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Study on the Integration of Tea Culture and Football Sports Spirit

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ABSTRACT

Tea culture is a very long-standing cultural representative of China. It has a profound and extensive influence all over the world. Tea culture contains very rich philosophies and spiritual connotations, which can give people a lot of thought inspiration. The sports spirit represented by football is also a valuable asset in the process of cultural development in China. How to effectively integrate the traditional tea culture and sports spirit in our country has received great attention from people and has also become a lot of experts and scholars. Object of inquiry. This article focuses on the analysis and research of the fusion strategy between tea culture and sports spirit.

Keywords: Tea culture; Sports spirit; Football; Integration

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Introduction

College sports culture has a very wide range, which includes sports spirit, sports education means, sports facilities construction, sports system and college sports policy^[1]. The connotation of college sports culture is divided into four aspects: behavior culture (performance layer), consciousness culture (core layer), leading culture (middle layer) and material culture (outer layer). Behavior culture refers to the culture formed by the development of physical activities in Colleges and universities. Behavior culture can be divided into two aspects: behavior activity mode and activity norm. From the perspective of psychology, the individual's behavior is dominated by the subjective will^[2-5]. It can be said that all the individual's behaviors are motivated. When individual motivation is strong, it can support people to move forward. Sports consciousness culture, mainly to help students through sports behavior to promote the individual to establish lifelong sports consciousness. The dominant culture can be understood as a kind of culture of individual independent learning. The State advocates to further build a learning society. College sports culture deeply reflects and caters to the national initiative. Physical education teachers in Colleges and universities should guide students to study and explore independently, and guide students to master effective independent learning methods. From the perspective of physical culture and spirit, material culture refers to all kinds of sports facilities, such as sports equipment, sports venues and so on, which are built by colleges and universities to meet the needs of teaching and students' sports. To some extent, physical environment of school can affect the emotion and sports effect of participants^[6-8].

Tea ceremony is not only a kind of culture, but also a kind of spirit. It is also a vivid and comprehensive record of traditional culture. For the current student training, only by letting students understand their own learning and growth activities from the spiritual level, can cultural exchange become inevitable. The spirit of tea ceremony, as a kind of value display and idea

expression based on the true emotion and aesthetic spirit, therefore, in order to make better use of the spirit of tea ceremony, we must start from the specific human concept and aesthetic connotation, and realize the value reading and reasonable application of the spirit of tea ceremony through the perception of objective and diverse spiritual thinking. The spirit of tea ceremony is the essence of Chinese tea culture, and it is also the key to our understanding of the connotation of traditional tea culture^[9-15]. In order to realize the perfect cognition and effective application of the spirit of tea ceremony, we need to start from the specific thought of tea ceremony and on the basis of the real understanding and perception of the aesthetic value of the spirit of tea ceremony. In fact, the whole content of the spirit of tea ceremony is very rich and vivid. Its period is no longer a cultural spirit, but a specific art form. Therefore, it can be said that the spirit of tea ceremony has become the deep integration and fundamental interpretation of tea culture and spirit^[15-20].

1. Rich connotation of tea culture

Tea culture is an important part of China's traditional culture system. It plays an important role in the international culture system and has become one of the pronouns of China's excellent culture. Tea culture has such a huge influence, on the one hand, because it integrates interest and entertainment. On the other hand, the tea culture of our country is broad and profound, which has lasted for thousands of years in the long historical development cycle, and is full of vitality. It contains rich philosophy, values and spiritual connotation in the tea culture of China, which still can give people a lot of inspiration in their behavior and behavior and in their life. China's tea culture has a profound social foundation, which is mainly due to the fact that China's tea culture has been a popular culture since ancient times. Tea has production areas in many parts of China. China's tea products are very rich, not only famous at home, but also famous in the international market, deeply loved by consumers around the world. Therefore, the tea culture of different regions in China is the basic

framework of Chinese tea culture, and its content is very rich. Tea has always been the favorite daily drink of Chinese people, and plays an important role in their daily life. Chinese people like drinking tea is one of the important reasons for the long-term inheritance and development of tea culture. This is very different from the western society. The Western tea culture is a kind of minority culture. Generally, only the upper class of the society can have access to such tea products and enjoy the pleasure brought by the tea culture. The common people in western society don't have much chance to contact tea culture, so the influence of western culture in local society is far less than that of Chinese tea culture. Different national conditions will create different social cultures. Chinese tea culture is gradually developed in the long history of China. There are rich philosophies in Chinese tea culture, which are still shining after a long time of baptism. It can be said that the philosophies contained in tea culture are of high practical value and guiding significance. The traditional Chinese Confucianism is fully reflected in tea culture, which is because the Confucian culture has penetrated into every period of ancient Chinese society, and it is an important dominant thought in ancient Chinese society. It can be said that the Confucian cultural concept has penetrated into the Chinese ideology and deeply influenced the Chinese character and behavior. Chinese tea drinking is not simply to solve the physiological needs of tea tasting, but to pay more attention to thinking and reflection in the process of tea drinking. In the process of tea drinking, we should think about what is wrong with our behavior and how to do things better in the future. These thoughts in the process of tea drinking gradually solidified into the value concept of tea culture. Some of these universal values have a profound impact on generations of Chinese. "Harmony" is one of the core concepts in Chinese traditional Confucian culture and Chinese tea culture, "harmony" refers to peace of mind, family and everything, harmony generates wealth and so on. Although the concept of harmony is abstract, its connotation

is very rich and its extension is very extensive. However, in the final analysis, it is related to the personality characteristics of Chinese people. Chinese people tend to be introverted and reserved, rich in feelings of family and country. Chinese prefer light tea products, such as green tea. To a great extent, it is also closely related to the calm and introverted character of Chinese people. It's very different from westerners. It's very outgoing and challenging. People prefer tea products with strong taste, such as black tea, which is also related to Westerners' more extroverted personality. From the characteristics of Chinese character, we can see the wide influence of Confucian culture in Chinese society. The core of the Confucian culture is the doctrine of the mean, which means that we should know how to be low-key and pragmatic in our life, and not make too much publicity. This value concept is also reflected in the tea culture. In the process of drinking tea, we should be calm and calm, and we should give up the idea of cutting off distractions to keep our mind still. Only in this way, can we taste the fragrance of tea in the process of drinking tea, on the other hand, enter a higher level of spiritual realm, and explore the truth of life. The reason why Chinese tea culture has such rich connotation is closely related to Chinese people's thinking habit of drinking tea to a large extent. The Chinese pursue unity and cooperation, which is also one of the precious national spirits. In China's long historical process, the spirit of unity and cooperation has been inherited to this day, especially in the turbulent era of foreign invasion, the Chinese people give full play to this national spirit of unity and cooperation. The spirit of unity is also fully reflected in the tea culture. Tea from planting to processing to sales will go through a series of links, each link is linked, so it needs the cooperation of relevant personnel. The concept of "and" in Chinese tea culture also embodies the spirit of unity and cooperation. The unity here has a higher level of connotation, which means that people should not only be calm and cooperative in behavior, but also achieve unity of thought and idea in spirit. Since ancient times, Chinese

people have attached great importance to the importance of ideas. They are good at thinking and summarizing all kinds of merits and demerits in the process of dealing with people. They also integrate their own thoughts and feelings into the culture of definite form to inspire future generations. Tea classics, a famous book of tea culture written in Tang Dynasty, not only records the tea planting and drinking behavior of ancient Chinese, but also records the philosophy and ideological values of ancient Chinese, which provides valuable reference materials for the study of ancient Chinese culture. In a word, Chinese tea culture is broad and profound

The rich philosophies and spiritual concepts contained in it have a profound impact on Chinese character and behavior.

2. Rich connotation of football sports spirit

Football is the most extensive form of sport in the world, which is loved by people all over the world. Football is not only full of passion and appreciation, but also represents a kind of sports spirit of unity and cooperation. China has a deep relationship with football. Football was called Cuju in ancient China and was loved by people at that time. With the development of football, it has more and more influence in the world. Almost every country has its own national football team and League club team. There are world cups and football events on all continents around the world. It can be said that the world influence of football is incomparable with other sports. Although football has different cultural connotations in different countries of the world, football has a common spiritual connotation in the world, that is, the spirit of unity and cooperation. Football is a collective sport, which is different from table tennis and other individual sports. The collective sports focus on team cooperation. No matter how strong the individual's ability is, there will be no use without the cooperation of other people. Now, we tend to pay too much attention to famous stars, too much attention to the individual ability and influence of stars. In fact, this is one-sided, because no matter how strong a footballer's personal ability is, or a member of the team system, the operation of

the team depends on everyone's cooperation, only in this way can we better play everyone's value and ability. Football stresses not only unity and cooperation, but also procedures and rules. This is not only reflected in the strict rules of the game, but also in the tactical quality of the players in the process of the game. In the rules of football match, there are rules such as offside, corner, set piece, goal kick and penalty kick. In every football match, there are full-time referee and assistant referee to supervise the implementation of these specific rules. There is a saying in ancient China that "no rules, no circles", which embodies the importance of rules and procedures. Rules play an irreplaceable role in football. Just because of the existence of specific rules, football players can strictly regulate their own behaviors in complex circumstances and promote the smooth progress of the game. Any football player who violates the relevant regulations will be punished by the referee, with a warning given to the minor and a red card or suspension for the major. It can be seen that only by fully respecting and applying the rules can football be better carried out. The consciousness of rules and procedure is also an important part of football spirit. Fair competition is also one of the important spiritual connotations of football. Fair competition refers to fully abide by all kinds of rules in the process of competition, do not cheat, and hate the actual strength to win the competition. Before many games, football organizers will arrange relevant football players' representatives to swear, saying that they will abide by the rules and ensure fair competition. However, with the commercialization of football, more and more economic benefits have infiltrated into football. In this case, some illegal and fraudulent behaviors such as gambling, black ball, black whistle and so on are constantly emerging, which have greatly damaged the reputation of football and the value concept of fair competition, and also caused the high concern of the relevant management organizations in the world. Taking China as an example, in order to further rectify the football ethos, we have carried out many special actions to fight against

football gangsters, and imposed severe legal sanctions on those suspected of gambling, blackball and black sentry, in order to protect the good development environment of Chinese football. Contemporary football also embodies a strong humanistic concern. With the globalization of football, the related football sports spirit has been widely spread all over the world. It can be said that the current football has gone far beyond the scope of sports, but more public welfare. Now, after becoming famous, many football players have served as ambassadors for public welfare, making use of their influence to make a contribution to social welfare. In this way, on the one hand, it reflects the humanistic care of football, on the other hand, it has positive significance for the promotion of the personal reputation and image of football players. Humanistic care is also reflected in the formulation of football related rules. In football, there is a slogan that friendship is the first, competition is the second, that is to say, friendship is always the first in football, and all competitions are carried out in order to better and more in-depth exchanges and enhance feelings. Even after the commercialization of football, the value concept of friendship first match second has always been inherited, which is also a full embodiment of the spirit of humanism.

Football is a collective sport, which is quite different from some individual sports. The collective sports pay attention to team cooperation. No matter how strong the individual ability is, if there is no good cooperation, it cannot play a real ability. In the process of paying attention to football, some people prefer to pay more attention to some big stars, pay too much attention to the personal ability of players and their influence in the football world. In fact, this view and attitude is one-sided wrong in understanding football, because no matter how high the personal ability of football players is or the whole football system should be. Only when the football players in each position play their own value and ability on the field, can they finally win the football team.

3. Effective integration of tea culture and sports spirit

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3.1 Integration of ancient football and tea culture

Football sports originated from Cuju in the Warring States period, which is a kind of entertainment sports game form similar to modern football. It has evolved and developed in the historical development process. It evolved into the method of military training in the Han Dynasty, spread Cuju organizations and artists in the Song Dynasty, and it was widely spread in the Qing Dynasty. It can be said that Cuju on ice is a kind of sports with far-reaching influence in ancient history. During the Song Dynasty, from Zhao Kuangyin, Zhao Guangyi, and Zhao Ji, the Emperor Taizong of the Song Dynasty to Zhao Ji, the Emperor Huizong of the Song Dynasty, were all fans of Cuju. At the beginning of the Northern Song Dynasty, the tea houses popular for entertainment of the people of the Song Dynasty could see commercial Cuju performances in the tea houses. In the Southern Song Dynasty, there was a tea house named "Huang Jianzui Cuqiu" in Lin'an City where the guests could spend money to drink tea and watch football performances. There was an unwritten rule that the party who kicked and lost should offer tea to the winning party to show that they were willing to lose. Thus, in ancient China, the folk showed the blend and penetration of Chinese traditional tea culture and football sports.

3.2 Integration of modern football and tea culture

With the aim of "faster, higher and stronger" and the highest pursuit, world competitive sports has become a kind of sports event that breaks through the limits of human beings. Under the premise of social moral standards and social sports rules, football sports has also become a bridge and link for communication between countries, reflecting the integration and penetration of the spirit of "principle, respect, clearness and fusion" in tea culture, which is not only sufficient. The players of football sports should improve their self-cultivation, enhance their own clear and rational life, and make every country show the attitude of mutual respect and national

will under the background of football competitive sports.

In the modern football sports, to carry out and popularize the sunshine sports spirit means that the football sports should abide by the moral standards and sports rules. It is a concrete embodiment of the ethical relationship between people, people and society, and people and themselves. It means to "internalize the sunshine sports ethical spirit in the heart and practice it outside", which means the overall in the multi-dimensional human society nature system Harmony, it also pays attention to the difference of "harmony but difference". The existence of sunshine sports shows a kind of rhythm of life and the idea of continuous dynamic harmony. It regards man and nature as an inseparable whole, pursues harmony between man and nature, harmony between man and man, seeks the integrity, balance and stability of the whole ecosystem, pursues the improvement of people's life quality and health level, which is similar to China's The connotation of traditional tea culture coincides. In order to carry forward the spirit of football sports, we need to use the spirit of "Sunshine Sports" to vigorously promote Chinese football sports, integrate the spiritual connotation of "Li" and "Li" in Chinese tea culture, implant them into Chinese football sports, purify the football spirit, and form the unique spirit and quality of football sports facing nature and future.

3.3 Harmonious spirit between human and nature

In football competitive sports, depending on the team's collective struggle to obtain the whole team's achievements and achievements, it does not depend on the individual athlete's individual sports ability, but pays more attention to the interactive state of interpersonal relationship in the process of football competitive sports. It is necessary to advocate the harmonious content between people in football competitive sports, reflecting the spirit of "harmony" and "integration" with Chinese traditional tea culture In this way, the sincere cooperation and communication between people can be enhanced, the conflicts among players can be resolved and the

disharmonious factors can be reduced, the tea ceremony spirit in the tea culture can be integrated into it, a strong football team can be formed and unexpected achievements can be achieved.

3.4 Simultaneous sublimation of overall quality

In the process of integrating the connotation and spirit of Chinese traditional tea culture, it is not difficult for us to see the improvement of the overall quality of the football team through the integration and penetration of the football competitive sports and the spirit of tea ceremony. We can cultivate a good and positive football team spirit and establish a good professional attitude of football team members. It integrates the centripetal force and cohesiveness of the football team with the ideas of clearness, politeness and dedication integrated with the tea culture, so as to improve the sense of responsibility of each football player, connect their own personal fate with the overall fate of the football competitive team, and improve the overall quality of the football competitive sports team.

4. The promotion of tea culture to youth sports spirit

With the development of education and teaching reform and related concepts, the training and education of contemporary youth comprehensive quality has gradually become a new trend in the future. For young people, the basis of their comprehensive quality training is to have healthy literacy, so how to improve the training of contemporary youth health literacy more actively and effectively becomes urgent. Tea culture is a very core part of Chinese traditional culture, which is still very helpful to our current life, work and study. Through the wide spread and development of tea culture, we can learn tea culture better from it, which is conducive to helping contemporary youth enrich their own related cognition and knowledge content, and improve their own ideological realm, Based on the background of tea culture communication, it has a very positive practical significance to make full use of tea culture and knowledge combined with the current way of youth participating in sports

activities and the cultivation of habits, which can be carried out from the following three aspects.

4.1 Enrich the thinking content of Teenagers Participating in sports activities by using the system of tea culture knowledge

In the process of training young people to participate in physical activities and habits, we need to combine the connotation and material of tea culture related knowledge to effectively expand the cognitive and thinking of young people. Tea culture is one of the most important parts of Chinese traditional culture. The knowledge and ideas contained in tea culture play an important role in the healthy growth of young people. It is worth the attention and learning of contemporary young people. If young people can fully recognize and understand the relevant knowledge of tea culture, it will play a substantial role in their long-term development and healthy growth in the future. Xiang, the traditional tea culture has gone through thousands of years of development and precipitation, covering a variety of philosophy and cultural connotations. If it can be fully utilized, it will certainly provide necessary nutrition for the all-round and healthy development of contemporary youth.

4.2 Using tea culture content to improve teenagers' thinking state of participating in sports activities

To make full use of the content of tea culture knowledge to improve the thinking state of the current youth, it is very helpful for the contemporary youth to have a certain thinking state, and the level of a person's state will also have a direct impact on their growth and look at problems. For a long time, many teenagers have some misunderstandings about participating in physical activities and training their habits, and their ideological realm is narrow and one-sided, which has a great relationship with their own thinking realm. From the perspective of the current development of teenagers, only when they form a more complete and comprehensive thinking value system can they lay a solid foundation for their long-term development in the later period. Through the dissemination of tea culture knowledge, we can help the contempo-

rary youth to better improve their own thinking state, so that they can better and comprehensively feel the value and role of tea culture

It is conducive to its own real-time growth [1]. Tea culture belongs to a kind of traditional culture, which can provide some guidance for the development of teenagers' consciousness and play a fundamental role in the improvement and comprehensive cultivation of their consciousness.

4.3 Using the bow leading role of tea culture to ensure teenagers' awareness of participating in sports activities and health training

In order to better explore and innovate the way to improve teenagers' participation in physical activities, we should make full use of tea culture, give full play to the guiding role of its connotation, and fundamentally ensure that teenagers can use a more comprehensive and perfect thinking perspective to recognize the importance of health literacy training for themselves and relevant requirements and standards. At present, in the process of exploring and innovating the way of youth's participation in sports activities, whether in school, society or themselves, there will be one-sided cognition. Many people's cognition about this is more in education knowledge and training, lacking comprehensiveness. Therefore, we should comprehensively improve the comprehensiveness of thinking and cognitive vision. As an important member of the traditional cultural system, tea culture still has a very high application value and guidance role in the contemporary society, so we should effectively popularize and promote through tea culture knowledge, fundamentally It will play a great role in promoting the all-round growth and development of young people, and it will also play a positive role in the spread of Chinese traditional tea culture.

5. Conclusion

Through the above analysis of the related sports spirit of football, we can see that there are many aspects of connectivity between the tea culture and the football sports spirit, especially in the personal spiritual level. The effective integration and unification of the tea culture and the football

sports spirit have a good promoting role and a wide and far-reaching significance for the development of both.

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