleyball environment.

21.8% of the students in the four middle schools in Baoqing County do not like volleyball. The reasons are mainly divided into two points. The first is that the students think volleyball is boring and painless, and lack a strong sense of goal and goal satisfaction compared with basketball, football and other sports. The second is that parents' lack of support leads to students not participating in volleyball, and thus dislike volleyball. According to the statistics of the popularity of volleyball, students in the middle group account for the highest proportion, so we should pay more attention to the cultivation of students' interest in volleyball in this group, which directly affects the growth and decline of volleyball in the middle school group.

Among the PE teachers in the four middle schools in Baoqing County, the proportion of male teachers is higher than that of female teachers. Male teachers have more advantages than female teachers in terms of physical ability, male decisiveness, toughness, and more persuasive with students. The age of teachers is younger. Young teachers are more energetic and enthusiastic in physical ability, more active in thinking, and more able to absorb cutting-edge information and apply it to the classroom. However, they are not very rich in teaching experience, easy to bring emotion into the classroom, and not sophisticated enough when dealing with students.

## 4.2. Suggestions

The venue equipment of four middle schools in Baoqing County is relatively sufficient, but the other three schools do not have indoor volleyball venues except for one at home and abroad. Considering that the influence of the weather will lead to the outdoor venue environment not being able to play volleyball, in order to ensure good teaching quality in the sports class, the construction of indoor venues can be strengthened.

Among the four middle schools in Baoqing County, 47.8% of the students are in the middle group who like volleyball. It is suggested to strengthen the guidance and publicity of these students to attract more students to participate in volleyball [4]. In view of the fact that students do not participate in volleyball because of fear of pain, it is recommended that schools replace soft volleyball [5] and expand the team of students who love volleyball [6]. For parents who do not support this point, it is also important to popularize students' physical and mental health development to parents and change parents' thinking.

The number of female teachers in the four middle schools in Baoqing County is relatively small. It is suggested to increase the number of female teachers and give full play to their advantages. Because female teachers have more affinity than male teachers, especially when dealing with female students, which makes students more relaxed when dealing with teachers. According to the characteristics of young teachers, it is suggested that young teachers should communicate with older teachers of the school, and between school and school levels to increase teaching experience. Teaching experience needs to be accumulated. Only observing and learning methods and means cannot be fully applied to your own classroom.

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