



# Sports Behavior Intervention of College Students' Psychological Crisis: Internal Logic and Path Selection

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**Abstract.** Contemporary college students are in a sensitive period of psychological development. Due to their single growth path and immature minds, they entered the university stage and were unable to cope with the shock from closed to open. Uncomfortable mental journey, when faced with setbacks and setbacks, is prone to psychological crisis problems. In the psychological crisis intervention treatment, sports intervention has been proved to be an effective means. However, due to the reality that the types, nature and characteristics of college students' psychological crisis are different, a one-size-fits-all group sports intervention will affect the intervention effect, and sometimes even have the opposite effect. Therefore, individual differences should be emphasized, and the rationality, immediacy, and logic of internal connection of sports intervention measures should be emphasized. According to the above measures, can create a good intervention situation, psychological crisis intervention treatment will be effective.

**Keywords:** Sports behavior Intervention · College Students' psychological

## 1 Introduction

Under the background of economic and social transformation and development, and the diversification of values and lifestyles, contemporary college students are facing increasing pressures in terms of values, behavior, interpersonal communication and employment, and more and more contradictions. It is easy to trigger psychological crisis and lead to malignant events. Correct use of sports behavior to intervene in the psychological crisis of contemporary college students will help to improve and enrich the theory and practice of college students. It is of great significance to promote the physical and mental health of college students and build a harmonious society and campus [1].

## 2 Definition and Intervention of Contemporary Student Psychological Crisis

CaPlan (1964) defined a psychological crisis as a state of psychological imbalance that occurs when an individual is unable to avoid or suddenly a major life event and cannot

solve the problem with the usual solutions. College students are in a special period of life development. He is full of desire and enthusiasm to explore the outside world, but the physical development precedes the psychological. When the imbalance of physical and mental development is formed, their mental ability has not yet reached a level sufficient to deal with possible setbacks or blows in the process, and their mental state may inevitably be induced to a crisis state (CHE1990) [2]. It is mainly divided into situational crisis, developmental crisis and survival crisis (FU2006) The main reasons for the psychological crisis of contemporary college students are self-cognition dislocation, low self-esteem, personality defects, study and employment pressure, negative emotions and interpersonal relationships, Internet addiction and so on. It embodies the characteristics of time, complexity, power and universality (GAO2009) [3].

Psychological crisis intervention is a short-term therapeutic process. The purpose is to provide timely support and help for people with psychological crisis to improve their psychological state. Psychological crisis intervention is a treatment method developed on the basis of brief psychotherapy. In conclusion, the psychological crisis intervention is treatment rather than correction or prevention. At present, the main intervention measures are education, psychological counseling and guidance of recreational and sports activities. Correct use of sports behavior to intervene in the psychological crisis of contemporary college students will help to improve and enrich the theory and practice of college students [4].

The main manifestations of psychological crisis are reflected in four aspects, namely physiological, psychological, cognitive and behavioral aspects. (1) In terms of physiological, there will be symptoms such as difficulty sleeping, stomach discomfort, dizziness, chest tightness, and loss of appetite; (2) In terms of psychological, there will be extreme anxiety, panic, apathy, depression, and emotional loss of control, etc. (3) In terms of cognition, there will be slow reaction, unable to concentrate for a long time, memory decline, and the ability of judgment and reasoning will decline; (4) In terms of behavior, there will be problems with learning or labor, they are unable to concentrate and control their emotions, so they may have a tendency to destroy others or objects, and they will also make some aggressive behaviors in order to make themselves the focus.

### **3 The Causes and Mechanism of Psychological Causes of College Students**

#### **3.1 The Reasons for the Students**

Because college students are in a period of personality transformation, from immaturity to maturity. And they face greater social pressure, mainly from two aspects, namely academic pressure and employment pressure. In addition, it is necessary to deal with emotional problems. At the same time, college students are about to enter the society, and they also need to adapt to the process of entering the society from the campus. Therefore, they are faced with great challenges psychologically or ideologically. When the psychological adjustment is not timely, depression and anxiety will appear. At the beginning of this negative emotion, reasonable and effective adjustments should be made, and with the support of society and the campus, a positive emotion should be cultivated.

Otherwise, this negative emotion will make college students have some extreme thoughts and revenge behaviors [6].

### 3.2 Reasons for Education

At present, both school education and family education focus on the knowledge education of students, ignoring the development of students' personality and psychology. Under the guidance of my country's test-oriented education, schools and parents pay great attention to students' performance, while students' psychological needs are often ignored. Therefore, when students' psychological problems occur, school teachers and parents will not directly Perceived, but not taken seriously until there is a significant problem with the psychological condition, and obvious negative behaviour [5].

### 3.3 Reasons for Social

First of all, college students are faced with various pressures, especially the academic pressure, the pressure from the society and so on. In addition, because college students are about to face the pressure of stepping into society, they also have to deal with interpersonal relationships. When college students step into the society, the resulting growth environment is more complicated. For example, factors such as parental divorce, parental incompatibility, poor parent-child relationship, improper educational methods, and family economic difficulties all make college students not receive enough family support in the growing environment. College students have not formed good interpersonal communication and interpersonal adaptability, and have not formed a friendly attitude towards life, society and others. In addition, some social media's over-exaggeration of psychological crisis events has increased the probability of college students imitating and imitating. The motive for profit has led to many negative social influences such as the connivance of bad habits of college students by many for-profit organizations, which has increased the uncertainty and complexity of the psychological crisis factors of college students.

## 4 The Benign Influence of Sports Behavior on Psychological Crisis

Sports have not only a physical impact on the human body, but also a psychological impact. On the basis of summarizing previous studies, Cox put forward six basic hypotheses, namely cognitive behavior hypothesis, social interaction hypothesis, distraction hypothesis, cardiovascular function hypothesis, amine hypothesis, and endorphin hypothesis. Psychological effects due to altered physical activity function are theoretically explained (HE2005) [7]. Some studies believe that college students can better intervene in psychological crisis by participating in different sports activities in leisure space (HU2012). Studies have also shown that recreational sports games can help the intervention subjects experience the pleasure brought by physical exercise (SONG2001). Therefore, sports behavior intervention is considered as cognitive behavioral therapy for psychological crisis (XUE, ZHANG2009) [8].

## **5 Insufficient Effectiveness of Sports Behavior Intervention for College Students' Psychological Crisis**

### **5.1 Lack of Reasonable Choice of Sports Intervention Activities**

The current college students' psychological crisis has complex characteristics of coexistence of various types, such as situational crisis and existential crisis. Anxiety and obsessive-compulsive disorder coexist. Therefore, if a relatively single sport or content is used to intervene, the intervention will be inaccurate, incomplete, or even have the opposite effect. For example, team sports activities are often used as psychological interventions for withdrawn, unwilling and closed people, which are expected to strengthen their communication skills and subjective desires (YAN2007). But this ignores psychological symptoms that subjects may have had low self-esteem or pride. In team sports such as football and basketball, the failure of one's own or others' technical cooperation may lead to a tendency to inferiority or arrogance, and even refusal to contact others. On the other hand, single, non-innovative physical activities are prone to mental fatigue, lack of interest and motivation to participate, and reduce intervention pressure. There are individual differences in psychological conditions, resulting in different sources, types and manifestations of psychological crises. Inappropriate interventions that ignore individual differences may cause trauma, while ignoring or stifling the individual's ability and opportunity for self-healing, ultimately reducing the effectiveness of the intervention [9].

### **5.2 Public PE Course Selection Model and Teaching Methods Lack of Humanistic Care**

Public physical education is an important way for college students to participate in sports activities. Problems such as unclear curriculum objectives, lack of teaching resources and teachers, and untimely teaching materials and teaching methods have forced the reform of public physical education (ZHU2009). However, the reform measures proposed so far ignore the needs of students with psychological crisis to a certain extent. In the current course selection method, most colleges and universities form a public sports course group based on a single sports project, and students choose courses independently. Among them, the resources of popular courses are limited, so the courses that students can choose are relatively limited. This course selection mode is conducive to the rational allocation of teaching resources by the physical education department of colleges and universities, and is suitable for ordinary college students. But for students with psychological crisis, this course selection model is not conducive to the effective development of sports behavior intervention. A small number of schools offer special physical education courses, but mainly for students with physical activity disorders rather than psychological crisis (ZHANG, REN2000). Physical education is an important part of school education, and its essence lies in the care and cultivation of human vitality. However, due to the limited number of students in psychological crisis and the objective and practical constraints, it is unrealistic to offer special physical education classes or separate classes for students in psychological crisis. This makes it difficult for them to improve their mental health through physical activity in gym class. At the same time, in terms of teaching methods,

because students with psychological crisis are in the same class as ordinary students, teachers will inevitably ignore the sensitive inner feelings of these students in terms of teaching requirements and language expression, which may easily lead to the failure of sports intervention in psychological crisis [10].

### **5.3 Effective Intervention Under the Guidance of Psychological Medicine is Seriously Lacking**

The psychological crisis of students is not only affected by social factors, but also by individual factors. First, genetic factors. Inheritance is a physiological phenomenon that refers to the process by which many biological characteristics of the previous generation are passed on to the next generation. Genetic quality is the material prerequisite for psychological development. Second, disease factors. Physical diseases may also affect students' psychological activities, such as irritability, insomnia, and restlessness. Third, sexual physiological factors. The physical development of college students is basically completed. However, due to the insufficiency of sexual psychology and education, some students cannot correctly recognize sexual reactions, and are prone to psychological discomfort and confusion. The currently proposed influencing factors lack sufficient medical guidance for effective intervention [11].

## **6 Exploration of Ways to Improve the Effect of Sports Behavior Intervention on Psychological Crisis of Contemporary College Students**

### **6.1 Strengthen the Publicity and Popularization of the Movement as the Entry Point to Do a Good Job of Psychological Crisis Prevention**

In the publicity of college students' mental health, it is necessary to actively guide students, and carry out educational activities in various forms, such as lectures, publicity on relevant websites, and corresponding courses can also be carried out on campus. First of all, actively publicize the content of college students' mental health to strengthen their understanding of mental health knowledge. In addition, to strengthen the promotion of sports, most students do not understand the positive impact of sports behavior on psychological crisis, so they ignore sports. College students also do not pay attention to physical education courses. Therefore, the promotion of mental health and sports should be carried out at the same time, and theory should be combined with practice. In addition, colleges and universities should build a sports-oriented culture and create a positive campus atmosphere.

### **6.2 Scientific and Rational Creation of Sports Behavior Intervention Content and Methods**

In order to improve sports behavior intervention, physical education colleges should establish complex physical education teaching content suitable for students with psychological crisis. The teaching content is mainly created around the following five points:

the balance of body and mind, the diversity of aerobic exercise, the transformation and combination of ball games, outdoor activities and basic theoretical learning. We should change the conventional thinking that a certain exercise is suitable for intervening in a certain psychological crisis, and focus on the comprehensiveness of exercise intervention. Finally, according to each student's psychological crisis, a targeted exercise prescription should be formulated to guide them to conduct independent or extracurricular sports activities. At the beginning of the intervention, physical education teachers and psychological counselors can jointly formulate exercise prescriptions for them. It can be gradually personalized over time, made by teachers, counsellors and students. In the selection of the content and methods of the entire sports behavior intervention, it is necessary to reflect rationality, science, and differences.

### **6.3 Reform the Existing Course Selection Mode or Try to Open Adaptive PE Courses for Students in Psychological Crisis**

The existing elective mode of public physical education courses in colleges and universities is mainly formulated by physical education colleges according to teaching resources. In the course selection process, special physical education courses can be selected for students with special physical conditions, while students with psychological crisis are ignored and included in the course selection category of normal students. In order to improve the effect of sports intervention in psychological crisis, the current public sports course selection mode should be reformed in a targeted manner. In order to improve the effectiveness of sports behavior intervention, the sports department should cooperate with the psychological counseling center to combine the psychological information of the students with the psychological information of the psychological counseling center. Combined with their personal wishes as the basis for course selection, courses will be prioritized. This course selection model can improve the effectiveness of sports intervention to a certain extent. On the basis of the reform of the course selection model, the theory and feasibility of physical education courses for students with psychological crisis should be studied, and the corresponding courses and evaluation models should be reasonably designed. Especially their psychological condition needs to be improved. The current teaching mode of special physical education is worthy of reference, but cannot be copied exactly. When using the teaching mode, we should analyze and adapt it according to the specific situation. If the original model is copied, students with psychological crisis will be ignored, and the course selection category of normal students will be released, which will have a negative impact on the effectiveness of sports intervention in psychological crisis.

## **7 Conclusion**

As a measure to solve the psychological crisis of contemporary college students, sports behavior intervention has been verified by many studies, but due to various factors, it is difficult to achieve the expected effect. Only by implementing sports behavior intervention into the practice process of college students' psychological counseling, we can build an intervention system that combines sports and extracurricular sports activities.

Organized and novel extracurricular sports activities to improve the psychological crisis intervention effect of contemporary college students' sports behavior.

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