



Research Article

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Comparative research on Korean and Han nationality student's physical qualities in Jilin province

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ABSTRACT

In the past 20 years, it is from 1985 to 2005, The Korean and Han nationality student in Jilin province city and countryside, student development variety the process exists the same and the different regulation in the student's physical qualities. But this kind of the same and different regulation suffer the influence of the different natural environment, political and economic environment, social humanities environment, education teaching environment. Also seeing the Korean's race traditional sports and Han is more and more blend. Korean and Han nationality junior high school student physical qualities development together.

Key words: Jilin Province; Korean and Han nationality; Student Physical Qualities

INTRODUCTION

1 the Korean nationality and Han nationality student physical quality research overview

Since the founding of new China, the Han nationality students' growth and physical quality research have been done a lot of work, part of the ethnic minority areas of the health sector, although also has the region minority children investigated the situation of the growth and physical quality, but because of the lack of unified planning and organization, around the testing index, method, time, and have taken different statistical methods, the cause of all ethnic groups of data is difficult to compare, it is impossible to assemble a unified national information, therefore, the founding of the thirty years, can not fully understand the growth and development status of minority children, and the development of the physical quality change rule and there is a problem[1].

Korean nationality in China has more than 1.92 million people, mainly distributed in Jilin province, the second is the Heilongjiang, Liaoning, Inner Mongolia provinces (area), the rest scattered in some cities in the mainland. Yanbian Korean autonomous prefecture, Jilin province is the biggest areas where Korean residents make up almost half of the Korean population. In addition to the Changbai Korean autonomous county, located in the Changbai mountain's arms, and one of the main areas of Korean nationality[2].

The Korean nationality is called "the hometown of song and dance", "the hometown of sports" and "the hometown of food". The healthy development of all nationalities in Jilin province teenagers especially Korean, is of great significance to the economic prosperity, national prosperity. To understand the status of the Korean youth physical development, also is the judgment of Jilin province teenagers is an important part of health. Therefore, this article is from 1985 and 2005 these 20 years, the Han nationality middle school of urban and rural development and changes of male and female students' physical quality, has carried on the contrast analysis, explore similarities and differences between people, between urban and rural, and analyze the similarities and differences exist in the causes and countermeasures. In the face of problems, the establishment of a good physical education evaluation system[3]. Of course, The Korean and Han nationality student physical quality development and changes factors is various. but the main factor is the local economy, culture, education, environment, etc. Through research, it is clear that teenagers physical quality has improvements and also reductions with economic rapidly development, social fast leaping[4].

RESULTS AND DISCUSSION

2 The Korean nationality and Han nationality students physical condition analysis

2.1 The Korean city men、female students' physical quality change analysis of 20 years

Table 1: the Korean city male、female students physical quality index average and T test

item	unit	category	age (1985)			age (2005)			age (2005 minus 1985)		
			13	14	15	13	14	15	13	14	15
50m	s	cityboy	8.49	8.20	7.88	8.39	7.75	7.67	-0.10	-0.45**	-0.21*
		citygirl	9.24	9.30	9.29	9.64	9.62	9.53	0.20	0.32**	0.24*
1000m	s	cityboy	255.32	253.55	244.89	295.05	273.68	276.65	39.73**	20.13**	31.76**
800m	s	citygirl	227.57	230.87	238.58	274.16	265.69	265.17	46.59**	34.82	26.59**
lj	cm	cityboy	189.20	202.10	214.20	170.86	183.92	195.00	-18.34**	-18.18**	-19.20**
		citygirl	165.00	164.80	166.50	141.72	145.45	146.68	-23.28**	-19.35**	-19.82**
ps	t	cityboy	2.50	3.60	5.30	2.53	2.90	4.59	0.03	-0.70	-0.71
su	t	citygirl	25.20	23.80	23.80	36.82	40.44	38.34	11.80**	16.64**	15.26*

(50m--50meter 1000m--1000meter;800m—800meter;lj-- long jump; ps--pull-ups; su--sit-ups)

Note: * indicates significant difference; ** indicates very significant difference.

2.1.1 The Korean nationality boy physical quality analysis physical quality change analysis in 20 years:

In terms of speed of reflect of 50 meters:

The boy at the age of 14 and 15 years old age group with significant difference (14 years old: $P < 0.01$, 15 years old: $P < 0.05$), show the boys speed quality in general improvement.

In the aspect of reflects the endurance of the 1000 - meter run:

With significant difference ($P < 0.01$), show the endurance quality generally decline.

The strength of lower limbs in the standing long jump aspects:

With significant difference ($P < 0.01$), show the strength quality overall downward trend.

In terms of reflecting the upper body strength pull-ups:

Don't have significant difference; Performance is relatively stable development for 20 years.

13 ~ 15 age group change physical quality analysis:

As the growth of the age, the boy speed quality is on the rise; Endurance is the overall upward trend; The lower limb strength increases overall; Upper body strength is the overall upward trend.

2.1.2 The Korean nationality girls physical quality analysis physical quality change analysis in 20 years:

In terms of speed of reflect of 50 meters:

On the girls at the age of 14 and 15 year old age group have significant difference (14 years old: $P < 0.01$, 15 years old: $P < 0.05$), characterized by girls in lower speed quality;

In the aspect of reflects the endurance of the 800 - meter run:

Does not have significant difference except for 14 years old girls, the other has significant difference ($P < 0.01$), show the endurance quality generally decline.

The strength of lower limbs in the standing long jump aspects:

With significant difference ($P < 0.01$), show the overall strength quality, the biggest drop value up to 23.28 cm in the 13 year old female.

In the aspect of reflecting the waist abdomen strength sit-ups:

With significant difference ($P < 0.01$), show the women's waist abdomen strength in general improvement, the largest increase the value of 14 city female of 16.64 times.

13 ~ 15 age group change physical quality analysis:

As the growth of the age, the girl steady speed and endurance quality; The lower limb strength increases overall; Waist abdomen strength leveled off.

2.1.3 Change characteristics of the same age

15 age group of the students' various physical quality indexes have significant difference, except the boy's speed is increased, the physical qualities are other boy and girl in the general decline state.

Overall development trends: male, female Korean city junior high school students' endurance quality and lower limb power quality presents the overall downward trend; Upper body strength quality showed a trend of steady; The waist abdomen strength quality presents the trend of the development of the increase.

2.2 The Korean nationality township male and female students' physical quality analysis

Table 2: Korean nationality township male and female students physical quality index average and T test

item	unit	category	age (1985)			age (2005)			age (2005 minus 1985)		
			13	14	15	13	14	15	13	14	15
50m	s	townboy	8.50	8.29	8.16	8.33	7.92	7.90	-0.17	-0.37**	-0.26
		towngirl	9.35	9.25	9.37	10.02	9.89	9.94	0.67**	0.64**	0.67**
1000m	s	townboy	253.69	250.16	245.13	279.03	274.03	280.21	25.34**	23.87**	35.08**
800m	s	towngirl	227.56	227.84	229.13	272.53	275.49	275.24	44.97**	47.65**	46.11**
lj	cm	townboy	187.20	195.00	204.80	185.80	199.44	210.16	-1.40	4.44	5.36
		towngirl	167.70	171.60	171.80	154.27	155.65	154.02	-13.43**	-15.95**	-17.78**
ps	t	townboy	3.10	3.60	4.80	2.91	4.00	4.44	-0.19	0.40	-0.36
su	t	towngirl	26.70	26.90	24.90	37.95	36.37	34.32	11.25**	9.47**	9.42**

(50

m--50meter 1000m--1000meter;800m—800meter;lj-- long jump; ps--pull-ups; su--sit-ups)

Note: * indicates significant difference; ** indicates very significant difference.

2.2.1 the Korean nationality boy physical quality analysis physical quality change analysis in 20 years :

In terms of speed of reflect of 50 meters:

Only in 14 years old age group have significant difference ($P < 0.01$), the performance for the improvement of quality of speed.

In the aspect of reflects the endurance of the 1000 - meter run:

With significant difference ($P < 0.01$), show the endurance quality generally decline.

The strength of lower limbs in the standing long jump aspects:

Overall leveled off, but at 15 years old age has a significant difference ($P < 0.01$), show the trend to improve the quality of muscle strength.

In terms of reflecting the upper body strength pull-ups:

Don't have significant difference; Performance is relatively stable development for 20 years.

13 ~ 15 age group change physical quality analysis:

The speed quality showed a trend of steady development; Endurance quality rise; Lower limb strength quality present the overall upward trend; The upper body strength's overall development is on the rise.

2.2.2 The Korean nationality girls body quality analysis
physical quality change analysis in 20 years :

In terms of speed of reflect of 50 meters:

All age groups have significant difference ($P < 0.01$), show the girls speed quality in general decline.

In the aspect of reflects the endurance of the 800 - meter run:

With significant difference ($P < 0.01$), show the overall stamina diathesis.

The strength of lower limbs in the standing long jump aspects:

With significant difference ($P < 0.01$), show the overall strength quality, maximum drop city middle school at the age of 15 up to 17.78 cm.

In the aspect of reflecting the waist abdomen strength sit-ups:

With significant difference ($P < 0.01$), show the muscles in the general improvement, the largest increase the value of countryside woman 11.25 at the age of 13.

13 ~ 15 age group change physical quality analysis:

Speed and endurance quality showed a trend of steady development; Lower limb strength quality present the overall upward trend; Abdominal muscle strength generally leveled off.

2.2.3 change characteristics of the same age

In 20 years, from the point of view of the same age group, other than the 15 boy's 50 meter running all ages 15 students all the indexes have significant difference ($P < 0.01$), the physical qualities in general decline in 2005.

Overall development trends: township male and female students' endurance quality presents the overall downward trend; Township speed quality trends to improve the development of male and female speed quality a downward trend; Lower limb power quality overall is on the decline; Girl's waist abdomen strength quality improve development trend; The boy's upper body strength quality change leveled off.

2.3 The Han nationality city male and female students' physical quality analysis

Table 3: the Han nationality city male and female physical quality index average and T test

Item	unit	category	age (1985)			age (2005)			age (2005 minus 1985)		
			13	14	15	13	14	15	13	14	15
50m	s	cityboy	8.48	8.06	7.96	9.04	8.50	8.19	0.56**	0.44**	0.23**
		citygirl	9.19	9.40	9.39	9.63	9.98	9.73	0.44**	0.58**	0.34**
1000m	s	cityboy	261.76	254.09	247.77	285.06	279.94	278.39	23.30**	25.85**	30.62**
800m	s	citygirl	238.03	237.50	241.03	263.55	278.74	279.27	25.52**	26.05**	38.24**
Lj	cm	cityboy	179.30	191.60	202.90	183.98	192.24	206.23	4.68*	0.64	3.33
		citygirl	156.10	156.60	161.00	168.02	150.84	149.32	11.92**	-5.76*	-11.68**
Ps	t	cityboy	3.10	4.70	6.00	4.52	3.41	4.72	1.42**	-1.29**	-1.28**
Su	t	citygirl	27.20	26.70	27.00	28.47	26.43	31.56	1.27	-0.27	4.56**

(50m--50meter 1000m--1000meter;800m--800meter;lj-- long jump; ps--pull-ups; su--sit-ups)

Note: * indicates significant difference; ** indicates very significant difference.

2.3.1 The Han nationality boys physical quality analysis physical quality change analysis in 20 years :

In terms of speed of reflect of 50 meters:

With significant difference ($P < 0.01$), show the speed quality is generally decline.

In the aspect of reflects the endurance of the 1000 - meter run:

With significant difference ($P < 0.01$), show the overall stamina diathesis.

In the standing long jump of reflect the lower limb strength: leveled off.

In terms of reflecting the upper body strength pull-ups: it has significant difference ($P < 0.01$), but to improve performance for 13 years old age group, while on the 14 and 15 year old age group fell.

13 ~ 15 age group change physical quality analysis:

Speed quality is on the rise, and the performance is especially obvious in 2005; Endurance quality rise; Lower limb strength is on the rise; Upper body strength is on the rise as a whole.

2.3.2 The Han nationality girls physical quality analysis physical quality change analysis in 20 years :

Reflect the speed of 50 meters, with significant difference ($P < 0.01$), show the speed quality is generally decline.

Reflects the endurance of aspects: the 800 - meter dash with significant difference ($P < 0.01$), show the endurance quality decline.

In the standing long jump of reflect the lower limb strength: it has significant difference ($P < 0.01$), show the strength quality has generally been declining (but have improved on 13 years old age group), the biggest drop value city middle school at the age of 15 up to 17.78 cm.

In terms of reflecting the waist abdomen strength sit-ups: do not have significant difference, characterized by a smooth trend.

13 ~ 15 age group change physical quality analysis:

Girl's speed is quality steady; Endurance quality assumes the overall downward trend; Lower limb strength on the rise in 1985, and falling in 2005; Waist abdomen strength leveled off.

2.3.3 change characteristics of the same age

In 20 years, from the point of view of the same age group, 15 years old age group in addition to the lower limb strength (standing long jump), all have significant difference ($P < 0.01$), the physical qualities of performance for the overall downward trend.

Overall development trends:

Speed and endurance quality of urban and rural boys and girls all presents the trend of the development of the decline; Power quality and change trend toward a reduction in overall development; Girl's waist abdomen strength quality development[5].

CONCLUSION

3.1 The Korean nationality and Han nationality students physical condition identity law

In the past 20 years, students' endurance quality overall level is generally downward trend; In addition to the Han city speed quality is on the decline of male, the Han nationality township speed quality of male boy and Korean boy, countryside all showed a trend of increase; Lower limb strength quality is on the decline.

3.2 The Korean nationality and Han nationality students physical condition differences law

3.2.1 Nationality differences

In speed quality aspect: the Korean city boy and girl Speed quality is better than the Han nationality, but the Han nationality township boy and girl speed is better than the Korean.

In the endurance quality aspect: the Korean city boy and girl Speed quality is better than the Han nationality, but the Han nationality township boy and girl speed is better than the Korean.

In terms of lower limb strength: in 1985, the Korean nationality lower limb strength is better than the Han nationality.

In the upper body strength: the Han nationality is better than the Korean.

In terms of the waist abdomen strength: the Korean is better than the Han nationality.

3.2.2 differences between urban and rural

The Korean nationality boy and girl students' lower limbs strength quality have obvious changes, it have taken place the trend of the development of the city are poor in the country; Other qualities change is not very significant.

Speed and endurance quality of the Han city students are poor in the rural students, other differences are not significant.

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