



# Research on the Cultivation of Students Healthy Personality by Sports

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**Abstract.** The development of society is changing constantly, the pace of people's life is also accelerating, and students need to constantly change to adapt to the society, which requires a sound personality to support college students to enter the society. As one of the important courses for cultivating college students, sports can help students' physical and mental health. Through the methods of literature, theoretical analysis and investigation, this paper studies the cultivation of students' sound personality by sports, analyzes the role of sports in cultivating sound personality, and puts forward the methods and approaches of sports in cultivating sound personality, so as to provide help for students with sound personality.

**Keywords:** cultivating sound personality · sport scourse · Theoretical method

## 1 Introduction

The students have more studies and the society has higher and higher requirements for students' abilities, which makes students suffer from different levels of physical and mental pressure, leading to a rising proportion of students' psychological problems, depression and other personality disorders. How to improve students' psychological quality and sound personality through a variety of methods is one of the main research directions at present. As a compulsory physical education course for students, sports is one of the important courses to cultivate students' sports habits and shape healthy personality. It plays an important role in cultivating students' sound personality and facing various challenges in the society. Taking the cultivation of students' sound personality by sports as the research object, this paper summarizes the ways to cultivate sound personality by various forms of sports, enumerates the role of sports in cultivating sound personality, and provides reference and suggestions for improving students' psychological quality and sound personality.

## 2 Methods and Materials

### 2.1 Research Object

Through a one-year practical research on 136 students in A University, including 57 male students and 79 female students.

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## 2.2 Research Method

- 1) *Literature method*: Collect relevant research articles on personality integrity for the theoretical basis of this study.
- 2) *Theoretical analysis method*: Through the collection of relevant theoretical research, the existing theory is analyzed, and the theoretical content needed for this study is summarized.
- 3) *Scaling method*: This paper uses the personality test scale to prepare for the American psychologist cartel. The questionnaire includes 16 factors, including agreeableness (A), intelligence (B), stability (C), bullying (E), excitability (F), persistence (G), daring (H), sensitivity (I), suspicion (L), fantasy (M), sophistication (N), anxiety (O), experimental (Q1), independence (Q2), self-discipline (Q3) Tension (Q4).

In this study, A University was randomly checked, and two questionnaires were distributed at the beginning and end of the academic year, which were completed independently within 45 min. In this study, 136 copies were distributed in the pre-test and 136 copies were recovered, with a recovery rate of 100%. 135 copies were distributed in the post test and 135 copies were recovered, with a recovery rate of 100%. The effective rate of the two questionnaires was 97%, which met the requirements of the survey.

- 4) *Mathematical statistics*: Through the use of spss 25, the two groups of test data were t-tested, the two groups of data before and after the experiment were compared.
- 5) *Experiment Program*: Increase the campus sports culture to hold various forms of sports activities, cultivate students' awareness of self exercise, constantly strengthen the interest and autonomy of the curriculum, constantly cultivate the professional ability of physical education teachers, and constantly cultivate teachers' professional quality.

## 3 Results & Discussion

### 3.1 The Overall Comparison of Cartel 16pf Test Before and After the Experiment

From this test data, it can be seen that there are 9 factors that have been significantly improved after the experiment than before. The results are shown in Table 1.

It can be seen from the above figure that the average score of personality factors after the experiment is higher than that before the experiment, and the factors with very significant differences ( $p < 0.01$ ): the average score of sociability is increased from 5.55 to 6.04; the average score of stability is increased from 3.79 to 5.38; the average score of proactive is increased from 4.74 to 4.94; the average score of excitability is increased from 4.61 to 5.54; the average score of courage is increased from 5.86 to 6.34.

After the experiment, the average score of personality factors decreased compared with that before the experiment, and the factors with very significant differences ( $p < 0.01$ ): sensitivity decreased from 6.10 to 5.37; anxiety decreased from 7.08 to 5.14; tension decreased from 6.51 to 5.62.

After the experiment, the average score of personality factors changed compared with that before the experiment, and the factors with significant difference ( $p < 0.05$ ): independence increased from 3.52 points to 4.71 points.

**Table 1.** Comparison of 16pf factors before and after the experiment

Factors	Before Experiment	After Experiment	t
Agreeableness(A)	5.5 ± 1.29	6.04 ± 1.31	-3.17**
Intelligence(B)	5.20 ± 1.21	5.47 ± 1.40	-1.84
Stability(C)	3.79 ± 1.43	5.38 ± 1.79	-8.10**
proactive(E)	4.47 ± 1.40	4.94 ± 1.39	-6.72**
Excitability(F)	4.61 ± 1.20	5.54 ± 1.62	-5.45**
Persistence(G)	4.18 ± 1.41	5.49 ± 1.35	-1.38
Daring(H)	5.86 ± 1.23	6.34 ± 1.41	-4.34**
Sensitivity(I)	6.10 ± 1.49	5.37 ± 1.47	4.025**
Suspicion(L)	4.97 ± 1.48	4.79 ± 1.51	-1.14
Fantasy(M)	4.97 ± 1.91	5.31 ± 1.40	-1.41
Sophistication(N)	5.78 ± 2.01	5.33 ± 1.56	1.73
Anxiety(O)	7.08 ± 1.37	5.14 ± 1.49	9.77**
Experimental(Q1)	4.78 ± 1.31	4.90 ± 1.47	-1.93
Independence(Q2)	5.23 ± 1.45	4.47 ± 1.61	2.49*
self-discipline(Q3)	4.51 ± 1.43	4.67 ± 1.53	-1.87
Tension(Q4)	6.51 ± 1.69	5.62 ± 1.57	3.91**

Piont: \*p < 0.05, \*\*p < 0.01.

The personality factors after the experiment were not significantly different from those before the experiment: intelligence, persistence, suspicion, fantasy, sophistication, experimentation, self-discipline.

It can be seen from the average value of the cartel 16PF test before and after the experiment that the standard average score of the 16 factors of A college students is in the normal range, but there are significant differences in the data before and after the experiment, mainly including the factors of sociability, stability, proactive, excitement, courage, sensitivity, anxiety and tension. On the whole, it shows that the students' personality is significantly improved. In all aspects, It shows that after one academic year of experimental research, students have greatly improved in terms of personality factors, in the self-confidence, and keeping balance in the heart.

### 3.2 The Meaning of Personality and Sound Personality

The definition of personality is relatively broad, and the relatively simple definition is the normal and harmonious development of personality [1]. At present, personality is used in various fields to evaluate a person's performance. In psychology, selfdom is also called personality, which is the sum of individual psychological characteristics with tendency, essentiality and stability. It mainly refers to the psychological characteristics that people gradually form in life and are different from others. In addition, personality is also

recognized in law, and it also needs to bear obligations and enjoy certain rights [2]. As a comprehensive and complete vocabulary, personality can not only show people's external performance, but also describe people's internal characteristics. Therefore, personality cannot be defined from a single word or a scientific field, which is not detailed and accurate enough, but requires multi-dimensional research in many aspects. The definition of sound personality is the normal and harmonious development of personality, which is a relative concept. Generally, when a person's personality development deviates or has obstacles, we need to correct and solve them. The process of correction is the process of sound personality. On the contrary, we call the imbalance and disharmony in the process of a person's personality development as incomplete personality [3].

### 3.3 The Role of Sports in Cultivating Sound Personality

- 1) *Cultivate students' awareness of fairness and standardization*: Sports are objective and fair, which has a huge impact on students. The rules and achievements of sports are highly objective and fair, and can not be violated in any way. The student stage is an important process to shape students' fairness, justice, and standardize ideology. As schools hold various types of sports competitions, this attribute of sports can also enable students to understand and abide by themselves, The level of students' practice can also be judged fairly and justly in the face of this objective evaluation scale, so that students can engage in physical exercise in such an environment full of the spirit of justice, which can imperceptibly influence students' awareness of fairness and discipline in their daily life and learning process [4].
- 2) *Cultivate students' collective team concept*: The ability and spirit of collective solidarity and cooperation is one of the most important contents of the students' quality training. We can't do anything without the society, including the country, social organizations, and individuals. They need to rely on each other, rely on each other, and connect with each other. There are various social organizations in the university that carry out different activities through the student union to enhance collective solidarity, cooperation, and collective cohesion. These are very important ways of cultivation. Sports activities are also projects that reflect the spirit of unity and cooperation. Even individual projects cannot be carried out without a team. The birth of a sports champion is supported by the coordination and cooperation of the whole team. It is the result of the coordination and joint efforts of the whole team. College students carry out sports activities in collective projects under the guidance of teachers. Students can better understand the importance of collective cooperation, In the activity, the students realized that the cooperation after collective cooperation is more tacit and the joy of victory, which is very helpful to cultivate the students' sense of team cooperation and collective team.
- 3) *Cultivate students' strong willpower and fighting spirit*: Willpower is the embodiment of a person's comprehensive psychological quality, and is a manifestation of a person's ability to overcome difficulties and not afraid of difficulties. Good will quality is conducive to students' overcoming difficulties, going forward bravely, and being full of self-confidence. It is not only conducive to life and learning, but also helpful for students in their future work. Sports not only exercise their bodies, but also enable students to have strong will quality. Because sports are constantly surpassing

themselves, Especially in the endurance long-distance running project, students need to constantly overcome their physical reactions, break through themselves, complete the task, and achieve the final victory. The spirit of striving has always been the patriotic spirit we carry forward. The spirit of striving for building socialism in the new era has become an urgent need for our social development. Strong self-confidence, courage, independence and perseverance are indispensable qualities. Only with the spirit of striving can students in the new era become more vitality and energetic [5]. The representative of sports, the Chinese women's volleyball team has always been the representative of the spirit of struggle, which has a high exemplary significance for students and is of great help to cultivate students' spirit of fighting bravely.

- 4) *It is conducive to the cultivation of overall sound personality:* The cultivation of personality is integrated and covers all aspects. As one aspect of the cultivation of sound personality, sports can promote the development of students' sound personality. As far as students are concerned, the school actively carries out the construction of physical training personality, which is conducive to making students' spiritual development more colorful, cultivating students' indomitable and tenacious spirit, improving students' physical quality, and allowing students to develop themselves comprehensively. Physical education can enhance students' health, and it has the significance of strengthening the body in the process of people's all-round development. Physical education can promote the development of students' personality. The colorful and diverse forms of campus physical education can meet the diverse development requirements of students. Physical education can improve students' communicative ability. Team cooperation in physical education can help students learn to communicate and have the ability of unity and cooperation. The construction of these sports is of great significance to students, at the same time, it can promote the cultivation of students' overall personality and promote the development of students' sound personality [6].

### 3.4 Methods and Ways of Cultivating Healthy Personality in Sports

- 1) *Strengthen campus sports culture and organize various forms of sports activities:* The psychological and other physiological development of students is in one of the key stages of growth and development, and they generally show a strong desire to win and show, are very concerned about their own performance, and are willing to pursue victory in any aspect [7]. Sports need relevant psychological requirements to achieve the goal of a sound personality. Therefore, it is necessary to grasp the development stage of students and develop the sports culture on campus reasonably and scientifically. The school should be the main body, and the corresponding campus sports culture festival, sports cultural facilities and sports cultural elements should be held to strengthen the campus sports culture. It is also necessary to hold various forms of sports activities to enhance the students' demand for sports, and use the sports curriculum as a platform to let students show their advantages and characteristics, Work hard for the final victory. In holding various forms of sports, both collective sports and individual sports will give full play to students' initiative, give full play to students' initiative, and make correct judgments in critical periods. In this process, students' analytical ability, ability to solve problems, strong anti pressure ability, and

independence ability can be well cultivated, Finally, it is helpful to cultivate students' sound personality.

- 2) *Strengthen students' self-consciousness and create a relaxed and pleasant classroom teaching*: In the daily teaching practice of physical education, we should give play to students' initiative, imperceptibly cultivate college students' self-consciousness from the aspects of politics, culture, national beliefs, so that students have a higher sense of national self-confidence, cultural self-confidence, and constantly improve students' personality [8]. Through enhancing students' self-awareness, let students constantly improve themselves, in life to be a person with integrity and firm belief, in the work, will do a hard work energetic person, in the study, will do a thinking can be innovative research people. After entering the society, we should constantly exert our subjectivity to influence the society and others, so that students can benefit for life. Sports are highly entertaining, so in sports teaching, we should integrate the concept of happy teaching and interest teaching, fully mobilize students' initiative, let students have sports interest, and consciously participate in sports activities. Sports courses should include more game based teaching methods into the classroom, so that students can have a relaxed and happy classroom atmosphere, and actively participate in sports, Feel the fun of sports, feel the happiness of sports, understand the significance of sports, find their own advantages, improve themselves, and improve their personality [9].
- 3) *Strengthen the professional ability and professionalism of physical education teachers*: The teaching ability of physical education teachers will also lead to the quality of physical education courses [10]. To cultivate the sound personality of students, education should be carried out from different angles in an all-round way. The professional ability of physical education teachers can reflect the level of cultivating the sound personality of students in physical education courses, and also enable students to participate in physical education teaching independently and actively, which requires teachers to have a very comprehensive professional ability. Therefore, we should constantly enhance teachers' professional ability, innovate teaching courses, and pave the way for cultivating students' sound personality. The professional quality of teachers also directly affects the quality of physical education teaching. To a certain extent, the viewpoints of physical education teachers will affect students. As one of the most important ways to improve personality, physical education has become an important key to comprehensively improve the professional quality of teachers. Therefore, physical education teachers should be strict with themselves, strengthen cultural and moral cultivation, keep learning, and strengthen personal political height, In the process of teaching, we should constantly cultivate students' self-confidence, let them find their own characteristics and abilities, guide and cultivate students' excellent qualities patiently and meticulously, influence students with teachers' personality charm, and infect students [11].
- 4) *Establish symbolic sports culture characteristics*: The characteristics of sports culture in universities, middle schools and primary schools are different, with significant differences [12]. First of all, primary school physical education is mainly dominated by teachers, which is characterized by driving students to carry out relevant sports and cultural activities, focusing on cultivating students' knowledge of sports and cultural interests, and enhancing students' physical and mental health, mainly focusing

on interests and hobbies. Secondly, middle school physical education is also dominated by teachers, but because the main age of students is about 12–18 years old, plus the cultivation of sports interest in primary school, more sports skills can be learned, including the recognition of sports characteristics such as competitiveness in sports, and the study of relative sports knowledge and theory, and study together with theories and skills to increase students' understanding of sports. At the same time, the middle school needs to take the physical examination, which is also the physical characteristics of the middle school. Finally, university sports culture carries out activities through the organization as the main body, and various associations carry out sports related activities at different levels. At the same time, university sports more embodies the spirit of sports culture, and realizes the cooperation and communication between education and sports. The construction of sports culture with high innovation and leadership includes the innovative development of sports culture connotation, the innovative development of sports culture elements, and other attributes of sports culture.

- 5) *Strengthen the construction of sports cultural infrastructure*: The display and construction of sports buildings, sports cultural walls and sports cultural sculptures in the school can reflect the spirit and features of sports culture in different periods of the school, is the carrier of transmitting the connotation of school culture, and reflects the understanding, value identification and development identification of the whole school teachers and students on sports culture. At the same time, build a sports culture corridor, combine the characteristics of the school, establish the sports sculptures of the school's excellent athletes and coaches, establish the exhibition boards of excellent athletes and coaches, and carry forward the excellent sports spirit. Put up sports culture propaganda slogans on the campus, promote the school sports spirit, decorate sports cultural facilities, and enhance the school sports cultural characteristics. Further enrich the school's sports software and hardware facilities, immerse teachers and students in a rich sports culture atmosphere, and enable the school and teachers and students to develop and progress together. At the same time, we can regularly organize sports culture promotion week activities to let students enjoy the fun of sports culture at all times, let sports closely around students, and let students feel the charm of sports.

## 4 Conclusion

As one of the compulsory courses, sports is also one of the courses to cultivate students' sound personality. It has always been to explore the characteristics and educational functions of sports. Through this study, it can be seen that sports can effectively cultivate students' ability to have a sound personality, which provides a theoretical and practical basis for promoting the overall improvement of students' spiritual, cultural and physical quality. At the same time, more research will be carried out in the future to expand the ways to cultivate students' sound personality, so that students can have a healthy body and sound personality through sports to enter the society, calmly face competition and challenges, and contribute to the construction of socialism in the new era.

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