

The Status Quo and Benefits of Female Leisure Sports Development from the Perspective of Feminism

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Abstract: With the advancement of society and the improvement of quality of life, people gradually regard leisure sports as a healthy lifestyle. The more and more people begin to pay attention to leisure sports and pay more attention to their own health. In recent years, women's leisure sports have been greatly developed, and women's leisure sports have also received more and more attention from the society. This paper briefly introduces the origin of feminism and puts forward the female leisure movement from the perspective of feminism, and it mainly expounds the development status and benefits of women's leisure sports from the perspective of feminism, in order to better promote the development of women's leisure sports.

1. Introduction

Opening the historical scroll will reveal that all stages of human progress and social development are infiltrating the role of women. From the ancient matriarchal society to today's information age, women use their own ingenuity to promote the development of social civilization. As women become more involved in governance, economics, culture and society, their status in sports is also enhanced. As a result, women have also made great progress in the field of leisure and fitness. Table 1 shows the results of a sample survey of Chinese women's social status^[1].

Table 1 Analysis of the situation of Chinese women's sports

Leisure sports type	Women in different regions	
	Urban female	Rural female
Physical exercise	13.7%	5.9%
Social and cultural activities	15.7%	6.3%
Travel activity	16.1%	3.1%

2. The origin of feminism

Feminism originated in France. In Western history, feminism has experienced three waves. Among them are the feminist movements, and the increasing enrichment and diversity of feminist theories. The focus of the first wave of controversy was mainly on gender, including equality between men and women. The second wave was mainly to eliminate the difference between the two sexes. The third wave of feminism was created in the context of post-modernism, post-structuralism, post-colonialism and other social trends. One of the most striking is that the women's movement must make substantial progress, not only the unity of women in the world, but also the support and cooperation of the other half of the human being^[2].

At the beginning of the 20th century, before and after the May Fourth Movement, it was translated into feminism, feminism, and feminism. Feminism really entered China in the 1980s. In the wave of reform, Chinese women were greatly affected. Although there is a legal equality between men and women, there is still a difference between women and men. So everyone began to turn to gender analysis, so many scholars in China finally adopted the word feminism.

3. Women's leisure sports from the perspective of feminism

3.1 Concept of female leisure sports

Leisure, most scholars believe that the meaning of leisure can be summarized from three aspects: leisure is leisure time (that is, time outside work). Leisure is a leisure activity (that is, a non-work activity). Leisure is a state of mind or attitude (that is, a self-fulfilling view of life). The famous American leisure expert Jeffrey Gobi defines leisure: leisure is a relatively free life freed from the external pressure of cultural environment and material environment. It enables individuals to act in a way that they love, instinctively and invaluable, driven by inner love, and provide a foundation for faith. Some scholars in the leisure sports have been translated into Yu Yi Sports, and some translations are leisure sports. They refer to physical exercise activities in which people enjoy their physical and mental health, enrich and create life and improve themselves in their leisure time. Women's leisure sports refer to various sports activities that involve women in their participation in leisure time for the purpose of achieving physical health and psychological well-being^[3].

3.2 Feminism and the development of women's leisure sports

The equality between men and women advocated in feminism advocates freedom and equality, the integrity of women's personality, and advocates free choice rather than forced oppression and restriction. Women's leisure sports refers to the physical exercise or recreational sports that women are free to choose to participate in during free time, and to obtain a healthy and enjoyable experience. Therefore, it can be seen that the freedom, unrestricted, and equal enjoyment of leisure sports with men make the two concepts of female leisure sports and feminism similar. Therefore, from the perspective of feminism, it is more important to promote the development of women's leisure sports.

4. The Status Quo of Female Leisure Sports from the Perspective of Feminism

More than 2,000 years ago, ancient Greek sports began to prevail, and the first ancient Olympic Games was held in 776 BC. But this Olympic Games, which created human sports competitions and had a huge impact on world sports, stipulates that only men have the right to participate. Women, like slaves, have no right to watch the event, let alone participate in competitive sports. With the

development of the women's movement, women's role in political, economic, cultural and social fields has increased, and women's status in the Olympic movement has also undergone tremendous changes. By 1908, the woman was officially allowed to participate in the competition for the first time, ending the history of women being excluded from the sports gate^[4].

The women's liberation movement promoted the release of women's thoughts and bodies and promoted the development of women's sports. The rise of women's sports marks a new stage in women's liberation. Women's sports is not only the first to develop in the field of competitive sports, but also has a vast world in the field of mass leisure sports. In today's popular sports boom, women's sports is an important part. Many professional women regard participation in sports as their own right. They go to the gym to exercise, go hiking, travel, and enjoy various body entertainments to further promote the development of mass sports.

With the improvement of the economic level, women's leisure time has also increased. According to the data, the leisure time of women workers in Chinese cities averages 3.25h per day. Most of them are used for watching TV, movies, dancing, listening to songs, and leisure sports have not changed. Become the mainstream of life. At present, the proportion of women participating in leisure sports in China shows an increasing trend with age, and the total participation in leisure activities is 27.15%. Table 2 is about the weekly participation of women in sports. With the increase of age, the number of qigong, Taijiquan and dance projects has increased. The venues for activities are mainly in informal stadiums such as open spaces, parks, homes, highways and other public places. Participants are more likely to participate in activities with friends, colleagues or family members. His motivation for engaging in leisure sports is mainly in "promoting health, preventing disease" and "regulating the spirit and eliminating fatigue", followed by "entertaining body and mind" and "maintaining good body shape".

Table 2 Weekly female participation in sports

Number of times per week	Participating sports	The proportion of participation in sports
1-2 times/30min	Walking	7.10%
3 times/30min	jogging	10.07%
5-7 times/30min	Aerobics	9.98%

5. The benefits of engaging in leisure sports for women

5.1 The benefits of physical exercise for women's physical and mental health

Leisure sports are both a fitness exercise and a cultural and educational activity. No matter what form of leisure fitness, there are important cultural and educational components. Regularly engaged in leisure sports, can effectively strengthen people's awareness of civilization and moral cultivation, and promote people's physical and mental health. The data show that women who insist on exercise have the characteristics of lighter weight, lower blood sugar, lower cholesterol, and lower blood pressure than women who do not exercise. Moreover, women who are not exercising feel happy, energetic and healthy. In addition, the incidence of mental illness in women is higher than that of males, and regular leisure activities help to cultivate psychological qualities such as self-control, patience and resilience, so that they can actively face life.

5.2 The personal and social benefits of leisure sports for women

In our society, women who are engaged in heavy domestic work have a low status. They perform certain leisure activities to make women feel a sense of personal identity and gain confidence and self-esteem. More importantly, engaging in a kind of leisure sports can give women great satisfaction and fun, so that they feel that they can at least control their own lives and reflect their own value. So that they get a sense of independence, autonomy and empowerment. Leisure sports can better promote the interaction between people, engage in leisure and fitness exercises, and there are very few individuals to carry out, ranging from two to more than dozens. Therefore, it can effectively improve people's social and psychological balance and social adaptability, and provide a main environment for the maintenance of friendship between people.

Improve the overall status of women in society through leisure sports. First of all, women do not always have to spend leisure time on family, children, and housework. She can leave some time for herself to seek independent leisure sports. Secondly, women can show their independence and strength through leisure sports to resist and challenge traditional gender roles. Third, the leisure movement enhances women's courage, strength and personal empowerment, thereby encouraging them to challenge themselves to be treated unfairly in their work or study, and to promote social progress^[5].

6. Conclusions

In general, from the perspective of femininity, the development of women's leisure sports should be promoted. Women's leisure sports have great value. It can improve the basic quality of women's body, effectively prevent a variety of diseases, and contribute to the mental and psychological health of women. At the same time, it can also enable women to gain self-confidence and self-esteem, and enhance women's status in society. Therefore, in order to enable the majority of women to benefit from it, it is necessary to increase publicity through the media, eliminate gender discrimination for men and women, and enable women to have equal opportunities to participate in leisure sports. The government has increased capital investment and the construction of related sports facilities to enable women to have more sports venues. Improve women's own leisure sports awareness and concepts, strengthen the transformation of gender roles, and cultivate interest in participating in diverse leisure sports activities.

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