

# The Impact of Leisure Sports Activities on The Psychological Health of The Public

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## Abstract

The research aimed was to investigate the impact of leisure sports activities on the psychological health of the public. For this objective, a questionnaire survey was conducted on 460 young and middle-aged residents aged 18-59 from 10 streets and towns in 5 districts of Shanghai, using both questionnaire survey and interview methods, understand the basic situation of Shanghai residents' participation in leisure sports activities, including frequency, time, form, motivation, expenditure, etc., as well as the effectiveness of participation and residents' social psychology, perform binary correlation analysis and regression analysis on large sample survey data using SPSS statistical software. Young and middle-aged people in Shanghai have a high degree of national identity; Emotions are relatively cantered and tend to be positive; Low sense of fairness; Young and middle-aged people tend to have a neutral and positive evaluation of themselves and their experiences, as well as their evaluation of the social environment; The sense of happiness, security and self-efficacy were higher; the frequency of participation in leisure sports activities affects the sense of fairness and social environment evaluation of young and middle-aged people; Leisure sports time investment affects young and middle-aged people's national identity, negative emotions, happiness, security, prosocial behaviour and self-efficacy. Leisure sports activities are an important factor in promoting the formation of a positive social mind-set among middle-aged and young residents because engaging in leisure sports activities positively contributed to impact the psychological health of the public by reducing stress, enhancing mood, and fostering social connections.

**Keywords:** Leisure Sports, Public Psychology, Social Mentality, Questionnaire Survey Method.

## Introduction

The concept of leisure comes from Western countries, and understanding the current development status of leisure sports abroad has a certain guiding and theoretical support role for this study. In foreign research on leisure sports, sports are usually regarded as a form of leisure (Wang & Wong, 2014). It is a leisure way suitable for all ages and genders to participate in. By reviewing a large amount of literature on leisure sports abroad, leisure sports are usually represented by Leisure time Physical Activity (LEPA), Leisure time Sports Activity, and Leisure Sports (Brajša-Žganec et al., 2011; Hulsteen et al., 2017). The research on leisure sports focuses on three sections: empirical research on the role of leisure sports, research on leisure sports policies, and research on the current situation of leisure sports exercise. In recent years, a large amount of research on leisure sports abroad has been empirical research on the functions of leisure sports, mainly from both physiological and psychological aspects. Regular participation in leisure physical exercise not only has physiological effects in preventing cancer, controlling blood sugar, reducing cardiovascular disease risk and mortality, but also has

psychological functions in improving life satisfaction and promoting mental health (Panagiotakos et al., 2005). As a modern way of life, the development of leisure sports is an inevitable product of sports development (Chen et al., 2021). The General Secretary stressed that "without universal health, there will be no all-round well-off society", and proposed to put people's health in a strategic position of national priority development, popularize healthy life, develop health industry, and accelerate the construction of healthy China. The National Tourism Administration promulgated the Standards for the National Health Tourism Demonstration Base, and the Central Committee of the Communist Party of China and The State Council issued the Outline of the Healthy China 2030 Plan, proposing to actively promote the integration of health, elderly care and tourism, foster new health industries, new formats and new models, and accelerate the development of the health tourism industry. The Guiding Opinions of The State Council on Promoting the development of health Tourism emphasize that "closely focus on consumer demand, accelerate the development of health industry, and promote the deep integration of health services and tourism." As a new business form, new product and new model of the

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integration of leisure sports tourism and health tourism, health leisure sports tourism combines new elements, new demands and new expectations of healthy life such as sports, tourism, health and elderly care, which is of great significance for popularizing healthy new life, disseminating new health concepts, leading new health trends and expanding new health industries (Weed & Bull, 2012). Therefore, as a new business form of the integration of leisure sports tourism and health tourism, whether the two have the conditions for integration and what is its connotation, on this basis, it is of great practical significance to explore the development path of health sports tourism. Nowadays, with the improvement of information technology, economic and cultural development is showing a global trend, and the development of leisure sports is also showing a global trend (Chon, 2012). Not only is there a global trend in leisure philosophy, economy, industry, and cultural studies, but there is also a global trend in leisure sports activities and leisure sports education, among them, there are various leisure conferences, various sports events aimed at leisure, various universities at home and abroad offering leisure sports majors, and cultivating leisure sports talents. Faced with the trend of globalization in leisure sports, China has outdated traditional leisure concepts and a shortage of leisure sports talents and resources. Leisure sports are an important way to promote social, political, and economic harmony, as well as physical and mental harmony (Iwasaki, 2007). In the face of China's large population, aging population, urbanization issues, unhealthy lifestyles, and differences in people's understanding of leisure sports,

it is necessary to establish and improve a public service system for national fitness (Organization, 2007). Figure 1 shows the interest in leisure sports activities. In order to meet the needs of people's leisure sports and promote the development of sports and health for all. At the same time, facing the shortage of leisure sports talents in China and the inadequate leisure sports service system, various experts and scholars have conducted extensive research to ensure the cultivation of outstanding leisure sports talents and the construction of a good social leisure sports service system (Liu & Li, 2022; Rahikainen, 2020). However, at present, there are differences in the training objectives and specifications, curriculum system structure, and practical abilities in the talent cultivation plan for leisure sports majors in China (Liu et al., 2022). It is necessary to set training objectives according to social needs, combine them with practice, and focus on the cultivation of practical abilities. In terms of the leisure sports service system, China has unclear responsibilities for organizing and managing leisure sports, a lack of relevant policies and systems, and insufficient promotion and education of leisure sports; There is a shortage of venues and facilities in terms of funding and facilities, resulting in low activity funds; In terms of professional talent guidance, there are phenomena such as a small number of social instructors, an older age group, and low service efficiency. It is necessary to introduce relevant regulations and policies, strengthen the development of community activity venues, accelerate talent cultivation, and establish public information service platforms.



### Sports interest

- An overview of sports interests
- The importance of developing an interest in sports
- The main factors affecting the level of interest in sports

Figure :1 Sports Interest in Leisure Sports Activities.

The study on the influence of leisure sports activities on the psychological health of the public, conducted in Shanghai, using a quantitative research approach, has considerable significance into the relationship between leisure sports participation and social psychology among young and middle-aged residents. The findings indicate that regular participation in leisure sports activities positively influences self-evaluation, happiness, prosocially behaviour, and self-efficacy while reducing negative emotions. The research also

reveals that factors such as ethnicity, health status, and leisure time play significant roles in affecting negative emotions among participants. Moreover, the subjective evaluation of young and middle-aged residents reflects a high degree of identification with the positive effects they experience from leisure sports activities, including improved mental health and life attitudes. These findings have significant implications for promoting physical and mental well-being in urban populations, and for policymakers and health professionals to

design targeted interventions that encourage and support participation in leisure sports activities. By recognizing the positive impact of leisure sports on psychological health, cities like Shanghai can develop programs that enhance urban integration, social well-being, and overall quality of life for their residents. The research was divided into five chapters, introduction, literature review, research methodology, data analysis and results, discussion and conclusion.

## Literature Review

Sports leisure is the physical and mental experience mode, consumption mode and life style that people get leisure through sports activities (Eime et al., 2013). It is a functional performance that serves people's leisure life as the core. In the late 1980s, when "sports activities for leisure purposes" in Western languages were translated and used in Chinese sports circles, there appeared a phenomenon of multiple terms such as "leisure sports", "leisure sports", "sports leisure", "sports leisure" and "sports leisure". In the definition of "sports and leisure", many scholars distinguish the semantics of each title (Danish et al., 2003). Generally speaking, sports and leisure refers to the form of activity that realizes the purpose of leisure by means of sports (Wilson et al., 2012). Its conceptual subject and logical starting point are leisure, leisure is the purpose of sports and sports is the means of leisure. Sports and leisure itself is a kind of spiritual experience, a feeling of integration between people and leisure environment, and the enjoyment of people's sociality, life significance and life value (Iwasaki, 2007). The creation, appreciation and construction of a sports culture, which is a kind of life existence state or behaviour mode of people. Therefore, the definition of "sports leisure" here is: a behaviour mode of sports creation, sports culture appreciation and sports culture construction for people to constantly meet their own sport's needs. Shi et al. (2012) found that people's sports leisure behaviour or the creation and construction of life state in passionate sports; Or in a relatively quiet state of cultural appreciation, self-cultivation, settle the mind. There are five forms of sports leisure behavior :1. Physical fitness activities characterized by physical exercises, such as playing basketball, playing keys, etc.; 2. Non-physical exercise sports activities in quiet state, such as chess and cards, fishing, etc. 3. Watching sports activities, including watching sports competitions and sports performances on site or through media; 4. Sports culture appreciation, including sports sightseeing Tours to sports art exhibitions and sports venues; 5. Sports consulting and sports betting activities, including sports knowledge learning, reading sports publications, etc. The first two are the direct participation in sports, and the last three are the non-substantive participation in sports.

Zhao, L. Et al. Propose that the personal characteristics, growth background, residence and working environment of leisure subjects will affect their leisure cognition, participation motivation, choice preference or expectation, and then affect the way of leisure participation. In the process of participation, the subjective experience of different individuals will be different, which will have a positive, negative or neutral impact on their body and mind, and then make individuals have different feelings and performances in terms of leisure satisfaction, life satisfaction and work performance, etc. Such experience and cognition will again change the individual's leisure cognition, participation motivation, preference or expectation, and affect the next leisure participation in a cycle (Zhao et al., 2021).

In other words, leisure sports activities play a significant role in shaping the psychological health of individuals within a specific society. These activities not only fulfil physical and mental needs but also influence social psychology (Mannell, 2007). In today's modern industrial civilization, where people experience various psychological pressures and burdens, engaging in leisure sports can enhance their ability to cope with external challenges and adaptability (Smith et al., 2014). By relieving stress and negative emotions, these activities foster positive attitudes towards life and improve social and interpersonal communication (Sarkar & Fletcher, 2014).

From a demographic standpoint, the younger generation exhibits an increasing sense of national belonging and pride. However, there may be a disconnection between knowledge and health practices. Nevertheless, there is a growing awareness among individuals, especially among unmarried kindergarten teachers, about the importance of fairness and self-efficacy. Young and middle-aged people prioritize their health and well-being, considering it as their utmost asset in life, given the high costs of medical treatments in certain areas like Shanghai. Good health positively impacts emotions, work efficiency, life outlook, and self-identity (Eiroa-Orosa et al., 2021).

Social class also plays a vital role in shaping psychological health. Different groups, based on political, economic, and other factors, experience objective variations in social resources and perceived social status. The cognitive tendencies of individuals within a social class are influenced by shared experiences and resources. Those in higher social classes tend to have more resources, better education, and higher incomes, leading to a positive perception of their own abilities and social environment. On the other hand, individuals with more leisure time may not necessarily have a higher sense of well-being and self-efficacy, as leisure time utilization and attitudes towards activities matter significantly (Kuo et al., 2009; Leung & Lee, 2005; Popovych et al., 2021).

The literature review indicates that leisure sports activities

have a profound impact on the psychological health of the public. By providing an avenue for stress relief, improving adaptability, and fostering positive attitudes, these activities contribute to overall well-being. Nonetheless, the influence of social class and the efficient use of leisure time should not be underestimated, as they can significantly affect individuals' psychological state and self-perception. Encouraging leisure sports participation across different social classes can thus lead to a healthier and happier society. Therefore, based on previous discussion, current research objective was to investigate the impact of leisure sports activities on the psychological health of the public.

## **Research Methodology**

The research aimed was to investigate the impact of leisure sports activities on the psychological health of the public. For this objective, quantitative research approach was applied because data collected on survey instrument. As data collected through survey therefore cross-sectional research design applied for the current study. Using questionnaire survey and interview methods, both the survey and interview subjects were nonstudent residents aged 18-59 in Shanghai.

## **Data Collection Procedure**

The formal survey of questionnaires began in December 2022. Two street towns were randomly selected from the five districts of Yangpu District, Baoshan District, Xuhui District, Minhang District, and Songjiang District in Shanghai, 80 questionnaires are expected to be distributed in each street and town, and adult residents aged 18-59 in each street and town are surveyed with the method of 1:1 quota sampling of gender ratio. Considering that the participation of leisure sports activities and social mentality of students in school are different from those of society, data on students in school are excluded. The questionnaire distribution was carried out by 21 investigators, and after several strict training sessions, the distribution rules were unified. The distribution process is conducted one-on-one in person in residential areas, parks, and roadside areas. On site guidance is provided to respondents to complete the questionnaire based on the actual situation, ensuring its effectiveness. Expected to distribute 800 questionnaires, but actually received 460 valid questionnaires. Among them, there are 215 males and 245 females. 57 people who do not participate in leisure sports activities (Morata et al., 2023).

Based on the research topic of the relationship between leisure sports activities and social psychology among young and middle-aged residents in Shanghai, the basic information of the survey subjects is as follows: Among the survey subjects, the proportion of women is higher than that of men,

accounting for 53.3%; The majority of young people are between the ages of 24 and 35, accounting for 59.8% of the total proportion; The higher proportion of time spent living in Shanghai is over 31 years, 1-5 years, and 6-10 years, accounting for 22.2%, 21.3%, and 21.3% of the total, respectively. The proportion of residents with their household registration located in Shanghai (city) accounts for 54.2% of the total population, while residents from other cities account for 23.7%; The majority of respondents have a college (college/undergraduate) degree or above, accounting for 74.6%; In terms of marital status, married residents accounted for 61.7%, more than unmarried respondents: in terms of health status, 49.8% of survey respondents believe that their health condition is relatively good, 27.2% think it is average, 20% think it is very good, and 3% of young and middle-aged residents believe that their health condition is very poor; In terms of ethnicity, Han Chinese residents account for 95.9%, while ethnic minorities account for 4.1%; In terms of occupational distribution, the proportion of service or sales personnel, technical personnel, and management personnel in enterprises and institutions is relatively high, with 23.1%, 16.6%, and 16.3% respectively; The top three segments of average monthly income ranking are 5000-8000 yuan, 3000-5000 yuan, and 8000-10000 yuan, accounting for 26.5%, 20.4%, and 17.9% of the total respectively; In terms of housing ownership, the proportion of those without and those with one unit is relatively high, accounting for 42.5% and 38.8% respectively (De Groote et al., 2021).

Using the principle of convenient sampling, interview 10 middle-aged and young residents. The interview adopts a combination of structured and unstructured interviews, through face-to-face communication, we can directly understand the family situation, work situation, daily life content, physical health status, and participation in leisure sports activities of the survey subjects, and gain a detailed understanding of their social psychological indicators such as self-awareness, happiness, and fairness. Collect relevant information from multiple channels, improve research ideas, and facilitate a comprehensive and systematic analysis of the relationship between leisure sports activities and social psychology among middle-aged and young residents (Chu, 2021).

## **Results and Analysis**

### **A Study on the Relationship between Leisure Sports Activities and Social Mentality of Middle and Young People**

Divide the survey subjects into two categories: participating in leisure sports activities and not participating in leisure sports activities, with participation=0 and non-participation=1 as independent variables, conduct correlation analysis on various dimensions of social psychology as dependent

variables. The results are shown in Table 1. As can be seen from the Table, young and middle-aged residents' participation in leisure sports activities is significantly related to self-evaluation, negative emotions, happiness, prosocial behavior and self-efficacy. Previous

**Table 1**

*Correlation Analysis Between Participation in Leisure Sports Activities and Social Mentality*

Participation or not	Self-Evaluation	Social Environmental Assessment	National Identity	Negative Emotions	Sense of Fairness	Happiness	Sense of Security	Prosocial Behavior	Efficacy
<b>Correlation Coefficient</b>	-.079'	-.026	-.024	-.081'	-.042	-.115"	-.065	-.083'	-.111"
<b>Sig.</b>	.044	.510	.550	.045	.293	.004	.107	.043	.006
<b>N</b>	453	453	460	459	460	460	460	460	460

A correlation analysis was conducted between the basic situation of young and middle-aged people participating in leisure sports activities and various dimensions of social psychology. The results are shown in Table 2. As can be seen from the Table, the frequency of participating in leisure sports activities is positively correlated with self-evaluation, negative emotions, sense of fairness, sense of happiness, sense of security and self-efficacy; The intensity of participating in leisure sports activities is positively correlated with self-evaluation, happiness and self-efficacy; The forms of leisure sports activities are significantly related to national identity, negative emotions, happiness and self-efficacy; The annual expenditure on leisure sports activities is positively related to self-evaluation, negative

studies have shown that regularly participating in physical activities can help trigger positive emotions among participants, promoting an increase in personal happiness, satisfaction, and self-esteem. It can also reduce negative emotions (Luo & He, 2021).

emotions, sense of fairness, sense of happiness, sense of security, prosocial behavior and self-efficacy; Time input in leisure sports activities is significantly related to self-evaluation, national identity, negative emotions, happiness, security, prosocial behavior and self-efficacy; The degree of liking leisure sports activities is positively correlated with self-evaluation, social environment evaluation, negative emotion, happiness, sense of security, prosocial behavior and self-efficacy; The persistence of leisure sports activities is significantly related to self-evaluation, national identity, negative emotions, happiness, security, prosocial behavior and self-efficacy (Okhrimenko et al., 2021).

**Table 2**

*The Relationship Between Basic Participation in Leisure Sports Activities and Social Mentality*

Basic Information on Participating in Leisure Sports Activities	Self-Evaluation	Social Environmental Assessment	National Identity	Negative Emotions	Sense of Fairness	Happiness	Sense of Security	Social Behavior	Efficacy
<b>Participation frequency</b>	.116"	-.033	.043	.139"	.154"	.140	.132"	.061	.103"
<b>Participation intensity</b>	.160"	.017	.013	.068	.065	.115"	.074	.091	.155"
<b>Form of participation</b>	.051	.035	.097"	.092"	.018	.132	.078	.081	.175"
<b>Annual expenditure</b>	.197"	.033	.010	.155"	.112"	.192"	.111"	.096"	.167"
<b>Time investment</b>	.183"	.038	.116'	.174"	.091	.239"	.170"	.219"	.192"
<b>Likeness level</b>	.184"	.127"	.072	.102"	.025	.139"	.131"	.102"	.179"
<b>Persistence</b>	.219"	.062	.110"	.115"	.070	.205"	.112"	.128"	.153"

**Table 3**

*The Influence of Negative Emotions on Young and Middle-Aged People*

Model	Model 1		Model 2		Model 3	
	Standard coefficient	sig.	Standard coefficient	sig.	Standard coefficient	sig.
(Constant)		.000		.000		.000
male						
female	.096		.051	.082	.095	.070
Age	.093		.158	.094	.090	.174
Living time in Shanghai	-.029		.649	-.013	-.036	.575
education	-.032		.557	-.055	-.082	.153
Han Chinese						
ethnic minority	.125		.008	.122	.117	.012
married						
unmarried	.090		.123	.107	.090	.126
divorce	-.060		.202	-.063	-.062	.187
city						
countryside	-.060		.260	-.055	-.056	.292
Average monthly income	.071		.208	.063	.017	.770
Housing ownership situation	.040		.501	.049	.034	.566
health	.189		.000	.199	.162	.001
Unemployed						
obtain employment	.004		.938	-.017	-.039	.479
leisure time				-.126	-.142	.004
Partial dynamic leisure activity participation score				-.004	-.051	.337
Partial static leisure activity participation score				-.021	-.033	.488
Score for participation in both dynamic and static leisure activities				.055	.024	.617
Frequency of leisure sports activities					.048	.514
Leisure sports activity intensity					.005	.939
Annual expenditure on leisure sports activities					.120	.053
Physiological need for exercise motivation					.010	.859
Psychological needs to exercise motivation					-.029	.603
Social interaction requires exercising motivation					-.078	.105
Midea needs to exercise motivation					.015	.777
Self-development requires training motivation					.020	.689
Lack of motivation for refining					.043	.625
Leisure sports have activity time investment					.137	.033
Favorite level of leisure sports activities					-.007	.895

Establish a linear regression model, in which the independent variables of Model 1 include basic information of the survey subjects, such as gender, age, time spent in Shanghai, household registration location, ethnicity, education, marital status, average monthly income, housing ownership, employment status (retirement, full-time housewives, and temporary unemployment are considered as "not employed"), other occupational types are considered 'employment' and their health status; Model 2 adds variables of leisure time and leisure activity type to Model 1; Model 3 adds the basic information of leisure sports activity participation on top of Model 2, including frequency, intensity, form, motivation, annual expenditure, time investment, and level of liking. Using 9 dimensions of social psychology as dependent variables, linear regression analysis was conducted to identify the impact of leisure sports activities on the social psychology of middle-aged and young people. The independent variables of each model were diagnosed as multicollinearity, the variance expansion factor VIF value of leisure sports participation forms (not **Table 4**

participating, alone, together with acquaintances, and together with non-acquaintances) was greater than 10, indicating that there was collinearity between independent variables, therefore, the indicators of leisure sports participation forms in Model 3 have been deleted (Subathra et al., 2021).

From **Table 3**, it can be seen that in Model 1, the factors that affect negative emotions among young and middle-aged people are ethnicity and health status. The better the health status, the more positive the emotions of middle-aged and young residents. In Model 2, factors that affect negative emotions include ethnicity, health status, and leisure time. In Model 3, ethnicity, health status, leisure time, and leisure sports activity time investment all affect residents' negative emotions (Dolynniy, 2021).

#### Subjective evaluation of the psychological effects of young and middle-aged people on participating in leisure sports activities

##### Subjective Evaluation of the Psychological Impact of Participation in Leisure Sports Activities

Dimension	Specific expression	Not participating, no experience		Participated, but did not experience this effect		Participate and experience some of this effect		Participate and fully experience this effect	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
Mental Health	Make my thinking more agile	57	12.4	156	33.9	189	41.1	58	12.6
	Make my will stronger	57	12.4	120	35.1	189	41.1	91	20.4
	Make my mood more cheerful	57	12.4	54	11.7	219	47.6	130	28.3
	Relieve my stress and sense of inferiority	57	12.4	107	23.3	196	42.6	100	21.7
social adaptation	A more harmonious relationship with family	57	12.4	151	32.8	162	35.2	90	19.6
	Make more intimate friends	57	12.4	147	32.0	175	38.0	81	17.6
	Willing to understand and help others	57	12.4	120	26.1	188	40.9	95	20.7
	No longer afraid of loneliness and loneliness	57	12.4	153	33.3	168	36.5	82	17.8
Life attitude	Make me love life more	57	12.4	108	23.5	173	37.6	122	26.5
	Make me more hardworking and enterprising	57	12.4	66	14.3	205	44.6	132	28.7
	Helping me better cope with setbacks	57	12.4	106	23.0	176	38.3	121	26.3
	Make my thinking more agile	57	12.4	103	22.4	185	40.2	115	25.0

Leisure sports activities have a significant and effective impact on people's physical and mental health, at the same time, scientific, reasonable, and appropriate participation in leisure sports activities can make the body bear a certain amount of

exercise load, enhance physical fitness, cultivate physical and mental health, resist aging, maintain health, and maintain a comfortable mood, these are widely recognized and accepted by residents (Biddle & Asare, 2011; White et al., 2017). From

Table 4 and Figure 2, it can be seen that, the subjective evaluation of the participation in leisure sports activities by young and middle-aged residents in Shanghai has a higher degree of identification with the effects they experience (including "experiencing a little" and "fully experiencing"), which in turn makes my mood more cheerful; Make me love life more: make me better able to cope with setbacks; Make me more hardworking and enterprising; Relieve my stress and sense of inferiority; Make me cherish life more. From this, it can be seen that young and middle-aged residents believe that leisure sports activities have had positive effects on their mental health and life attitudes. It indicates that by participating in leisure sports activities, one can achieve a state of psychological relaxation, eliminate the influence of negative emotions, achieve self-satisfaction, alleviate tension, depression, and boredom, alleviate psychological pressure, enhance social adaptability, and form a positive attitude towards life while enriching one's spiritual life needs.

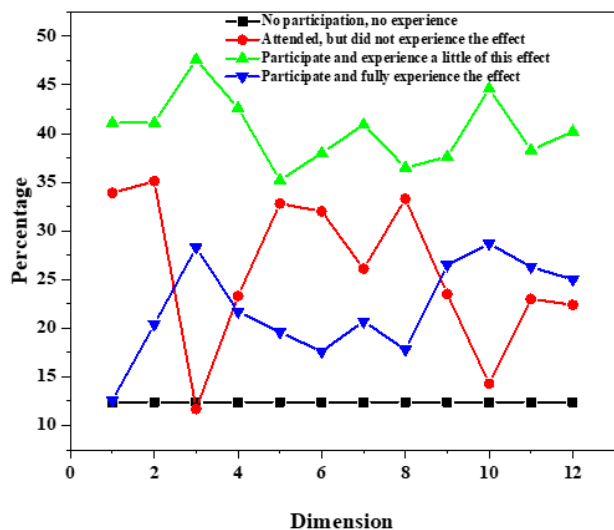


Figure 2: Subjective Evaluation of The Psychological Effects of Young and Middle-Aged People on Participating in Leisure Sports Activities.

In Shanghai, the new generation of migrant workers perceived urban integration at a medium level, with the highest level of urban identity and the lowest level of social acceptance. The perception of urban integration by the new generation of migrant workers in Shanghai has the characteristics of gender consistency, and is also consistent in terms of marital status (married and unmarried), but there are differences in terms of social level, educational level, technical level and working years (Gu et al., 2020). Among them, the new generation of migrant workers with high social level, long working years or high technical level, The higher the level of economic integration, urban identity and social acceptance of urban integration, and the higher the education level, the higher the level of economic

integration and urban identity of urban integration (Ye et al., 2021). Improve the ability of economic integration of the new generation of migrant workers by increasing skills learning and promoting education; Improve the social security system of the new generation of migrant workers, improve the public service level of the new generation of migrant workers, improve freshmen 1 eight-mind reduction perspective to narrow freshmen 1 public book, flood through the community integration, 1 industry move level. The micro-perspective of the actual needs of the group Narrows the distance between the new generation of migrant workers and the city, and increases the humanistic relationship Precise management, improve the new generation of migrant workers urban identity; Through community integration, enterprise culture integration and other perspectives to broaden the way of cultural integration of the new generation of migrant workers, improve the level of cultural integration of the new generation of migrant workers.

### Implications

The research contributed a body of literature from both theoretical and practical perspective, the research results contributed to the understanding of the relationship between leisure sports activities and social mentality among middle-aged and young individuals. The positive correlations between participation in leisure sports and self-evaluation, happiness, prosaically behaviour, and self-efficacy suggest that engaging in regular physical activities can have significant psychological benefits. These results align with previous research highlighting the positive impact of physical activity on mental health and well-being. The study also identified demographic factors, such as ethnicity and health status, as influencing negative emotions, emphasizing the importance of considering individual characteristics in examining the effects of leisure sports on social psychology. Additionally, the inclusion of subjective evaluation gave insightful understandings into the participants' reported psychological consequences, offering light on the lived experiences and viewpoints of those participating in leisure sports. The study's theoretical implications generally advance our understanding of social psychology, leisure sports, and the promotion of mental health. Additionally, research has some application in daily life. Examples of findings that may be put into effect include promoting leisure sports and encouraging young and middle-aged persons to adopt a more social mindset. The development and accessibility of recreational sports activities and infrastructure should be given top priority by politicians and community groups. By providing diverse



and appealing opportunities for leisure sports, more individuals are likely to participate, leading to potential improvements in self-evaluation, happiness, and prosocial behaviour. Additionally, health professionals and educators can use the study's results to advocate for incorporating leisure sports into mental health interventions. Encouraging individuals to engage in physical activities as a means of stress reduction and emotional well-being can be an effective strategy for improving mental health outcomes. Moreover, tailored interventions based on demographic factors, such as ethnicity and health status, can be designed to address specific needs and barriers faced by different subgroups. These targeted approaches may enhance the positive effects of leisure sports on social mentality. Finally, employers and educational institutions can implement policies that support employees and students in participating in leisure sports. Providing flexible schedules or dedicated time for physical activity can help individuals maintain a healthy work-life balance and contribute to improved psychological well-being.

## Limitations and Future Recommendations

The scope the research was limited which helps to other researchers to conduct their research in future. For example, the research relied on self-report measures and may be subject to response bias and social desirability bias, potentially impacting the accuracy of the data collected. To overcome this limitations, future studies could consider using a combination of self-report measures and objective measures to obtain more comprehensive data. Furthermore, research only focused solely on residents in Shanghai, which limits the generalizability of the findings to other regions and populations. It would be beneficial to replicate the study in different cities and regions to assess the consistency of the results. On the other hand, research mainly utilized a cross-sectional design, which does not allow for establishing causal relationships between leisure sports activities and social mentality. To establish causality, longitudinal or experimental designs could be employed in future research.

## Conclusion

The study attempts to conduct in-depth research on the current situation of leisure sports activities among young and middle-aged residents in Shanghai, as well as their social psychology, to discover the relevant relationships and explore the impact of leisure sports activities on the social psychology of young and middle-aged people, the leisure sports activities participated by young and middle-

aged people in Shanghai mainly involve activities with greater temporal and spatial variability such as walking and running; Most young and middle-aged residents participate in leisure sports activities with a frequency and duration that meets the standards of China's sports population, but there are still some residents who participate in leisure sports activities with a low frequency, less investment in time; The participation of young and middle-aged people in leisure sports activities is based on promoting physical health, relieving stress, and relieving fatigue. In terms of activity intensity, most of them choose to feel relaxed and effortless; The frequency of residents participating in leisure sports activities is not high, and there is also less investment in time; Most young and middle-aged residents exhibit a state of "disconnection" between their knowledge and behavior towards leisure sports activities, they have a strong sense of fitness and a deep understanding of the benefits and functions of leisure sports activities, but they are difficult to put into action; There is a significant correlation between the participation of young and middle-aged people in leisure sports activities and their social mentality, and residents' participation in leisure sports activities also affects their social mentality. The author provides a simple description and correlation analysis of existing data at the phenomenal level, but the mining and theoretical construction of the deep correlation generation mechanism between the two are not yet in-depth and sufficient, and there is little dialogue and discussion with existing research in the academic community. I will further supplement, modify, and improve the above issues in future research. According to the current characteristics of sports and leisure participation of the new generation of migrant workers, the current generation of migrant workers' sports and leisure participation still has shortcomings in material, system, culture, action and other practical conditions, and still lacks the joint participation of enterprises, communities, social organizations and other social driving forces. In this context, only by promoting the new generation of migrant workers The level of urban integration, such as economic integration, social acceptance, cultural integration, and urban identity, integrates the combined forces of multiple governance subjects such as society, city, enterprise, and community to jointly build urban integration and promote the sports rest of the new generation of migrant workers The multi-governance system of leisure participation is the only way to enhance the sports and leisure participation of the new generation of migrant workers. The results show that: For the new generation of migrant workers in Shanghai, urban integration has a positive effect on sports and leisure

participation attitude and participation behavior; Sports leisure participation attitude is the leading thought to stimulate the participation behavior, and the participation behavior helps to improve the satisfaction level of sports leisure participation; Although urban integration cannot directly improve the satisfaction level of sports and leisure

participation of the new generation of migrant workers, it can promote participation behavior by stimulating participation attitude, and achieve the purpose of indirectly improving the satisfaction level of sports and leisure participation.

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