



Development Guidelines to Promote Youth in Schools of Henan Province, the People's Republic of China

Zhang Pengbo¹ and Prakrit Hongseanyatham²

¹Faculty of Sports Science and Technology, Bangkokthonburi University, Thailand

²Faculty of Sports Science and Technology, Bangkokthonburi University, Thailand

¹E-mail: 1114664272@qq.com, ORCID ID: <https://orcid.org/0009-0003-3943-8480>

²E-mail: prakitsport@gmail.com, ORCID ID: <https://orcid.org/0009-0009-2196-0258>

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Abstract

Background and Aim: Youth boxing is a high-intensity, full-body confrontational sport that promotes blood circulation and metabolism and focuses on the coordination of body parts. Youth boxing will result in more stable joint development, improved muscle function, and improved muscle contraction, responsiveness, and tolerance; therefore, boxing is highly beneficial to the development of youth's physical health. The purpose of this study is to guide the promotion of youth boxing sports schools.

Materials and Methods: This study is a survey-type, qualitative research. The questionnaire was set up for distribution, and the researchers set up the questionnaire based on the POLC theory, and the sample groups were three groups: the first group was 80 school administrators with excellent school sports development in Henan Province, the second group was 20 directors of municipal boxing associations in Henan Province, and the third group was 80 sports coaches with excellent school sports development in Henan Province, and the data of the above three groups was collected and analyzed and statistically formed initially into a draft of the promotion of youth boxing sports schools in Henan Province, and then expert appraisal was conducted. The draft of the promotion of boxing schools was analyzed and statistically analyzed to form a preliminary draft of the promotion of youth boxing schools in Henan Province, and then expert appraisal was carried out by a group of experts consisting of 6 experts from Henan Heavy Athletics Sports Management Center and 20 directors of municipal and boxing associations in Henan Province to evaluate the draft and to obtain a high-quality final strategy that can be practically used.

Results: The results of the study found that: after the consulting survey 50 strategy proposals were evaluated and screened with the opinion of experts. Twenty-two strategies were obtained that were qualitatively and efficiently used in practice, including 6 Planning Strategies, 5 Organizational Strategies, 6 Leading, and 6 Controlling All strategies were accepted by the Group of Experts.

Conclusion: Following expert evaluation, the study concluded that 22 strategies, including Planning, Organizational, Leading, and Controlling, had been identified and successfully implemented in practice. The Group of Experts approved all strategies.

Keywords: Youth Boxing; Boxing Promotion; School Promotion

Introduction

Development status: One of the primary issues confronting teenage boxing in Henan Province is the general lack of awareness and societal misconceptions about boxing as a sport (Wu Bing, 2016). On the development status and prospect of boxing in China, it is mentioned that compared with other sports, boxing lacks social attention in China. Every new sports business cannot be separated from the correct media publicity and guidance if it wants to get rapid development, boxing is no exception.

Infrastructure and Access Deficits: A significant barrier to the development of teenage boxing in Henan is the scarcity of specialized infrastructure and access to quality training facilities. The province, while rich in cultural and sporting heritage, has limited resources dedicated to boxing, particularly for the youth demographic. This gap in facilities not only hinders the skill development and professional growth of potential boxers but also raises concerns about the safety and adequacy of training environments. Improving this kind of situation and optimizing the promotion and development of youth boxing in Henan Province will provide an important reserve force for boxing in Henan and China, and the promotion of youth boxing will also lead to the development of sports for all people, thus enhancing the physical fitness of the nation.

Objectives

To develop guidelines to promote youth boxing in the school of Henan Province, The People's Republic of China





Literature Review

Promoting youth development in schools is critical for raising a generation with the skills and knowledge required for future societal and economic success. In Henan Province, China, efforts have been made to improve educational opportunities and promote students' overall development. The government's initiatives are centered on academic, social, and emotional development, which is essential for empowering youth to become active and engaged citizens. These initiatives are consistent with China's overall education reform goals, which prioritize quality education and equitable access for all students (Wang & Zhao, 2020).

One of the primary focuses of Henan's youth development efforts is to improve educational quality through curriculum reform. The introduction of more diverse and inclusive curricula aims to equip students with not only academic knowledge but also practical skills that will prepare them to face the challenges of modern society. According to Li and Guo (2018), Henan schools incorporate life skills, technology, and vocational education into their programs, allowing students to develop critical thinking, problem-solving, and interpersonal skills. These reforms aim to shift the emphasis away from rote memorization and toward more dynamic and interactive learning experiences, thereby encouraging creativity and innovation.

In addition, Henan Province has recognized the importance of promoting students' physical and mental well-being as part of its youth development strategy. The implementation of comprehensive physical education programs and mental health support services in schools is an important component of this strategy. Zhang and Liu's (2021) research shows that Henan schools have increased the availability of counseling services and extracurricular activities aimed at promoting emotional resilience and social skill development. These initiatives address growing concerns about student stress and mental health, ensuring that students are both academically successful and emotionally balanced.

Equity and education access are also important factors in Henan Province's youth development. The government has made significant progress in reducing educational disparities between urban and rural areas by investing in infrastructure and teacher training in developing countries (Yang et al., 2019). These efforts aim to ensure that all children, regardless of socioeconomic status, have equal opportunities to succeed in school. Henan's commitment to inclusive education is consistent with the national goal of eliminating poverty and promoting social mobility, particularly in rural communities that have traditionally been underserved in terms of educational resources.

Finally, the development of youth in Henan Province's schools reflects a comprehensive approach that addresses academic, social, emotional, and equity issues. Henan strives to create a supportive environment for youth development by reforming the curriculum, promoting physical and mental health, and ensuring equitable access to education. These efforts are consistent with China's broader educational goals, benefiting the overall well-being and future success of its young people.



Conceptual Framework

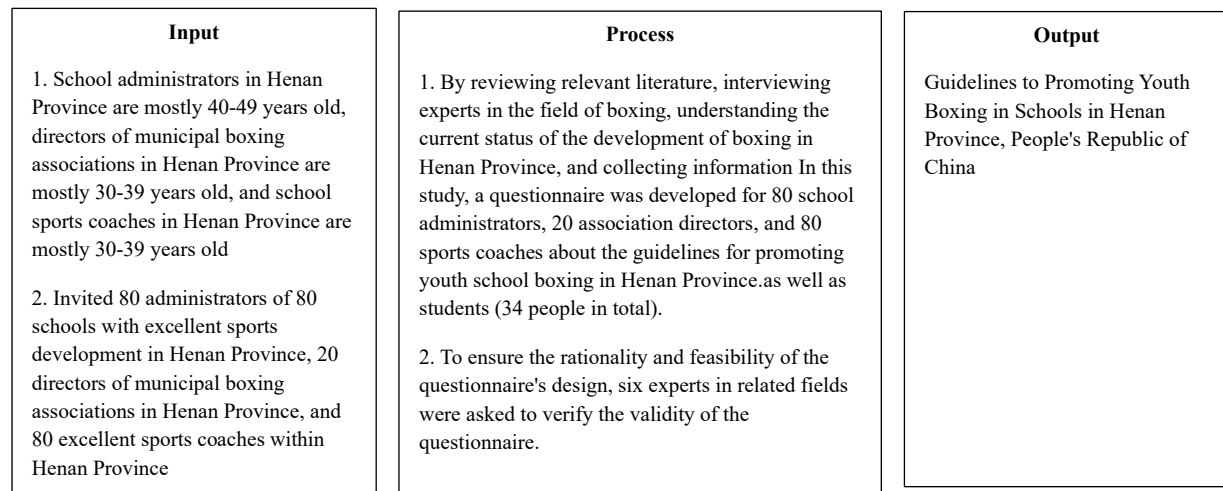


Figure 1 Conceptual Framework

Methodology

The purpose of this study was to explore the current situation and development of youth boxing promotion activities in Henan Province. Respondents included: 1. 80 school administrators selected from 20 sports schools in Henan Province (282 people, 28.3% of the sample). 2. 20 directors of municipal boxing associations in Henan Province (20 people, 100% of the sample). 3. 80 sports coaches were taken from 20 sports schools in Henan Province (282 people in total, 28.3% sampling). Using keywords such as youth boxing promotion, youth boxing, and youth boxing promotion in Henan Province, a literature search and review of relevant sports journals were conducted to collect and organize relevant information. Questionnaire survey on the promotion and dissemination of youth boxing and development strategies in Henan Province, attended by 80 school administrators, 20 directors of municipal boxing associations, and 80 sports coaches. Invite experts in development management and youth boxing to assess the measures developed. Use of mathematical statistics to summarize and analyze data from expert interviews and questionnaires

Questionnaire:

1. An online POLC questionnaire was sent to 80 school administrators, 20 municipal boxing association directors, and 80 school sports coaches.
2. Measurements using measuring instruments, tables summarizing data collection and data analysis, preliminary drafts

Expert advice:

1. The panel of experts consists of six experts from the management of heavy athletics in Henan Province, as well as 20 directors of municipal boxing associations in Henan Province.
2. Guidance and suggested changes to the initial draft by the expert group

Results

The researcher brings a total of four elements of POLC management theory, including planning, organizing, leading, and controlling four parts to analyze what constructive advice can be provided in the promotion of youth boxing schools in Henan Province to prompt the formation of guidelines for the promotion of youth boxing schools in Henan Province.

POLC management theory, which provides a reference for creating a draft promotion guide for youth boxing sports schools in Henan Province, People's Republic of China, after analyzing a total of 28 draft promotion strategies, the researcher will summarize the final guidelines for the promotion guide for youth boxing sports schools in Henan Province, People's Republic of China, based on the four dimensions of planning, organizing, leading, and controlling, and the results of the study are as follows



Planning: Formulate long-term and short-term plans for the promotion of youth schools in Henan Province, and align short-term plans with long-term plans, with long-term plans referring to the amount of time to complete the completion of the promotion of large-scale popularization, and short-term plans referring to the completion of the promotion of specific targets of how many people and how many schools within a specified period of time, plan for the periodic evaluation of the promotion work to ensure that the promotion work is reasonable and effective, and plan for regular recognition and rewarding of outstanding coaches and referees to enhance the welfare of practitioners such as coaches, referees and teachers, plan to organize youth boxing related competitions, develop training programs for boxing coaches and referees to ensure adequate professional staffing, and they plan to develop and establish a cooperative network with universities, sports clubs and other relevant institutions.

Organization: Carry out marketing of related sports activities and set up a professional promotion department to manage the promotion of youth boxing in Henan Province. Organize a youth boxing association for young people in Henan Province, with schools taking turns to serve as principals to motivate the schools, and set up a variety of awards and honors when organizing youth boxing tournaments in Henan Province to increase the participation of young people. The Government supervises and guides the promotional work of the Boxing Promotion Department of the Youth Schools in Henan Province to ensure that the departmental staff have clear job responsibilities and to rationalize the allocation of resources for performances, publicity, and knowledge lectures for youth boxing promotion programs in Henan Province.

Leading: Boxing has been made part of school sports activities and boxing clubs have been set up in every school, with special venues and equipment for students, and school-level competitions and municipal-provincial youth boxing tournaments have been organized. Regular meetings are organized with parents in schools to promote the characteristics and benefits of youth boxing so that more parents are willing to allow their children to participate in the sport. Each school requires a portion of its budget for the promotion and administrative costs of boxing. Regular training of relevant practitioners, physical education teachers, coaches, referees, and other personnel. Improve teaching and competition standards through the implementation of sports promotion guidelines and rationalization of administrative adjustments to promote youth boxing in Henan Province.

Controlling: The Boxing School promotes an annual annual summary and recommendations. Regularly assess the safety and reliability of campus-related field equipment to ensure the safety of students. Recognize and honor athletes and students who achieve excellence in the sport each year, control the use of promotional funds, and have control over the performance of officials working by a prescribed schedule. Regularly distribute feedback forms to students to solicit ways to increase their participation in the sport. When organizing competitions, medical and nursing measures should be arranged to effectively control risks

1. Descriptive statistics are used in statistics to make generalizations about the data collected, including mean, median, and standard deviation.
2. Focus group interviews were used to assess the validity and reliability of the questionnaire
3. The data used were processed by Excel software. The collected questionnaires were statistically analyzed according to different factors and factors. The results of the study provide an objective basis and data reference for the study of this paper.

Table 1 Key informants and the general informativeness of the sample population. (n=180)

General Information	School administrators (n= 80)	Association director (n= 20)	Sports coach (n= 80)	Total
	Number	Number	Number	
1. Gender				
Male	64	16	58	138
Female	16	4	22	42
2. Age				
20-29 Years old	-	2	43	45



General Information	School administrators (n= 80)	Association director (n= 20)	Sports coach (n= 80)	Total
	Number	Number	Number	
30-39 Years old	6	12	25	43
40-49 Years old	35	4	12	51
50-59 Years old	31	2	-	33
More Than 60 Years old	8	-	-	8
3. Educational Qualification:				
High school	-	-	-	-
Bachelor's degree	25	8	56	89
Master's degree	45	12	24	81
Doctoral Degree	10	-	-	10
4. Position:				
School administrators	80	-	-	80
Association director	-	20	-	20
Sports coach	-	-	80	80
5. Length of Stay in Position (as per item 4):				
1-5 Years	-	-	15	15
5-10Years	3	5	30	39
10-15Years	8	9	28	35
15-20 Years	30	6	7	43
More Than20Years	39	-	-	39

Table 1 shows 180 respondents, totaling 138 males and 42 females. There was a total sample of 80 school administrators, 64 males and 16 females. Most of them were between 40 and 49 years old. There were 89 undergraduates, 81 masters, and 10 PhDs, and most of them had more than 10 years of school experience. There were a total of 20 boxing association directors of which 16 were male and 4 were female. They were all between 40-49 years old, with 8 undergraduates and 12 masters, and most had 10-15 years of experience working in associations. The sample of sports coaches included 80 people, of which 58 were male and 22 were female, most of them were between 30 and 39 years old, of which 56 were undergraduates, 24 were masters, and most of them had 5-10 years of work experience.

Draft Guidelines for the Promotion of Youth Boxing Development in Schools in Henan Province, People's Republic of China

The researchers analyzed and synthesized the results of the study and developed (A roll-out guide was drafted) to organize the promotion and development of youth boxing sports schools in Henan Province, including 4 aspects. Then a preliminary draft promotion guide was developed as follows:

Table 2 Draft

Guide	Strategy
Planning	1. Improving the welfare of practitioners such as coaches referees and teachers
	2. There are plans to develop and create a network of cooperation with universities, sports clubs, and other related agencies.
	3. Planning regular recognition and awards for outstanding coaches and referees
	4. Plans to organize competitions related to youth boxing at all levels of the sport



Guide	Strategy
	<ol style="list-style-type: none">5. Develop training programs for boxing coaches and referees to ensure adequate staffing of the profession6. Develop a short-term plan for the promotion of youth boxing schools in Henan Province and align it with the long-term plan.7. Plan for periodic evaluation of the promotion work to ensure the rationality and effectiveness of the promotion work
Organization	<ol style="list-style-type: none">1. Setting up a variety of rewards and honors when organizing youth boxing tournaments in Henan Province to increase the participation of young people.2. Organization of the Youth Junior Boxing Association in Henan Province, with schools taking turns as presidents to motivate schools3. The department launches marketing of relevant sports activities with benefits4. Work duties of staff in the department are assigned5..Rational allocation of resources for the promotion of youth boxing in Henan Province6. Supervision and guidance of the promotion by the department set up to promote youth school boxing in Henan Province.7. Personnel are allocated and their respective scopes of work are determined to be relevant and appropriate.
Leading	<ol style="list-style-type: none">1. Incorporation of boxing as part of school sports and establishment of boxing clubs in each school2. Provide students with specialized venues and equipment3. Organize and set up school-level competitions as well as municipal-provincial youth boxing competitions.4. Organize periodic meetings with school parents to promote the characteristics and benefits of youth boxing so that more parents are willing to let their children participate in this sport.5. Each school requests a portion of its budget for the promotion and administrative costs of the sport of boxing.6. Regular training for relevant practitioners, physical education teachers, coaches, referees, etc. to improve teaching and competition standards7. Promoters promote youth boxing in Henan Province through the implementation of the guidelines for the promotion of the sport and make reasonable management adjustments
Controlling	<ol style="list-style-type: none">1. When organizing competitions, medical and nursing measures should be arranged to control risks effectively2. Regularly assess the safety and reliability of campus-related field equipment to ensure the safety of students3. Recognize and honor athletes and students who achieve athletic excellence each year4. Can control to promote the use of funds for the promotion of youth boxing in Henan Province5. Regularly distribute feedback forms to students to solicit ideas on what can be done to improve student participation in the sport6. There is control over the performance of officials to work according to the specified plan.7. Annual summary and recommendations for the promotion of youth boxing schools in Henan Province each year.

From Table 2, the researchers included the draft guidelines for promoting youth boxing sports schools in Henan Province in the summarization and classification process. After that, the first round



will hold a meeting of 16 experts, including 6 boxing experts and 10 directors of municipal boxing associations, to determine the final strategy through the appreciation method.

Results of expert consultations

The researcher consulted 16 experts through the draft guidelines for the promotion of youth boxing schools in Henan Province of the People's Republic of China.

Planning Component: experts recommend adding a long-range planning component to Article 6 and prioritizing Article 6, experts recommend merging Article 3 with Article 1, and the rest of the strategy is unmodified

Organizational section: experts recommend merging Article 7 with Article 3 and placing it first, experts recommend merging Article 6 with Article 4, and the rest of the strategy is unmodified

Leading Part: Experts suggest merging Article 2 with Article 1, Experts suggest placing Article 7 first in the Leading Part, and the rest of the strategy is unmodified

Controlling section: Experts suggest that Article 6 be combined with Article 4 and that Article 7 be placed first in the Controlling section

After going through the first round of expert consultation. The researcher took the advice of the experts to analyze and reorganize the data. This is shown in Table 3.

Table 3 Guidelines

Guide	Strategy
Planning	<ol style="list-style-type: none">1. Develop long-term and short-term plans for school outreach to adolescents in Henan Province and align short-term plans with long-term plans2. Plan for periodic evaluation of the promotion work to ensure the rationality and effectiveness of the promotion work3. Planning regular recognition and awards for outstanding coaches and referees improving the welfare of practitioners such as coaches referees and teachers4. Plans to organize competitions related to youth boxing at all levels of the sport5. Develop training programs for boxing coaches and referees to ensure adequate staffing of the profession6. There are plans to develop and create a network of cooperation with universities, sports clubs, and other related agencies.
Organization	<ol style="list-style-type: none">1. The department launches marketing of relevant sports activities with benefits, Constructing a specialized promotion department to manage the promotion of youth boxing in Henan Province.2. Organization of the Youth Junior Boxing Association in Henan Province, with schools taking turns as presidents to motivate schools3. Setting up a variety of rewards and honors when organizing youth boxing tournaments in Henan Province to increase the participation of young people.4. The government supervises and directs the extension work of the Boxing Extension Department of the Youth School of Henan Province. The work duties of staff in the department are assigned5... Rationalize the allocation of resources for the promotion of youth boxing in Henan Province, such as performances, publicity, knowledge lectures, and so on.
Leading	<ol style="list-style-type: none">1. Promoters promote youth boxing in Henan Province through the implementation of the guidelines for the promotion of the sport and make reasonable management adjustments



Guide	Strategy
	<ol style="list-style-type: none">2. Provide students with specialized venues and equipment. Incorporation of boxing as part of school sports and establishment of boxing clubs in each school3. Organize and set up school-level competitions as well as municipal-provincial youth boxing competitions.4. Organize periodic meetings with school parents to promote the characteristics and benefits of youth boxing so that more parents are willing to let their children participate in this sport.5. Each school requests a portion of its budget for the promotion and administrative costs of the sport of boxing.6. Regular training for relevant practitioners, physical education teachers, coaches, referees, etc. to improve teaching and competition standards
Controlling	<ol style="list-style-type: none">1. Annual summary and recommendations for the promotion of youth boxing schools in Henan Province each year.2. Regularly assess the safety and reliability of campus-related field equipment to ensure the safety of students3. Recognize and honor athletes and students who achieve athletic excellence each year4. Can control to promote the use of funds for the promotion of youth boxing in Henan Province, there is control over the performance of officials to work according to the specified plan.5. Regularly distribute feedback forms to students to solicit ideas on what can be done to improve student participation in the sport6. When organizing competitions, medical and nursing measures should be arranged to control risks effectively

Discussion

The researchers found that in the development of long-term and short-term plans for the promotion of youth schools in Henan Province, the short-term plan is combined with the long-term plan, the long-term plan to complete the time to complete the large-scale promotion, the short-term plan to complete the number of people and the number of schools in the specific target, the plan to regularly evaluate the promotion to ensure that the promotion is reasonable and effective, and the plan to regularly recognize and reward outstanding coaches and referees to improve the doctors such as coaches, referees, and teachers' Welfare which is in line with the findings of Du et al (2023) plan to organize youth boxing related competitions, develop training programs boxing coaches and referees to ensure adequate professionals, and they plan to develop and establish a collaborative network with universities, sports clubs, and other relevant institutions.

When carrying out the marketing of related sports activities, the establishment of a professional promotion department to manage the promotion of youth boxing in Henan Province is in line with the findings of Lu (2015). Organize youth youth boxing association in Henan Province, with schools taking turns to be the principal to motivate schools and establish various awards and honors Organize youth boxing competitions in Henan Province to increase the participation of young people. The government supervises and guides the promotional work of the boxing promotion department in the youth schools in Henan Province to ensure that the department staff have clear job responsibilities and rationally allocate resources for performances, publicity, and knowledge lectures in the youth boxing promotion program in Henan Province This is in line with the research findings of Wang (2023).

To make boxing a part of school sports activities, to set up a boxing club in every school, which provides students with special venues and equipment this is in line with the research of Jing (2024), to organize school-level competitions and city-provincial youth boxing competitions. Regular meetings are organized between schools and parents to promote the characteristics and benefits of youth boxing so that more parents are willing to allow their children to participate in this sport this is in line with the





research results of Liu (2024). Each school needs a portion of its budget for boxing promotion and administration costs. Regular training of relevant practitioners, physical education teachers, coaches, referees, and other personnel. Promote youth boxing in Henan Province by implementing sports promotion guidelines and rationalizing administrative adjustments to improve teaching and competition standards.

The boxing school publishes an annual summary and recommendations. The safety and reliability of campus-related field equipment are regularly assessed to ensure the safety of the students this is in line with the findings of Sun et al (2010). Recognizing and honoring the athletes and students who excel in the sport each year allows control over the use of promotional funds and the performance of officials who work according to a set schedule. Feedback forms are regularly distributed to students to seek ways to increase their participation in the sport. When organizing competitions, medical and nursing measures should be arranged to effectively control risks.

It can be seen that the results of data analysis in this study are consistent with the results of previous researchers. Therefore, it can be proved that the "Guidelines for Promoting Youth Boxing Schools in Henan Province" created by the researcher has the possibility of practical application and is reliable.

Recommendation :

From the results of the study, it was found that external factors must be the main consideration in developing an extension guide. This study incorporates the management theory of POLC, the quality of which has been confirmed by experts so that the management strategy can be practically used.

Suggestions in this research

1. The results of this study can be applied to the promotion of boxing in schools in other provinces of China, as well as to the promotion of youth boxing in other city or county ranges
2. The findings of this study could be used as a basis for another study related to youth boxing promotion. However, the researcher still recommends its use within China. Due to data analysis, the researcher primarily used the Chinese context

Suggestions for next research

1. The study had a moderate sample size. The experts were divided into different categories and used questionnaires to collect data and analyze them. Some of the researchers formed a group of experts to analyze the results of the interviews. The scope of the study included mainly school administrators and experts, etc., therefore, in future studies, the researcher suggests adding the group of outstanding athletes to conduct the study from the perspective of the participants and discuss the results to compare opinions
2. The focus of this study was to explore the promotion of boxing in schools within the Henan Province, and in future studies, the researchers recommend studying the promotion of youth boxing outside of schools.

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