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## Optimizing Social Structures to Improve Adolescents' Physical Health: A Structural Functionalism Approach in China

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### Abstract

Since the 1980s, repeated national surveys in China have raised persistent concerns regarding the physical health of adolescents, highlighting a significant decline in their overall fitness. Adolescents' physical health is essential for their well-being and is a critical foundation for the nation's sustainable development and the effective functioning of its social structure. However, various factors, including changes in lifestyle, educational pressures, and social dynamics, have contributed to the deterioration of adolescents' physical health. Addressing this issue requires a comprehensive understanding of the interrelated social components influencing health outcomes. This study adopts the theoretical framework of structural functionalism to investigate the role of critical social structures—family, school, and society—in shaping adolescents' physical health. The research explores adolescents' complex challenges by analyzing how these functional systems interact and identifying their limitations. The study also evaluates the coordination between these systems and identifies potential pathways to optimize their roles in promoting better health outcomes. Key findings reveal gaps in parental guidance, inadequate school-based physical education programs, and societal neglect of holistic adolescent development. The study emphasizes better alignment and collaboration among families, schools, and societal institutions to address these issues effectively. The research concludes by offering policy recommendations and practical strategies to improve the physical health of adolescents, ultimately aiming to strengthen social stability and drive sustainable development. The insights generated will inform policymakers, educators, and community leaders about fostering a healthier, more resilient younger generation.

**Keywords:** *Adolescents' Physical Health, Health Optimization Strategies, Policy Recommendations, Social Structure, Structural Functionalism.*

### A. Introduction

Adolescents' physical health is integral to both personal well-being and societal advancement, shaping the future of nations. Liang Qichao famously emphasized the critical link between youth vitality and national strength, underscoring that the health and vigor of adolescents reflect the potential of a country's future (Liang, 1902). However, in contemporary China, concerning trends are emerging. Increasingly sedentary behaviors among adolescents, driven by widespread reliance on digital technologies and a decline in physical activity, have sparked significant concern (Sun et al., 2020; Wang & Fan, 2021). This shift not only threatens individual health—manifesting in rising rates of obesity and related non-communicable diseases—but also carries broader implications for the nation's economic and social prosperity. Adolescence is a formative period, crucial for instilling lifelong health habits and physical

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resilience. The World Health Organization (WHO) notes that promoting regular physical activity and healthy routines during this stage is vital for ensuring sustained health and productivity in adulthood (WHO, 2019). Therefore, a nation's long-term success hinges on prioritizing adolescent health, making it an urgent focus for policymakers and educators alike.

Global health agencies, such as the WHO, report that over 80% of adolescents worldwide fail to meet recommended physical activity levels (WHO, 2020). Countries with integrated health programs demonstrate how a coordinated approach involving schools, families, and communities can mitigate this crisis (Tremblay et al., 2016). Despite the rising health concern in China, systematic research on adolescent physical health and its societal impact remains limited (Zhang & Li, 2018). The theoretical framework of structural functionalism by Parsons (1951) can provide critical insights into understanding the interconnected roles of social subsystems in promoting health.

This study adopts structural functionalism to analyze systemic challenges in the societal subsystems of family, school, and community. It aims to create actionable strategies for fostering collaborative systems that engage multiple stakeholders in improving adolescent physical health (Parsons, 1951). By bridging theoretical perspectives with policy implications, the study addresses the urgent need for sustainable solutions (Fan et al., 2022). The general objective of this study is to analyze systemic challenges within societal subsystems, including family, school, and community, through the lens of structural functionalism to understand better and address issues related to adolescent physical health. Specifically, this study aims to identify key challenges these subsystems face in supporting adolescent physical well-being. Furthermore, it seeks to develop collaborative strategies that engage multiple stakeholders to enhance adolescent physical health outcomes. By bridging the theoretical perspectives of structural functionalism with relevant policy implications, the study also strives to propose sustainable solutions that can be implemented within the contexts of family, education, and community to address these pressing health challenges.

The decline in adolescent physical health in China highlights systemic inefficiencies in social structures, with implications for long-term societal and economic stability (Chen et al., 2020). This trend poses a significant challenge to the nation's ability to sustain its development trajectory, as the well-being of its younger population is intricately tied to its future workforce and innovation potential. To address this issue, it is essential to adopt a multidisciplinary approach, as highlighted by international best practices. Research underscores the importance of integrating sociology, public health, and education to design evidence-based interventions that tackle the root causes of declining adolescent health (Bauman et al., 2012). By fostering collaboration among these fields, policymakers can develop targeted strategies that promote healthier lifestyles, improve access to healthcare, and create supportive environments for youth development. Furthermore, proactive government measures, such as implementing health-focused curricula in schools and launching community-based fitness programs, are crucial in reversing this trend. Addressing these challenges requires investment in public health infrastructure and the political will to prioritize adolescent health as a cornerstone of national development. By doing so, China can build a healthier and more resilient population, ensuring sustainable growth and stability for future generations (Wang et al., 2023).

## **B. Literature Review**

### **1. The Core Concepts of Structural Functionalism**

The concept of structural functionalism, introduced by the renowned American social scientist Talcott Parsons in 1945, offers a comprehensive lens for understanding the interconnectedness of social phenomena. This theory posits that any social phenomenon can be

conceptualized as a system comprising numerous subsystems operating at different levels. These subsystems are intricately interrelated, each performing specific roles that contribute to society's overall development and stability (Zhao, 2018). As a foundational theory in modern Western sociology, structural functionalism evolved alongside other critical paradigms, such as evolutionary and communication theories, as a critical approach for analyzing the dynamic interplay within social systems (Jiang et al., 2012). Beyond sociology, human and social scientists have embraced this theoretical framework as a valuable research method for interpreting the functions and dysfunctions within complex social constructs.

Structural functionalism emphasizes that society is an integrated whole sustained by the coordinated efforts of interdependent subsystems. These subsystems—whether institutions, organizations, or social roles—function in unison to maintain societal balance and order. For instance, education, governance, family structures, and economic systems are distinct yet interconnected components, each fulfilling specific roles critical to societal stability. When a subsystem operates effectively, it strengthens the collective system's resilience. Conversely, dysfunction in any subsystem—such as ineffective governance or declining educational standards—can disrupt the system's equilibrium, leading to broader societal challenges. This systemic perspective underscores the importance of harmony and coordination within and among subsystems to ensure societal progress.

Moreover, the applicability of structural functionalism transcends theoretical exploration, offering practical insights for addressing contemporary social issues. By identifying and analyzing dysfunctional subsystems, policymakers, and researchers can design targeted interventions to restore balance and optimize systemic performance. For example, addressing dysfunction in adolescent health systems requires a multi-pronged approach involving schools, families, communities, and healthcare institutions, all functioning collaboratively to resolve systemic imbalances. Structural functionalism, therefore, provides a robust analytical framework for understanding societal dynamics and serves as a practical guide for fostering coordinated efforts across diverse sectors to achieve sustainable societal development.

## **2. A Structural Explanation of Adolescent Physical Health Issues**

Currently, the physical health of children and adolescents in China remains at a concerning level, with excessive sedentary behavior becoming a prominent issue. This poses a significant barrier to achieving China's national goal of having 60% of adolescents attain "excellent" physical health by 2030 (Gao et al., 2024). Structural functionalism provides a valuable framework for analyzing the interconnected roles of various subsystems—families, schools, and society—in addressing this challenge. Each subsystem has a specific function that contributes to the overall health system, but imbalances and inefficiencies in these roles undermine collective efforts' effectiveness. A systematic understanding of these subsystems is crucial for designing interventions holistically improving adolescent physical health.

As the foundational unit of socialization, the family plays a pivotal role in shaping healthy behaviors among adolescents. Families should provide balanced nutrition, instill healthy lifestyle habits, and encourage physical activity. However, in many modern families, the pressures of fast-paced work environments have diminished the ability to prioritize health education, weakening this essential function. Similarly, schools, as primary centers for adolescent development, have the potential to significantly influence health outcomes by integrating physical education and promoting fitness activities. Unfortunately, the dominance of exam-oriented education has relegated physical education to a secondary role, reducing opportunities for students to engage in regular physical activity.

In addition to families and schools, society and public policy play critical roles in creating a supportive environment for adolescent health. Effective policies should ensure equitable access to health resources and facilities, yet current systems often neglect adolescent health issues or

allocate resources unevenly, leading to disparities in health outcomes. Addressing these shortcomings requires a coordinated approach that strengthens the role of each subsystem. Families need support to prioritize health education, schools should balance academic and physical education more effectively, and public policies must focus on resource distribution and environmental factors that enable healthier adolescent lifestyles. A more functional and holistic system for promoting adolescent physical health can be achieved by addressing these structural gaps.

## **C. Methods**

### **1. Research Design**

This study adopts a qualitative research design with a descriptive-analytical approach guided by the theoretical framework of structural functionalism (Parsons, 1951). This framework investigates how various social structures, such as family, school, and society, influence adolescents' physical health. The study aims to identify systemic inefficiencies and propose optimized strategies for addressing gaps within these structures. The choice of this design ensures a deep understanding of complex social dynamics, focusing on collaborative pathways to improve adolescents' health outcomes (Creswell, 2013).

### **2. Research Procedure**

The research procedure was conducted in three systematic stages. First, a comprehensive literature review was performed to establish a theoretical and contextual basis for the study, focusing on previous applications of structural functionalism in health-related research (Durkheim, 1895/2013). Second, data collection involved integrating both primary and secondary data sources. Primary data were obtained through semi-structured interviews and focus groups, while secondary data were extracted from national surveys, health reports, and policy documents (Silverman, 2017). Finally, the collected data were categorized according to the roles of family, school, and society in shaping adolescents' physical health, enabling a detailed analysis of their interactions and limitations (WHO, 2019).

### **3. Data Collection Techniques**

Three techniques were employed to ensure robust data collection. Semi-structured interviews were conducted with key stakeholders, including parents, educators, and policymakers, to understand their perspectives on health challenges and interventions (Spradley, 1979). Focus group discussions with adolescents and school staff provided insights into the lived experiences of young people and their perceptions of physical activity programs (Silverman, 2017). Additionally, document analysis was utilized to review government health statistics, policy documents, and international studies to contextualize findings within broader trends and benchmarks (WHO, 2019).

### **4. Data Analysis Techniques**

A thematic analysis approach was employed to interpret the qualitative data systematically. The process involved coding interview transcripts and focus group discussions to identify recurring patterns, which were then grouped into themes such as "parental involvement," "school program quality," and "community engagement" (Braun & Clarke, 2006). These themes were analyzed using the structural functionalism framework to assess the effectiveness and alignment of the three subsystems in promoting adolescents' health (Parsons, 1951). To enhance the study's validity, a triangulation process was

implemented by cross-verifying primary and secondary data (Lincoln & Guba, 1985). This method ensured a holistic understanding of the issues and provided a solid foundation for developing actionable recommendations.

## **D. Findings and Discussion**

### **1. The Realistic Constraints on the Development of Adolescent Physical Health.**

Under the context of Healthy China, adolescent physical health is a critical component of sports governance and an essential aspect of social governance in China (Li et al., 2023). Due to technological limitations, there is a lack of effective coordination and collaborative mechanisms between government functional departments, grassroots sports, health organizations, health promotion markets, communities, schools, and hospitals within the adolescent physical health governance system. This results in the inability to co-build, share, and jointly manage health promotion data and resources across various fields, and the integration and coordination of social health promotion resources are far from sufficient (Li & Shi, 2022).

Firstly, diversified service resources are uneven. Some families and communities lack relevant educational resources and services and cannot provide diverse, comprehensive health education and exercise facilities. The quality of services provided by families, schools, and communities varies significantly, with a lack of unified supervision and coordination, making it difficult to ensure service quality. Service providers, local governments, sports organizations, sports clubs, and the public are unaware of the importance of regulating adolescent sports data. This leads to a lack of action from multiple stakeholders in sports data regulation (Xu & Zhou, 2022).

Second, the coordination mechanism between schools, families, and communities is underdeveloped. Currently, the mechanism for collaboration among schools, families, and communities is not sufficiently mature, and these parties lack effective communication channels. This disconnect leads to a misalignment between educational resources and services and the actual needs of adolescents, thereby hindering their holistic development. In family-based parenting education, physical activity is given too little emphasis. Parents often enroll their children in various tutoring classes but neglect physical exercise. The goal of ensuring one hour of physical activity per day is unmet in school education. Moreover, community-based sports activities are virtually absent, with most communities lacking facilities for youth physical exercise (Zhao, 2018).

Third, the supervision and management model lacks coordination. The construction of supervisory institutions is inadequate: China has no legislative guarantee for regulating youth sports data. The absence of relevant systems for data collection, processing, application, and security management in sports exposes youth health data, personal privacy, and exercise behavior to significant risks (Lü et al., 2024). Additionally, there is insufficient collaboration among departments responsible for overseeing the interaction of schools, families, and communities. The division of responsibilities among the various departments involved in supervision is unclear, with only a portion of relevant institutions and departments participating in oversight, guidance, and management, while others lack effective supervisory mechanisms.

The social support system for youth sports development is a multi-stakeholder cooperative framework that requires the joint participation and efforts of the government, schools, families, and society to provide opportunities and environments for youth sports development, promoting their comprehensive physical and mental well-being. For youth sports to be prioritized, the social support system urgently needs to be strengthened and improved (Xiao, 2024).

## **2. The Adolescent Physical Health Promotion System from the Perspective of Structural Functionalism Theory**

Adolescent sports health promotion is a social action system, and its effective functioning depends on clarifying the relationships among the roles of its internal components. Based on structural functionalism theory, the adolescent sports health promotion mechanism comprises society, schools, families, and adolescents. Addressing adolescent physical health issues requires collaboration and mutual reinforcement among schools, families, communities, and adolescents to achieve better health promotion outcomes (Zhou & Yang, 2023). From this theoretical perspective, the empowerment system for promoting adolescent physical health consists of four main components: the organism system, personality system, social system, and cultural system.

(1) **Organism System:** This includes the health and development of various organ systems in adolescents' bodies, such as the skeletal, muscular, circulatory, nervous, respiratory, and integumentary systems. These are critical for normal physiological functioning and physical development for movement and exercise. (2) **Social System:** This refers to the influence and support provided by the social environment for adolescents' health development. It encompasses the roles of family, schools, communities, and social organizations in creating a supportive living and growth environment for adolescents. (3) **Cultural System:** This pertains to the inheritance and development of sports culture and values in society. It includes cultural education, sports education, and cultural environment shaping adolescents' cultural values and perceptions of sports. (4) **Psychological System:** This focuses on the mental health growth of adolescents. It includes aspects such as self-identity, self-confidence, a sense of meaning, and purpose in life, which are vital for their overall psychological well-being.

Together, these four systems—family, school, community, and public policy—constitute a comprehensive empowerment framework for promoting adolescent physical health. Each system contributes unique yet interconnected resources, strategies, and support mechanisms essential for fostering holistic well-being in adolescents. Families provide foundational guidance by shaping early habits, instilling discipline, and encouraging physical activity through daily routines. Schools complement this by offering structured physical education programs, access to sports facilities, and opportunities for skill development, fostering a sense of teamwork and personal achievement. Communities create an enabling environment through accessible recreational spaces and local initiatives that promote active lifestyles. At the same time, public policies ensure equitable resource allocation, advocate for health-promoting infrastructures, and establish regulations to prioritize adolescent health.

This integrated framework is pivotal in improving adolescents' physical health and enhancing their sports abilities, mental resilience, and personal growth. Adolescents build essential life skills such as discipline, teamwork, and perseverance by engaging in sports and physical activities, which positively influence their overall development. Additionally, the framework addresses the broader dimensions of health by reducing sedentary behaviors, preventing lifestyle-related diseases, and promoting mental well-being. These collective efforts ensure adolescents have the physical and psychological capabilities to navigate challenges and achieve their full potential.

Ultimately, the empowerment framework functions as a dynamic system, where each subsystem's effectiveness amplifies the others' impact. For example, when public policies fund school sports programs and communities provide safe spaces for recreational activities, families are better positioned to encourage consistent participation. Likewise, schools can leverage community resources and policy support to offer more robust health promotion initiatives. This synergy between systems not only refines adolescents' physical and sports abilities but also lays the foundation for a healthier, more active generation equipped to contribute meaningfully to society.

### **3. An Analysis of the Collaborative System for Promoting Adolescent Physical Health**

Adolescent health promotion has become a shared responsibility across society. Therefore, the subsystems at all levels must collaborate and coordinate during system operation to form an energy-efficient guiding system that operates in an orderly manner. To ensure the functionality of the subsystems, their internal structures must be continuously optimized. This process involves mobilizing the collaborative mechanisms of all stakeholders. The system's functions can only be realized when these mechanisms align seamlessly (Zhu & Zhao, 2018). Based on the framework of structural functionalism theory, the collaborative mechanism for promoting adolescent physical health can be summarized as follows:

#### ***Enhancing the Health of the Organism System***

Promoting adolescent physical health fundamentally depends on supporting and safeguarding the organism system, which encompasses the biological and physiological functions essential for overall well-being. By encouraging healthy eating, adolescents receive the necessary nutrients to support growth, immune function, and energy for daily activities. Regular physical activity strengthens cardiovascular health, enhances muscular and skeletal development, and improves metabolic efficiency while boosting mental health by reducing symptoms of anxiety and depression. Adequate sleep plays a critical role in cognitive function, emotional regulation, and physical recovery, ensuring that adolescents are prepared to meet the challenges of their developmental stage. Stress management is equally vital, as chronic stress can impair hormonal balance, immune function, and overall health outcomes.

When these elements are collectively emphasized, they foster a holistic development process within the organism system, enabling adolescents to build a strong foundation for lifelong health. Schools, families, and communities must work to create environments that promote these behaviors by providing access to nutritious food, safe spaces for physical activity, and education on the importance of rest and stress management. Adolescents also play an active role by adopting these healthy habits, reinforcing their capacity to achieve optimal physical health.

Through consistent support of the organism system, adolescents improve their immediate physical health and establish patterns that prevent future health issues such as obesity, cardiovascular disease, and mental health challenges. This integrative approach ensures that adolescents are not only physically fit but also resilient, balanced, and prepared for the demands of adulthood.

#### ***Strengthening the Family-School-Community Regulatory Coordination Mechanism***

Families, schools, and society must collaborate to establish a well-coordinated system for promoting adolescent physical health. Each plays a distinct yet complementary role in ensuring the holistic well-being of adolescents. Families are the foundation for closely monitoring adolescents' psychological health, nutrition, and physical activity levels. By creating a supportive home environment, parents can instill healthy habits, address mental health concerns early, and encourage regular participation in physical activities. This foundational support promotes immediate well-being and establishes lifelong habits essential for maintaining health.

As pivotal institutions in adolescents' lives, schools must strengthen their oversight of physical education programs to ensure they meet developmental needs. This includes enhancing the quality of teaching by training educators, maintaining and upgrading sports facilities, and integrating health education into the curriculum. Schools have a unique opportunity to expose students to structured physical activities and promote the value of fitness through a balanced approach that prioritizes both academic and physical development. By creating a supportive educational environment, schools can help reduce sedentary behaviors and foster a culture of active lifestyles among students.

At the societal level, a broader framework is required to provide comprehensive sports health services and implement robust regulatory mechanisms. Communities can contribute by creating safe and accessible recreational spaces, organizing health-focused programs, and supporting local sports initiatives. Public policies must ensure equitable distribution of health resources, enforce standards for sports facility safety, and provide funding for adolescent health promotion programs. A robust regulatory system is essential to coordinate these efforts, monitor progress, and address disparities. When families, schools, and society align their efforts within a coordinated system, the collective impact on adolescent physical health is far more significant, creating a sustainable pathway to healthier generations.

### ***Building a Cultural Development Platform***

Promoting cultural and sports activities such as football, basketball, and calligraphy provides adolescents with diverse opportunities and platforms to develop their physical and mental health. Sports like football and basketball enhance cardiovascular fitness, build muscular strength, and improve coordination while fostering teamwork, discipline, and resilience. Participation in these activities helps adolescents channel their energy positively, reducing the risks of sedentary behaviors and lifestyle-related health issues. Additionally, sports create a structured environment where adolescents can set goals, face challenges, and develop problem-solving skills, all contributing to mental fortitude and emotional well-being.

Cultural activities like calligraphy provide a complementary outlet for creativity and stress relief, supporting adolescents' mental and emotional health. Calligraphy, for instance, improves focus, patience, and fine motor skills while offering a calming, meditative experience. Engaging in such activities nurtures cultural appreciation and self-expression, contributing to adolescents' sense of identity and belonging. These cultural practices balance the physically intense nature of sports, providing a holistic approach to well-being by addressing mental and physical dimensions.

Adolescents can access platforms encouraging balanced development by integrating sports and cultural activities into their daily lives. Schools, communities, and families should work together to make these activities accessible and appealing, providing adequate resources and support. Collaborative efforts to organize sports tournaments, cultural workshops, and recreational clubs can ensure inclusivity and sustained participation. This integrative approach enhances individual health outcomes and builds a cohesive and active community, laying the groundwork for a healthier and more dynamic generation.

### ***Improving the Construction of the Psychological System***

Establishing a psychological health support network is crucial for fostering a comprehensive framework that informs students, parents, and teachers about mental well-being and equips them to support adolescents better. This network should utilize diverse channels, such as workshops, online platforms, counseling services, and community programs, to provide easy access to psychological health information and resources. By educating stakeholders on mental health issues, coping strategies, and available interventions, the network empowers them to recognize signs of distress early and respond effectively. Such efforts ensure that students receive the guidance and care they need to navigate challenges and maintain their psychological well-being.

Central to this initiative is raising awareness among parents, schools, and society about the importance of psychological health care. Parents play a critical role in creating a supportive home environment where open communication about emotions and mental struggles is encouraged. Schools must integrate psychological health education into the curriculum, train teachers to identify and address student concerns and offer professional counseling services. Society, through public policies and community organizations, can contribute by promoting mental health

campaigns, ensuring equitable access to counseling services, and reducing the stigma surrounding mental health issues.

This multi-layered approach benefits students and fosters a culture of psychological care within the broader community. When parents, teachers, and society work together to prioritize mental health, they create an ecosystem that nurtures resilience, emotional intelligence, and overall well-being in adolescents. Such a support network addresses immediate psychological needs and builds a strong foundation for healthier future generations.

#### **4. Exploring Optimization Pathways for Adolescent Physical Health Based on Structural Functionalism**

##### ***Enhancing the Function of Family Health Education***

As the foundational setting for adolescent development, families play a critical role in health education and must actively enhance their contribution to promoting physical and mental well-being. Parents should increase their awareness of the importance of physical exercise and healthy lifestyles by gaining knowledge of scientific health practices. By rationally planning their children's diets and daily routines and leading by example through active participation in sports, parents can encourage adolescents to adopt and sustain healthy behaviors. Governments and society should support these efforts by providing families with accessible health education resources, enabling them to acquire practical and scientific health management knowledge. Such initiatives can empower families to become more effective agents of health promotion in alignment with broader societal goals.

In the context of national policy directions in the new era, families should aim to integrate individual adolescent development with national health strategies. Beyond fulfilling basic needs such as nutrition, medical care, and material resources, families should prioritize creating a supportive environment that facilitates physical activity and health monitoring. This involves shifting from passive encouragement to active leadership by engaging in parent-child sports activities and fostering a fitness-oriented family culture. Such efforts promote physical health and strengthen the emotional bond between parents and adolescents. A positive family atmosphere emphasizing fitness and well-being can effectively reinforce adolescents' commitment to a healthy lifestyle while aligning with national goals for improving youth health outcomes.

Collaboration between families, schools, and social organizations is essential to sustain and enhance these efforts. Families should work closely with school physical education programs to ensure consistency and complementarity in health promotion strategies. Additionally, leveraging the resources of community groups, sports clubs, and public health initiatives can provide families with diverse opportunities and support mechanisms for fostering adolescent health. By acting as a cohesive unit that aligns familial, educational, and societal resources, families can significantly contribute to the sustainable development of adolescent physical health monitoring and overall well-being (Bian, 2020).

##### ***Enhancing the Function of School Physical Education***

Schools must prioritize restoring and enhancing their physical education functions to promote adolescent health effectively. This includes ensuring adequate physical education class hours and allocating sufficient daily time for students to exercise. By doing so, schools can address the growing concern of sedentary behavior among adolescents and foster lifelong habits of physical activity. A key focus should be on improving and expanding school sports facilities, with particular emphasis on increasing investments in rural and underdeveloped areas to reduce disparities in access to sports resources. Furthermore, schools should refine their evaluation systems by incorporating physical fitness and exercise performance into comprehensive student assessments, creating an educational model that balances academic achievement with physical well-being.

In addition to these internal reforms, schools should capitalize on physical education's broader outreach potential and leverage sports research to guide effective health promotion strategies. Schools can extend their impact beyond their immediate student body to families and the larger community by disseminating scientific fitness methods and modern educational concepts. Community service activities, such as fitness workshops and health awareness campaigns, position schools as hubs for promoting physical health and wellness. This approach not only elevates the role of schools in fostering adolescent health but also strengthens their function as agents of social service and community engagement.

By integrating these strategies, schools can become central platforms for monitoring and enhancing adolescent physical health. This involves aligning their resources and expertise with societal needs while fostering collaboration among students, families, and the community. Such an approach promotes physical fitness and ensures that educational institutions contribute meaningfully to developing a healthier, more active, well-rounded generation (Bian, 2020).

### ***Enhancing the Social Support System***

Society should provide adolescents with more public sports resources, including building sports venues and facilities tailored to their needs and encouraging active participation through community sports activities. At the same time, society should strengthen promoting and guiding healthy lifestyles, fostering a positive sports culture atmosphere.

Moreover, the government should reinforce the implementation and supervision of relevant policies to ensure that measures promoting adolescent physical health are effectively executed. Adolescent physical health monitoring is a systematic, complex, and increasingly specialized collaborative effort. No single entity can undertake this responsibility alone. In this context, the involvement of social organizations serves as a valuable and necessary complement to the overall effort (Bian, 2020).

### ***Establishing a Collaborative Mechanism Among Families, Schools, and Society***

To address the insufficient collaborative effects among families, schools, and society in promoting adolescent physical health, it is crucial to delineate the rights and responsibilities of all stakeholders. Government agencies, families, schools, communities, and social organizations must work together as part of a comprehensive system to achieve shared health objectives (Jiang, 2024). A triadic collaborative mechanism involving these three core entities—families, schools, and society—should be established to foster a unified and synergistic approach. This mechanism would enable a more integrated effort in supporting adolescent physical health, ensuring that the initiatives of each entity complement and strengthen one another rather than operating in isolation.

A vital component of this collaboration is the implementation of information-sharing platforms to enhance communication and coordination among stakeholders. By leveraging digital tools and technologies, families, schools, and society can monitor adolescents' health more effectively, providing real-time feedback on their physical activity, dietary habits, and overall well-being. Such platforms allow stakeholders to adopt health promotion strategies based on evidence and ensure that interventions remain responsive to the needs of adolescents. Additionally, coordinated monitoring ensures that no single entity bears the burden of health promotion, distributing responsibilities equitably across all parties.

Furthermore, the government must establish a long-term policy framework facilitating collaboration among functional departments. Policies should incentivize cross-sectoral partnerships, allocate sufficient resources to adolescent health programs, and ensure accountability at all levels. By fostering collaboration among public health institutions, education systems, and community organizations, the government can create a robust support structure for

adolescent health. This systemic approach ensures that families, schools, and society operate cohesively, enabling sustainable and impactful health promotion efforts...

## E. Conclusion

Promoting adolescent physical health is a complex systemic endeavor requiring shared responsibility among families, schools, communities, and adolescents. A single entity cannot achieve the success of such efforts but relies on collaborative mechanisms that generate synergistic effects. High levels of coordination between subsystems—such as families, schools, communities, and adolescents—are essential to ensure the system functions effectively. Moreover, the mutually beneficial relationship between higher education sports resources and adolescent health highlights the potential for further exploration and optimization of collaborative mechanisms in this area. A cross-sectoral approach is therefore crucial for achieving more significant and sustainable outcomes in adolescent physical health promotion.

To enhance these efforts, several key strategies are recommended. First, fostering intersectoral collaboration among families, schools, communities, and government agencies is vital to developing integrated strategies, such as community-based sports programs. Second, supportive policies should prioritize adolescent physical health by ensuring adequate resources for sports infrastructure, professional training, and school health facilities. Third, expanding health education programs to include students, parents, and educators is critical to raising awareness about healthy lifestyles. Higher education institutions can also play a pivotal role by sharing their sports resources with local communities and designing innovative programs integrating sports with health promotion. Finally, regularly monitoring and evaluating health promotion initiatives involving all stakeholders is necessary to ensure their effectiveness and to adapt to evolving needs.

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