

Analysis and Study on Square Dance in the City

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Abstract

In recent years, with the increase of stress at work, more and more people begin to pay close attention to the public fitness, in order to improve the quality of the individual body and psychological quality. Square dancing is a sport that is suitable for all ages, with fitness, healthy heart, strong and handsome brain as a whole, which is the best fitness way to communicate and is loved by people. The author inquire into the status of square dance of Lanzhou city residents, analysis square dance exercise participants the characteristics of its own characteristics and square dance, draw a few Suggestions to promote the development of Lanzhou city square dance. The organizers should be scientific and standardized management of venues, highlight the cultural characteristics of square dance and strengthen the training and guidance, in order to improve the Lanzhou city square dance movement to develop quickly and well.

Keywords: *the square dance; training; movement; analysis*

1. Introduction

Square dance is non-professional dance performance art activities. It is an amusement and performance as a whole, it has a special fashion of performance, and hot content of performance, group dance is main part, and many people participate in it in public places. The purpose is physical exercise and amuses feeling. Square dance is the biggest subsystem in dancing art [1]. Square dance is a kind of exercise events which is physical and heart fitness, body-building, brain fitness. It is suitable for all years, It is also the best expression means of communication for people. Square dance can portray people's thoughts, improve people's understanding for pretty. It promotes the progress of social civilization, the development of advanced culture, its function is inspire people, unite people, educate people with the help of art. The mass love Square dance because of its fitness, entertainment, security and social features, especially "the national fitness plan outline" is promulgated and implemented, which provide policy guidance for the popularization of square dance, In the late 1990s, government established a lot of Cultural Square for the county city, which also provide a place for popularize and development of square dance. With the continuous development and progress of the society, the square culture has attracted more and more people as a phenomenon of social culture, it is provided with important mode of art [2].

The author went deep into investigation on the status of the square dance for Lanzhou urban residents, who knew exercise group sex, occupation, and educational background of the square dance, put forward the effective suggestions of promotion of square dance in Lanzhou.

2. Subjects Investigated

A random sample were carried out in 20 community consist of FulongPing Community, Zhangye Road, Jiuquan Road, Tiexi village, Weiyuan Road, University of Science and Technology community of Lanzhou.

3. Research Methods

3.1. Investigation Method

3.1.1. Questionnaire Method: The Questionnaire was designed of the Square Dance Development for urban resident in Gansu province, the object were given out randomly 600 questionnaires, 600 questionnaires were returned, 583 questionnaires were valid, the valid rate of recovery is 97.17%.

The reliability test of the questionnaire was carried out by measure again method, the 30 tested people fill in the questionnaire again, and the two results of the questionnaire were R test, $R=0.79$, $P<0.01$, test results showed no significant difference which proved the high credibility of the questionnaire.

By way of the science and rationality of questionnaire, The author invited 9 experts of the Hebei Normal University and Northwest Normal University to give scores of the questionnaire validity, in Table 1, the statistical results showed that the Development Questionnaire of Square Dance were a valid questionnaire for urban residents in Gansu Province.

Table 1. Statistics of Survey Questionnaire Validity of the Square Dance of Urban Residents in Gansu Province (N=9)

	The highest validity	The higher validity	The general validity	The lower validity
The number of People	3	5	1	0
Proportion (%)	33.3	55.6	11.1	0

3.1.2. Interview Method: According to the interview outline, the author consulted individually for practice the basic situation and training requirement of square dancer. Interviewed with department heads, in-depth understood of the difficulties and need for square dance development.

3.2. Mathematical Statistics Method

Statistical analysis was carried out by SPSS software for results of questionnaires, which obtained the necessary data chart, provided data support for the point of view.

3.3. Logical Analysis Methods

The article adduced "square dance" concept, the square dance exercise value and its characteristics which relevant experts and scholars had annotated, and the relevant arguments proved the new view as evidence.

4. Results and Analysis

4.1. Analysis of the Basic Characteristics for Square Dancers

4.1.1. Analysis of Sex Ratio for the Square Dancer: According to the results of the survey, the participation of women were obviously more than male, in the square dancer, the proportion was high as 85.59% (Table 2).

Table 2. Statistics of Sex Ratio for Square Dancers (N=583)

Sex	Male	Female
The number of people	84	499
Proportion (%)	14.41	85.59

4.1.2. Analysis of Age Structure for the Square Dancers: In Figure 1, the 50-60 years old and 40-50 years old accounted for the highest proportion in the square dancer, two groups accounted for 71.53% of the overall sample survey, through the interview and the questionnaire survey, more than 60 years old groups, along with the age growth, movement ability declined little by little, The proportion of hypertension, diabetes and other chronic diseases, bronchial inflammation increase, which make them difficult to adhere to participate in the square dance, the body's status was the main obstacle to participate in the exercise, and the age of 40 populations were the "grade ability period" of career, more content were work overtime, travel, learning, education *etc.*, their work pressure were enormous, coupled with learning problems of their children and taking care of the old, these occupied greatly their energy, therefore, it was very difficult to adhere to participate in the square dance.

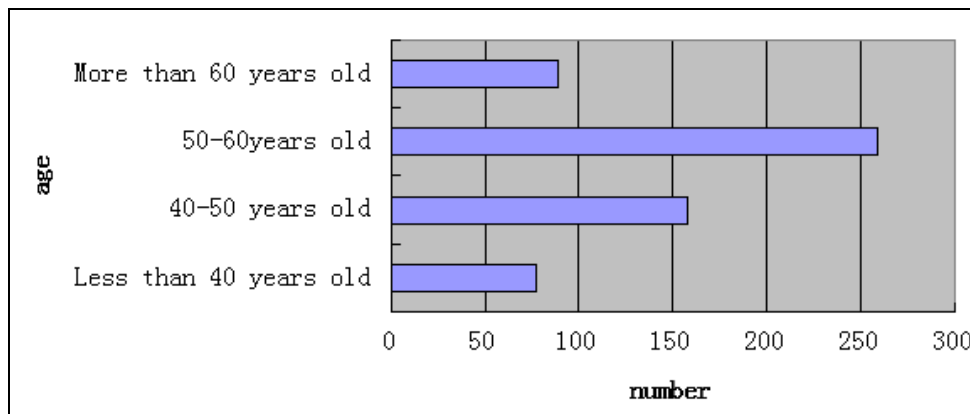


Figure 1. Statistics of Age Structure Diagram for the Square Dancers (N=583)

4.1.3. Analysis of the Educational Background Structure for the Square Dancers: From the educational background structure for the square dancers (Figure 2), The proportion of junior middle schools was the largest, senior middle schools or technical secondary schools was second, the proportion of college people was minimum. The reason was that the crowd of higher education focused more on the network, mobile phone, computer, electronic products, it was difficult to find time to exercise.

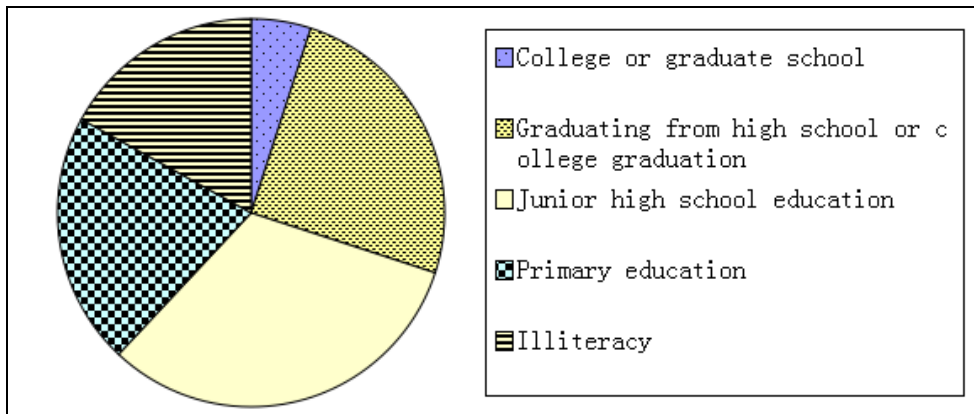


Figure 2. The Pie Chart of the Educational Background Structure for the Square Dancers (N=583)

4.1.4. Analysis of Occupation Structure Characteristics for the Square Dancers: It can be seen from Figure 3, in the square dancer, The proportion of the jobless was the highest, followed by retirees, because the two groups had abundant time, square dance was one of main mode to enrich their cultural life; the least proportion was the individual businesses, because their spare time was not fixed, their rhythm of life was not regular, it was difficult to find time to participate in the square dance.

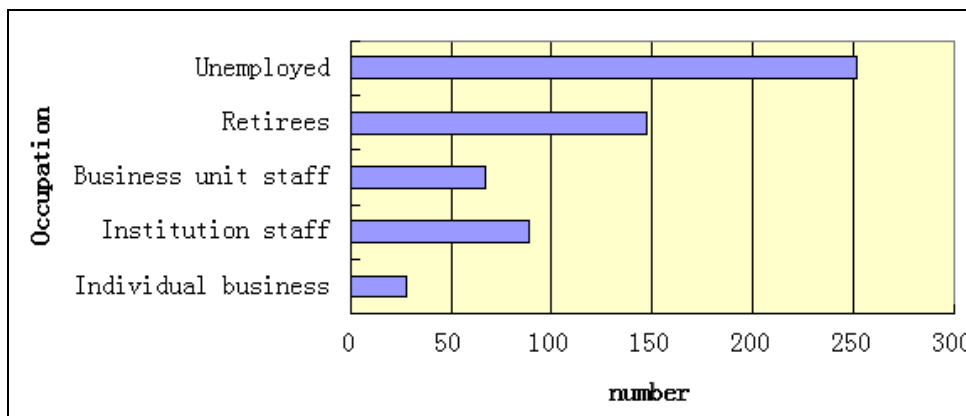


Figure 3. Statistics of Occupation Structure for the Square Dancers (N=583)

4.1.5. The Analysis of Income Condition for the Square Dancers: It can be seen from Table 3, the income for square dancer were the average monthly below 800 yuan and 800-1500 yuan, the two groups accounted for 60.37% of the total, because square dance costs were less, and some were even free, more lower income people were attracted; the group were the smallest proportion with the average monthly income above 2500 yuan, because the high income people were more willing to the exercise club, and other indoor for exercise, which were more comfortable, service were more system and comprehensive.

Table 3. Income Statistics for the Square Dancers

Monthly income	Less than 800 yuan	800-1500 yuan	1500-2500 yuan	More than 2500 yuan
The number of People	173	179	134	97
Proportion (%)	29.67	30.70	22.98	16.64

4.2. The Analysis of Basic Characteristics for the Square Dancers

4.2.1. Frequency Analysis of the Square Dance: It can be seen from Figure 4, the more square dancers were 3-4 times a week, followed by 1-2 times a week, the least was 5-5 times a week.

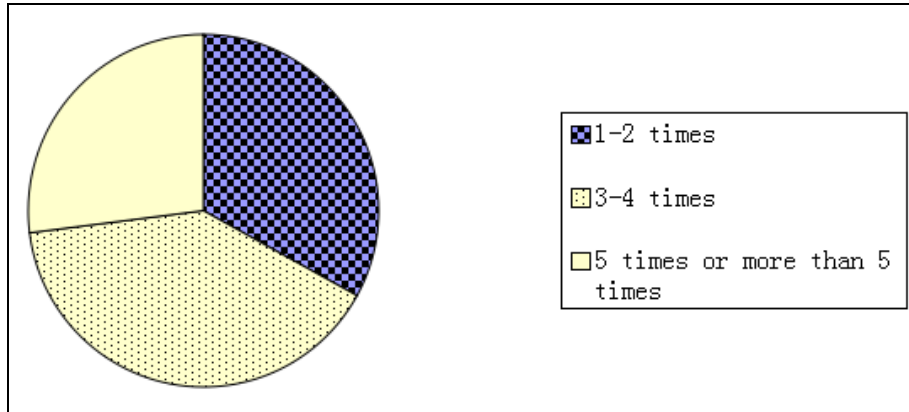


Figure 4. The Pie Chart of Number of Weekly Practice for Square Dancers (N=583)

4.2.2. Exercise Time Characteristic a Time for Square Dancers Figure 5 shows, in the downtown of Lanzhou, the exercise time of the most square dancers were 30-60 minutes, followed by 60-90 minutes. Square dance is a typical aerobic exercises, from a physiological point of view, aerobic metabolism for more than 30 minutes really play the role of strong health body, but not for a long time, therefore, the time of square dance should be kept within 30-90 minutes, not be too long or short.

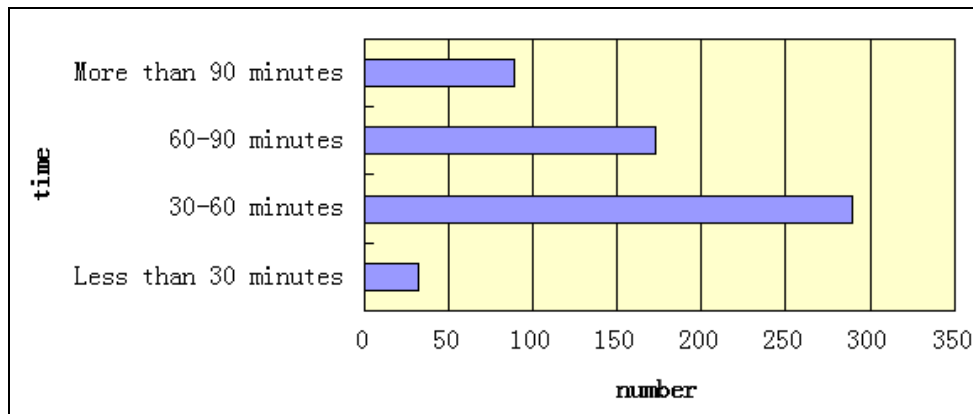


Figure 5. The Statistical Diagram of Exercise Time a Time for Square Dancers (N=583)

4.2.3. The structure Analysis of Exercise Content of Square Dance: Data shows, in the square dance content the more proportion of aerobics were accounted for 75.42%, followed by guozhuang dance, they accounted for 62.31% of the total, compared with the Middle East city, guozhuang dance is one of distinguishing contents. Guozhuang dance mean circle dance in the Tibetan word, it is one of the three large folk dances in Tibetan, distributes in Tibetan inhabited areas of Tibet Changdu, Nagqu, Sichuan aba, Ganzi, Yunnan diqing and Qinghai, Gansu. Lanzhou city is in the joint point of east and west area, it is also an important landmark of the Silk Road culture, the square dance has

played a role for guozhuang dance's development, and it also provides a good platform for the integration of China's eastern and western culture.

4.2.4. The Features of Choice of Square Dance Places: It can be seen from Figure 6, in Lanzhou the places of square dance were more choose in street space, followed by open space surrounded by community , community sports place was t the least. Because square dance requires more open place, the modern community planning is more gardens and sports fitness equipment, rarely standard stadium, only the partial universities families share in school sports ground, which is the standard place to carry out the square dance. In addition, although the construction of Sports Culture Place provides a favorable place for development of the square dance, but the majority like "the nearest principle", they select open space of the street around the community and don't want to the specialized cultural square.

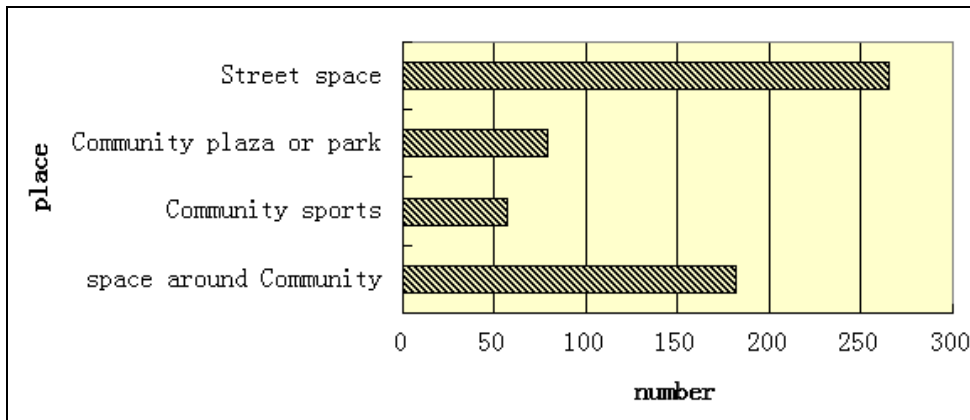


Figure 6. The Column Chart of Choice of Square Dance Places (N=583)

4.2.5. The Organization Characteristic of Square Dance According to the results of the survey, the organization of square dance was mainly spontaneous by amateurs, they accounted for 65.69% of the overall sample; followed by the pattern of small group alone, they accounted for 24.01% of the overall sample (Figure 7), it seems square dancers are still a spontaneous folk group, large and small cale, more group have hundred, few groups have several people.

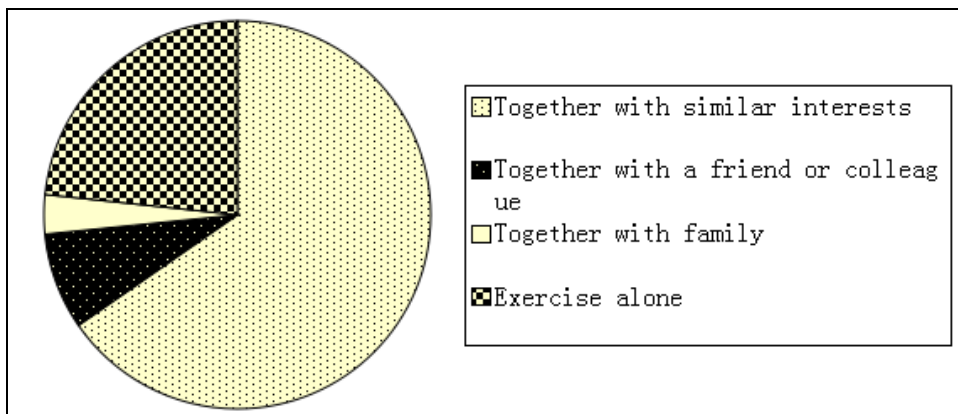


Figure 7. The Column Chart of the Organization Characteristic of Square Dance (N=583)

About "you participate in square dance, whether the instructor give guidance" answered, 76.42% of the answer was "yes", but how to survey professional level of instructors, only 14.63% thought they were very professional, 22.54% thought they were general professional, and 54.59% thought they were semi-professional, the rest thought they were no-professional, it is clear that square dance development is very lack of professional sports instructors in Lanzhou, but there were the train, but the scale was not comprehensive enough, people with guide qualification certificate were disjointed with the actual square dance.

4.2.6. The Analysis of Motivation for the Square Dancers: Survey showed that the primary goal of square dance was develop strong and healthy body, the options accounted for 83.51%, which indicated that overall fitness, propaganda promote effectively sports consciousness of the general public in China, people recognize the importance of physical exercise, the perception of lifelong sports go deep in people. Square dance is usually in open outdoor, where are relatively fresh air, in addition, the square dance is simple and easy to learn, as long as exercises have little effort, they will be able to know well it, therefore, it can attract enthusiasts insist on taking exercise.

5. Conclusions and Recommendations

5.1. Strengthen the Standard Management of Square Dance

The square dance has begun taking shape in urban district of Lanzhou, The participators are larger, their enthusiasm is very high, but planning and management of places is still key factors which hinder its development. We Suggested that the relevant departments carry out overall planning, training places have a standardized management, including the organization of square dance, audio equipment maintenance, site health, volume control and other details, these need to implement, haves square dance and harmonious community complement and development coordinate.

5.2. Increased Publicity and Encouragement

Guozhuang dance has a good foundation for citizens, in Lanzhou. the square dance content should be further encouraged and disseminated, thus distinguished culture square dance of silk road with strong northwest style come into being.

5.3. Provide Professional Guidance

The square dancers have great enthusiasm, but they lack of professional guidance. The training and management of social sports instructor should be further strengthened. Relevant departments should designated instructors receive training qualification to go into community, it will realize truly the training service in the square dance, the training combine with the actual guidance, it will satisfy the need of physical exercise of lovers. And then the square dance is promoted to develop well and quickly in Lanzhou.

Acknowledgments

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