

Research on the Participation of Tibetan Adolescents in Football under the Context of Fortifying the Consciousness of the Chinese National Community

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Abstract: This study takes the participation of Tibetan youth in football in Gansu Province as the starting point, combining qualitative research, questionnaires, and other methods to deeply analyze the extent of their participation, influencing factors, and its impact on ethnic unity and the consciousness of the Chinese national community. The findings show that individual interest, family background, and school policies have significant influences on football participation, with football playing a positive role in promoting cultural identity and ethnic exchange. Based on this, the study proposes targeted promotion strategies and policy recommendations to promote the development of youth football and the integration of ethnic cultural exchanges in ethnic regions, providing theoretical support and practical reference for consolidating the consciousness of the Chinese national community.

Keywords: Consciousness of the Chinese National Community, Tibetan Adolescents, Football Participation

1. Introduction

Under the new era, fortifying the consciousness of the Chinese national community is a strategic goal for national development. The active participation of Tibetan adolescents in Gansu Province in football demonstrates the vitality of ethnic unity and ethnic culture. As a global bridge for communication, football has promoted the integration of ethnic cultures and strengthened the youth's identity with Chinese culture.^[1] This study aims to explore how football can facilitate ethnic exchanges and promote ethnic unity, providing theoretical support and practical cases for the construction of a harmonious ethnic family. The study will also reveal the role of football in ethnic identity, cultural inheritance, and the cultivation of comprehensive qualities among adolescents, offering references for the development of sports and ethnic culture in ethnic regions.

2. Research Process

This study employs a comprehensive qualitative and quantitative research approach, focusing on the current status of football participation among Tibetan adolescents in Gansu Province, delves into the influencing factors, and emphasizes the role of football in promoting cultural integration of ethnic groups and reinforcing the sense of community among the Chinese nation, providing both theoretical and practical foundations for formulating future intervention strategies.^[2]

This study employed Cronbach's α coefficient to conduct a reliability test on the questionnaire, with the results showing a coefficient of 0.853, well above the standard reliability threshold of 0.7, indicating exceptional reliability and stability. When assessing the football participation status of Tibetan adolescents in Gansu Province, the questionnaire demonstrated high consistency and reliability, providing a solid foundation for the research's robustness and effectiveness,

and also offering a strong data basis for future research and practice.

3. Research Content

3.1 Participation Motivation and Experience

Chart1: Motivations and Experiences of Tibetan Adolescents in Gannan Participating in Football

Item	Percentage	Experience Dimension	Percentage
Improving Physical Fitness	72.09%	Physical Exercise	90.7%
Personal Interest	44.19%	Thrill of Competition	58.14%
School or Community Promotion	44.19%	Improving Social Skills	48.84%
Encouragement from Parents or Friends	18.6%	Enhancing Teamwork	39.53%

The survey reveals that improving physical fitness is the primary motivation for Tibetan adolescents to participate in football, accounting for 72.09% of responses. This reflects society's widespread pursuit of a healthy lifestyle, as individuals seek to enhance their health through this comprehensive sport. Personal interest and promotion by schools or communities follow closely, each representing 44.19% and illustrating that football is not just a health activity but also a cultural and social one, fulfilling entertainment and leisure needs and fostering community cohesion. (Chart1)

From an experiential perspective, football is attractive on multiple levels. Physical exercise is fundamental, contributing to health and quality of life (90.7%). Additional benefits include experiencing the thrill of competition (58.14%) and improving social skills (48.84%), which provide platforms for interaction and social connection. While enhancing teamwork (39.53%) is less than the other two, it is crucial, highlighting football's unique role in cultivating teamwork spirit and collaboration. (Chart1)

3.2 Analysis of the Current Status of Football Participation among Tibetan Adolescents

The survey revealed multi-dimensional information about the current status of football participation among Tibetan adolescents in Gansu Province. The majority of participants were male students, with a slightly lower proportion of rural students compared to urban students, with the highest number of participants being in high school.^[3] The main motivation for participation was to improve physical fitness, with personal interest and community promotion also playing significant roles. In terms of experience, physical exercise was fundamental, but fun in competition and the enhancement of social skills were also highly valued. The frequency of participation was mainly once a week, with some students participating more frequently. However, the main challenges faced by football include a lack of professional guidance and inadequate facilities, followed by economic pressure and limitations in physical fitness. To promote the development of football, it is necessary to strengthen professional training, improve facilities, and pay attention to economic, family, and school factors.^[4]

3.3 Analysis of the Impact of Football Activities on Tibetan Adolescents

The survey results show that football has a significant positive impact on the physical and mental health, teamwork skills, confidence, and leadership development of Tibetan adolescents.^[5] Almost all respondents recognized the positive effects of football on physical and mental health, over 95% believed that football could enhance self-confidence, and 100% thought that football was beneficial for improving teamwork skills. Over 80% of respondents believed that football significantly improved their leadership abilities, while nearly 98% believed that football had a positive impact on their education and personal growth. These findings indicate that football is not only a sports activity but also an important tool for promoting comprehensive development and the enhancement of personal quality among adolescents.

3.4 The participation in football and the construction of the Chinese national community consciousness

In the Gansu Tibetan Autonomous Prefecture, participation in football is not only a display of sports competition but also an integrated blend of cross-cultural exchange, ethnic cultural integration, education and values cultivation, policy support, and social involvement. Football has a wide-ranging impact on promoting the consciousness of the Chinese national community. More than half of the respondents believe that football is related to the consciousness of the Chinese national community, with 39.53% considering the relationship to be very close. Moreover, 95.35% of the respondents believe that football helps to enhance a sense of ethnic identity, and all respondents expressed their willingness to promote

ethnic unity and exchange through football. As a global lingua franca, football promotes understanding and friendship among different ethnic groups, strengthening the consciousness of the Chinese national community. It is not only a means of physical exercise but also shapes values such as team spirit, fair competition, and respect for opponents, providing a solid foundation for individual growth and ethnic identity.

The promotion of football in Gannan Tibetan Autonomous Prefecture has effectively enhanced the sense of community among the Chinese nation, through cross-cultural exchanges, the integration of ethnic cultures, value education, and policy support.^[6] It not only enriched cultural exchanges among different ethnic groups and promoted mutual understanding and friendship, but also shaped a sense of national identity and collective pride, contributing to the construction of a harmonious society and the promotion of ethnic unity.

4. Research Findings and Discussion

This study not only deepens the theoretical research on sport participation but also provides practical guidance for the field, helping to promote the comprehensive promotion of football participation among Tibetan adolescents in Gansu Province. Through the implementation of multi-dimensional strategies such as strengthening family education, improving school physical education curriculum, optimizing community sports environment, increasing policy support, cultivating professional coaching teams, enhancing media communication effectiveness, and attaching importance to cultural inheritance.^[7] It is expected to promote the vigorous development of sports in ethnic regions, improve the physical and mental health of adolescents, cultivate a spirit of teamwork, strengthen national identity and cohesion, and thus promote ethnic unity and social harmony, injecting new vitality into the construction of a more harmonious society.

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