

## **Research on high-quality service promotion in Zigong pension institutions from the perspective of "integration of sports and medical care"**

Jianyou Yang, Jianhui Zhou, Jie Ding

College of Physical Education of Sichuan University of Science Engineering, Sichuan Zigong  
643002, China

### **Abstract**

Health can be said to be the key reason for the quality of life in old age, medical health, and physical exercise have been integrated with the development of society, so the promotion of the "health and medical combination" model is becoming a trend. Pension institutions integrate the elderly in living, nursing, health care, and other aspects, which is a comprehensive pension service community, and also a place where the elderly are concentrated. Therefore, Elderly care institutions should provide scientific sports care services to the elderly, promote their physical and mental health and improve their quality of life by improving sports and fitness facilities and establishing fitness guidance service stations.

### **Keywords**

**Body-health fusion, Elderly care service, Physical exercise.**

### **1. Foreword**

With the rapid progress and development of society, technology, and the economy, aging and the development of chronic diseases have become more and more serious. On the one hand, this has seriously threatened the physical and mental health of the elderly in our country. The government has brought a serious economic burden. Therefore, the traditional pension service model cannot support the development needs of the new era. As a new trend in the fields of health promotion and disease prevention, the concept of combining sports and medical care to promote health is a new type of service with low input and high output, and can greatly reduce the economic burden on the people and the government. In a number of national policy documents including the "Healthy China 2030" Planning Outline, "health and medical integration" has been proposed, and the concept of sports and health integration has been raised as an important measure to promote health at the national strategic level. Therefore, sports and the integrated development of the two major fields of medicine and health have become the development demand of the times. Zigong City currently has a population of 630,000 people aged 65 and over, accounting for 21.29% of the permanent population. It ranks second in the aging rate of Sichuan Province and ranks fourth in the country. Therefore, Zigong City has entered the population as an "ultra-aging society", and individuals, families, and society are facing a heavy burden of providing for the elderly. There are currently 175 elderly care institutions in the city. Introducing integrated health and medical services to institutions for the elderly can not only reduce the economic burden, And the elderly can enjoy a better quality of life as a result.

## 2. Research object and method

### 2.1. Research object

The sports service of pension institutions is taken as the research object, and the elderly people in Zigong pension institutions are taken as the survey samples.

### 2.2. Research Methods

#### 2.2.1. Literature method

A large number of literature materials found in Internet tools provide a sufficient theoretical basis for the design and analysis of this study.

#### 2.2.2. Questionnaire interview

The design of the questionnaire is based on the research needs, and its purpose is to understand the development of sports activities in Zigong pension institutions. Among the 10 pension institutions investigated in Zigong City, there is 1 public pension institution, 3 public pension institutions, 4 government-assisted pension institutions, and 2 private pension institutions. In the institution, 200 elderly people who could take care of themselves were randomly interviewed by questionnaires to understand their demand for sports elderly care services and their satisfaction with sports activities. The questionnaire adopts the form of an interview and is recorded by a specially-assigned person. 200 questionnaires were issued and 200 were collected, among which 200 were valid with an effective recovery of 100%.

#### 2.2.3. Mathematical statistics method

In this study, mathematical statistics analysis is adopted. The data collected in the questionnaire is applied to statistical software for statistical processing, and the table is drawn according to the statistical data.

## 3. Survey results

### 3.1. Status of sports pension services in Zigong pension institutions

Among the 10 pension institutions we visited, all of them have fitness facilities. Some of them have advanced fitness equipment of various kinds. However, some institutions only have a few fitness facilities just like window dressing. Of 10 institutions, all have no professional sports instructors for the elderly to carry out fitness guidance services.

### 3.2. The elderly's understanding of how to improve their health

Table 1 Frequency of physical exercise of the elderly in institutions (n=200)

| Frequency of participation in sports | Number of people | Percentage (%) |
|--------------------------------------|------------------|----------------|
| 3-6 times                            | 37               | 18.5           |
| 1-2 times                            | 146              | 73.0           |
| 0 times                              | 17               | 0.85           |

The survey shows that in the endowment institutions in Zigong City, the number of elderly people who participate in physical exercise is 3-6 times, only 18.5%, and 0.85% of the elderly never participate in any physical exercise activities. It can be seen that there is no normative physical exercise plan in Zigong pension institutions, so the elderly participates in physical exercise by themselves.

### 3.3. Demand of the elderly in Zigong pension institutions for sports pension services

Table 2 Demand for Physical education guidance of the elderly in institutions (n=200)

| Need a sports director          | Number of people | Percentage (%) |
|---------------------------------|------------------|----------------|
| Professional guidance is needed | 188              | 94.0           |
| Either                          | 12               | 6.0            |
| Don't need                      | 17               | 0              |

Table 3 Demand for sports facilities for the elderly in institutions (n=200)

| Sports facilities  | Number of people | Percentage (%) |
|--|------------------|----------------|
| Professional advanced fitness and rehabilitation gym     | 110              | 55.0           |
| Mass fitness equipment                                   | 200              | 100.0          |
| Swimming, badminton and other professional sports venues | 50               | 25             |

The results of the survey show that in the elderly care institutions in Zigong City, the elderly have certain needs for the sports venues and facilities in the institutions. 55% of the elderly said that in addition to the requirements for public fitness equipment, they also want to have professional and advanced fitness rehabilitation centers, in addition, 25% of the elderly said that they want to engage in low-intensity aerobic exercises such as swimming and badminton. Through the survey and visits, it was also found that 94% of the elderly in institutions hope to receive guidance from professional sports professionals in elderly care institutions. Based on the above survey results, the elderly have paid more attention to and pursued their own physical health and high-quality retirement life with the development of the economy and society.

## 4. Construction measures of high-quality services in Zigong elderly care institutions

The essence of the integration of health and health is to integrate sports resources, technology, and health resources, and then combine them with sports and medical treatment, and finally form a new model of promoting health through exercise, and give full play to the positive role of scientific fitness in health promotion, chronic disease prevention, and rehabilitation. The physiological function of the human body declines after age, so it is prone to many chronic diseases. "The combination of health and medical treatment" can effectively control and reduce the incidence of chronic diseases, and enhance the health of the elderly. The establishment of the "combination of health and medical care" service mode in pension institutions can not only reduce medical costs, but also save human and material resources, and reduce the burden for pension institutions. Therefore, it is very necessary to establish the service mode of a "combination of health and medical treatment" in pension institutions.

### 4.1. Establish a physical health monitoring center

Pension institutions are places where the elderly are relatively concentrated. The health condition of the elderly in pension institutions should be evaluated regularly, and the health database of the elderly should be established to form a disease management and health service model combining physical health. Through health data analysis of the physical condition of the

elderly, it is beneficial for sports instructors to design fitness programs for the elderly. At the same time, government departments can grasp the physical conditions of the elderly through the data of the monitoring center, and provide data support for the subsequent introduction of relevant policies.

#### **4.2. Establish fitness guidance service stations and carry out team sports activities**

Secondly, professional personnel is recruited to work in pension institutions to provide professional guidance on the fitness of the elderly and develop fitness programs suitable for different health conditions of the elderly according to the data of physical fitness assessment.

Studies have shown that regular participation in physical exercise can improve physical health, delay the decline of physiological function, and prolong life.

For example, some elderly people with strong cardiopulmonary function and good physical condition can have some high-intensity strength equipment training guidance; For some elderly people who are healthy but less engaged in vigorous exercise, they can choose the guidance of square dancing, Tai chi, or light instrument exercise. Some elderly people who are older and not suitable for vigorous exercise, they can choose to carry out fitness qigong guidance such as Baduanjin and Wuqinxi. Some of the poor physical conditions of the elderly provide rehabilitation and fitness guidance. If the elderly care institutions have the conditions, they can also provide the elderly with swimming, table tennis, badminton, and other sports guidance and training partners. As a social animal, loneliness is a natural attribute of human beings. Regardless of whether they come to the nursing home actively or passively, the old people will feel lost and lonely to varying degrees, and group sports activities can bring a positive influence on these lonely old people. In addition, many elderly people lack awareness of fitness and scientific fitness methods and do not have enough common sense about sports. In this case, blind fitness may result in negative results. Fitness guidance service stations can regularly carry out education activities for the elderly, including fitness, health care, disease prevention, and rehabilitation, to improve the health of the elderly. Older people seek happiness and health through exercise by participating in a variety of different forms and types of sports programs.

#### **4.3. Increase investment in sports and fitness for elderly care institutions**

Modern fitness and rehabilitation equipment such as swimming pools, soldier balls, badminton venues, and a variety of sports and fitness places, so that the elderly have more opportunities to choose their own favorite ways of exercise to strengthen the body and physical and mental pleasure.

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