

Analysis of the Mutual Promotion Between Rural Table

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Abstract: Our country's sports undertakings have developed rapidly in recent decades, the National Fitness Campaign has got greatly promoted, especially in recent years our country vigorously promotes the development of National Fitness Campaign, the national fitness activities develop in full swing across the country. As one of the most popular sports in the world, table tennis has become a favorite sport of the vast masses of people with its unique charm. As a new rural sports item, rural table tennis has made great progress in recent years. Under the background of China's rural revitalization strategy, rural table tennis and rural revitalization promote each other, complement each other and rely on each other, and table tennis has injected new impetus and vitality into rural revitalization. Therefore, this paper discusses table tennis and rural revitalization from two aspects, and hopes to provide reference for relevant staff.

Keywords: Table tennis; Rural revitalization; Mutual promotion; Function analysis

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1. Rural Table Tennis Can Provide Sufficient Talent Resources for Rural Revitalization

The rural revitalization strategy is a major strategy proposed by the Communist Party of China at the 19th National Congress, and the successful implementation of the rural revitalization strategy needs a lot of human resources. The implementation of rural revitalization strategy should be based on the revitalization of talents. Without the support of talents, rural revitalization will lose its foundation. Therefore, human resources are the basis of rural revitalization. Table tennis has strong competition, in our country's table tennis, which has high requirements for athletes' physical, psychological, and technical abilities. Therefore, many rural areas of our country have a large number of table tennis enthusiasts. By actively developing rural table tennis, we can provide a good table tennis atmosphere and social environment for table tennis lovers in these rural areas, and attract more excellent table tennis players to participate in rural table tennis. At the same time, the good spirit displayed by the excellent athletes in the competition can also stimulate the enthusiasm of the general public for the sport.

2. Rural Table Tennis Can Satisfy Villagers' Yearning for a Better Life

In the context of the rural revitalization strategy, the state continues to increase investment on the construction of rural infrastructure, especially the construction of rural roads, rural power grids, rural communication networks and other aspects, which provides a better basic guarantee for the production and life of villagers. In recent years, the state has vigorously supported the construction of rural culture and greatly enriched the spiritual and cultural life of villagers by holding cultural activities and other means. Table tennis, as a popular sport among the masses, has a good mass foundation for developing in rural areas. Table tennis can make villagers feel the happiness and passion brought by sports, so that villagers can relax and enjoy themselves after work. Rural table tennis can not only exercise the villagers' physical fitness and physical function, but also cultivate the villagers' optimistic and positive spiritual quality. In addition, rural table tennis can also meet the villagers' yearning for a better life, and make villagers feel the fun brought by sports activities. In the vast rural areas of our country, the living conditions are relatively backward, there are many places without public sports venues and facilities. Some places do not have even basic basketball courts, which brings great inconvenience to the development of table tennis. In the context of the rural revitalization

strategy, relevant departments have increased investment in rural infrastructure construction, providing villagers with better public sports facilities and venues.

3. Rural Table Tennis Can Effectively Improve the Comprehensive Quality of Villagers

The development of rural table tennis can effectively promote the improvement of villagers' comprehensive quality, which is of great significance for rural revitalization. From the whole point of view, the comprehensive quality of villagers includes two aspects, one is physical quality, one is spiritual quality. Physical fitness mainly refers to the villagers' physical health, cardiopulmonary function and muscle endurance. Spiritual quality mainly refers to the villagers' mental health status, mental outlook, thinking mode, etc.

Table tennis requires all links must cooperate with each other, and each link must be highly coordinated to achieve the desired effect. In the rural table tennis, especially in the competition, each villager has to fight fiercely with his opponent, everyone has to participate in every confrontation, and everyone has to face a large number of opponents. The fierce confrontation scene is easy to make villagers have tension, anxiety, fear and other bad emotions. In rural table tennis, if the villagers cannot adjust their mentality, eliminate tension and keep a cool head in the game, it will affect their own performance. Therefore, in the village table tennis, the villagers must learn to adjust their mentality and maintain a good mental outlook. In rural table tennis, it is also necessary to deal with the relationship between other players, and teammates must cooperate and cooperate with each other in order to win the game. In the process of competition, teammates should encourage each other, support each other and learn from each other, so as to improve the comprehensive quality of villagers.

4. Rural Table Tennis Can Promote Cultural Exchanges between Urban and Rural Areas

Under the background of rural revitalization strategy, China vigorously carries out the urban-rural integration strategy, and the connection between urban and rural areas is closer. In the development of rural table tennis, the connection between the countryside and the city is also closer, and the connection between the two is not only reflected in table tennis, but also reflected in cultural exchanges. Urban residents will pass on their table tennis experience to rural table tennis fans, and rural table tennis fans will pass on their table tennis experience to urban table tennis fans. From this point of view, the relationship between rural and urban areas is a two-way exchange and mutual promotion.

When table tennis is carried out in rural areas, the number of people participating in table tennis is often relatively small due to economic conditions and other restrictions, so there is often an embarrassing situation of "no one to play" in rural areas. However, if it is transformed into a cultural exchange event between villages, the number of players will increase significantly. Rural areas enrich the cultural life of Chinese people, and farmers will also gain more knowledge and experience beneficial to their healthy development. Strengthening exchanges and learning between table tennis enthusiasts in rural areas can not only promote mutual understanding between people, but also further increase the enthusiasm and initiative of people in rural areas to participate in sports and fitness activities. Therefore, under the background of rural revitalization strategy, rural table tennis is of great significance to promote cultural exchanges between urban and rural areas.

5. Rural Table Tennis Provides an Important Guarantee for Social Harmony

Table tennis, as a traditional sport in our country, has a broad mass base. With the continuous development of rural table tennis, the influence of table tennis is also growing, and it is widely popular in the world, and has become one of the most popular sports in the world. Table tennis has a long history, is an elegant sport since ancient times, and is loved by the masses of the people. From ancient times to the present, it has always been a favorite sport. Table tennis has a good mass base and a broad mass base. Table tennis can improve the communication ability and teamwork ability between people, and promote people get along well with each other. With the implementation of China's rural revitalization strategy and the promotion of rural revitalization plan, rural table tennis will also usher in development opportunities. Rural table tennis can provide an important guarantee for social harmony, and can provide help for the construction of socialist harmonious society. At the same time, table tennis also has the role of promoting economic development, increasing farmers' income and easing employment pressure.

6. Conclusion and Future Development Direction

To sum up, there is a close mutual promotion between rural table tennis and rural revitalization. Rural table tennis can provide sufficient talent resources for rural revitalization, meet the villagers' yearning for a better life, improve the villagers' comprehensive quality, promote cultural exchanges between urban and rural areas, and provide an important guarantee for social harmony.

Therefore,we should attach importance to and vigorously develop rural table tennis as an important way to promote rural revitalization.

Future development direction:The government should increase its support for rural table tennis,provide funds,venues,facilities and other aspects of support to ensure the healthy development of rural table tennis.the training and guidance of rural table tennis should be strengthened to improve the level of villagers'table tennis skills,and train more rural table tennis talents.Various table tennis competitions and activities are held to promote the culture of rural table tennis and improve villagers'awareness and participation in table tennis.Table tennis exchanges and cooperation between urban and rural areas should be strengthened to promote the common development of table tennis in urban and rural areas,and provide more talent and resource support for rural revitalization.Social attention to rural table tennis should be improved to make more people understand and pay attention to the development of rural table tennis to provide more social support for rural revitalization.

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