

Research on Sports Dancing to Healthy Development of College Students' EQ

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Abstract— Through the literature data method, experimental method, the experiment in teaching reform of teaching methods -- using the psychological skill training methods in the goal setting training, have influence on the destination of grade 2008 of Huanghe Science and Technology College sports dance course students Eq. The results showed: at present, college students EQ situation needs to be improved before the experiment, 12.5% students EQ not reach normal value 90; boys whole EQ is slightly higher than girls; goal setting training teaching before and after the experiment, students' emotional intelligence mean difference 6, T value is 5.542, the significance is 0, $P < 0.05$, there was significant effect experiment. **Conclusion:** the increase of EQ education for college students efforts; creating teaching situations, improves students' EQ in practice; in sports dance teaching, reform teaching method -- the use of psychological skills training methods of goal setting training, the students EQ has role in promoting healthy development.

Keywords- Sports Dancing; Healthy Development; College Students, EQ

I. INTRODUCTION

Emotional quotient (EQ) is a recent years raised relative to the intelligence quotient (IQ) in terms of psychological concepts, it reflects a person to control emotions and by external pressure to grasp his mental balance and other non intellectual factors. Harvard University professor Daniel, Goelman that "emotional intelligence is a key determinant of success in life". A large number of facts prove, that a successful person, have the high emotional quotient (EQ) quality. Therefore, in the present era put forward the new idea of success: success factors of emotional intelligence (EQ) accounted for 80%, IQ (IQ) accounted for 20%. This innovative concept proposed announced the end of the first age of intelligence, also cracked the code of success [1].

EQ is the English Emotional Quotient (EQ) acronym, meaning in Chinese is the emotional quotient, relative and IQ IQ, EQ innovations it summed up the success factors of people searching for. Include: first, the self understanding. Two, self motivation. Three, self control. Four, the feelings of others. Five, the interpersonal relationship. [2] self understanding is the first element of emotional intelligence, self awareness to dominate their own destiny, "know the enemy and know yourself, know yourself"; self motivation is a kind of ability, is the magic weapon of success, is the first secret of success, it can

adjust the emotional gap, effective anti down, through hardships and tribulations, will turn into wealth; self control is emotional quotient (EQ) of the core, is the management of emotion and behavior restraint ability, overcome the impulse, resist the temptation to curb excessive desire; the feelings of others, helping others, empathy, to understand others emotions is a virtue; interpersonal relationship is to coordinate the relationship between man and man, is an important link to a collective and career success now the social life, is a skill and knowledge, the winner is often relationships than.

EQ plays an important role in the development of human. AN "EQ" high, often can clearly understand and grasp their own emotion, keenly feel the feelings of others and feedback the emotions of others effectively, often can be in every aspect of life, the most natural, human another aspects of the advantages. The lives of these people are often more efficient, more satisfied, more able to use their intelligence to obtain fruitful results.

However, EQ is not static, can improve slowly through the subjective efforts. [3] So, in teaching and promote the healthy development of College Students' EQ education is our bounden duty and obligation. Sports dancing can eliminate fatigue, edify sentiment, rehabilitation of the body, eliminate the psychological barriers and the characteristics of adjusting interpersonal relationships, teaching in the past, most of the students is a fixed partner, caused a lot of classmates for partner jump is not good, boys embarrassed to invite female, or female students self-conscious wouldn't accept boys invited, interactive classroom atmosphere for no such phenomena, this topic in the normal teaching goals, tasks at the same time, the use of psychological skills training methods of goal setting training, to develop a special goal -- the exchange partner to students through psychological skills training methods of goal setting training, there is the destination for students' EQ influence, make it more clear understanding of self, self motivation and control, so as to gradually improve the students overcome the psychological obstacles in interpersonal communication, develop their good communication quality, increase the ability of social adaptation. At the same time, in order to improve the reform of teaching methods and means of sports dance course of sports dance interest, and provide some ideas.

II. OBJECT AND METHOD OF STUDY

A. *Subjects: Sports Dance elective class of grade 2008 of Huanghe Science and Technology College students' EQ status*

B. *Research methods*

2.2.1 Document data law respectively in the data room of the library of Zhengzhou University, Zhengzhou University sports department reference room, the library of Huanghe Science and Technology College, the school of physical education of Huanghe Science and Technology College and the use of computer network literature retrieval, consult and collect a lot of relevant data.

2.2.2 Experimental method (target setting) experiment design

Goal setting is one of the methods of motivation, it by setting specific activity goals; make it become the motivation of individual effort motivation, so as to improve the activity performance.

2.2.2.1 The variables of experiment. Because of the changes of variables of 1 = students understanding of the self

The dependent variable 2 = change students' self motivation

The dependent variable 3 = change students' self control

Because of the changes of variables of 4 = students of other people's feelings

Change the dependent variable 5 = students interpersonal relationship

The independent variable = set special short-term goals

The initial level of control variable = teachers' teaching plan, the students of sports dance

Covariant = student gender

Experimental tracking time: 8 weeks

2.2.2.2 Study of motivation. In the teaching of sports dance in addition to the completion of the normal teaching objectives, the use of psychological skills training methods of goal setting training, there is the destination for students' EQ to intervene, discussion of goal setting on students' emotional quotient (self understanding, self motivation, self control, the feelings of others, interpersonal relationship) effect.

2.2.2.3 Research issues. Goal setting training on students' EQ (self understanding, self motivation, self control, the feelings of others, interpersonal relationship) whether influential? Whether the formation of the differences before and after the experiment?

2.2.2.4 Experimental hypothesis. The use of psychological skills training methods of goal setting training, have a larger role in promoting the healthy development of students' emotional quotient.

2.2.2.5 Is tried to design. The subjects of this study are selected from grade 2008 of Huanghe Science and Technology College sports dance elective class students, according to a public body sports schedule on Tuesday morning, and then select the sports dance class 40 students, including 20 boys and 20 girls, the sex ratio of the appropriate.

The subjects of sports dance learning starting the same level, for the two year university students, both for the year beginning September special election sports dance, just learned to waltz, now began to study Beijing ping.

2.2.2.6 Measuring tool. EQ test standard scale

2.2.2.7 Experimental procedure. (1) The EQ on students before the experiment (self understanding, self motivation, self control, the feelings of others, interpersonal relationship) test;

(2) After the end of the experiment the students' emotional intelligence tests. (To be completed, by the students of the independent record.)

2.2.2.8 Data processing. All experimental data were analyzed with SPSS16 software.

III. RESULTS

A. *Of the students before and after the experiment in EQ descriptive statistics*

The experimental group teaching reform, the use of goal setting (short-term goal) psychology method, aimed interventions for students. Before and after the experiment, the experimental group students EQ (self understanding, self motivation, self control, the feelings of others, interpersonal relationship) status: the use of the average, standard deviation.

TABLE I BEFORE THE EXPERIMENT DESCRIBED IN TABLE ONE OF THE STUDENTS IN THE EXPERIMENTAL GROUP EQ STATUS

	EQ	Self awareness	Self excitation	Self control	The feelings of others	Interpersonal relationship
The effective number	50	50	50	50	50	50
The minimum value	69	17	3	11	9	11
The maximum value	145	48	30	42	20	20
The mean	101.43	29.4	16.05	26.6	15	17.23
Standard deviation	18.358	8.356	5.51	7.125	3.889	2.323

TABLE II EXPERIMENTAL IN EXPERIMENTAL GROUP STUDENTS' EQ STATUSDESCRIPTION

	EQ	Self awareness	Self excitation	Control	The feelings of others	Interpersonal relationship
The effective number	50	50	50	50	50	50
The minimum value	67	19	9	11	12	12
The maximum value	157	48	29	45	20	21
The mean	106.6	30.25	15.88	27.25	14.13	17.03
Standard deviation	15.379	8.092	5.07	6.827	3.736	2.031

TABLE III THE STUDENTS IN THE EXPERIMENTAL GROUP BEFORE AND AFTER THE EXPERIMENT, COMPARING THE EQ STATUS

	EQ	Self awareness	Self excitation	Control	The feelings of others	Interpersonal relationship
The effective number	50	50	50	50	50	50
The minimum value	68	19	7	10	10	11
The maximum value	153	49	29	43	20	20
The mean	106.63	30.25	15.88	27.25	14.13	17.03
Standard deviation	15.379	8.092	5.07	6.827	3.736	2.031

B. Paired samples T test analysis results

Will be before the experiment, after the data were paired samples T test analysis, display results: goal setting teaching before and after the experiment, students' emotional intelligence mean difference 6, T value is 5.542, the significance is 0. The experiment has significant effect.

IV. CONCLUSION

A. At present students' EQ situation needs to be improved

Research shows: before the experiment 12.5% students EQ not reach normal value 90. The cause of College Students' EQ health problems are in many aspects, personal problems, have a family, society, school problems. Examination oriented education for many years has caused most schools focus on memory, thinking and other aspects of analysis, to improve the ability of college students Gaofendineng, who It is often seen., this "low energy" large part refers to the underdeveloped Eq. Some university students ego, aloof, some inferiority, depression; there are also some students self-control ability is poor, love impulse; there are many students of selfishness, lack of love and the spirit of cooperation. The students' EQ is low, is not conducive to the development of the individual, but also does not meet the requirements of social development. Emotional intelligence is a kind of ability, and ability is to cultivate, so it is very important to EQ education for college students.

B. Using the goal

Setting (short-term) method the psychology intervenes in the students, significant effect

From the survey situation, the boys whole EQ is slightly higher than girls, boys and girls the highest EQ is 142, the highest EQ is 128; the boys most bottom EQ is 78, the lowest for 65 girls EQ: before the experiment the boys EQ average value is 108, girls average value is 92, after the experiment, male students EQ average value is 113, 99.55 for girls, men and women have different degrees of increase. The experimental

results show that, the teaching reform in teaching, with goal setting (short-term) the method of psychology, has the destination to intervene in the students of the experimental group, before and after the experiment, the data were paired samples T test analysis, display results: goal setting teaching before and after the experiment, students' emotional intelligence mean difference 6, T value 5.542, significant for $0 < 0.01$. The experimental effect is obvious.

V. SUGGESTIONS

A. Increase the EQ education for college students of strength

According to the college students' psychological development immature characteristics, schools should be targeted to the related course, conduct awareness of health knowledge lectures, psychological opened psychological consulting services, and through the school, the school radio station, campus network carrier, vigorously popularize mental health knowledge. Guide students to control emotion, enhance social strain, and learn to deal with the contradiction of reality and aspirations, learn self psychological adjustment, eliminate the psychological perplexity, and improve the ability to withstand and setbacks. Education students to correctly treat the success and failure, and is good at absorbing the experience and lessons from it, to help students form healthy and upward psychological.

EQ education for college students is system engineering, and the college as a training base, more responsibility and obligation in the aspects of students' EQ education. Colleges and universities should play a full role, existing student education and management system in the EQ education students' comprehensive operation, catch condominium together, to provide students with a platform to enhance the level of Eq.

Guide students to establish harmonious interpersonal relationships pay attention to teaching, guide students to abandon the inferiority complex, full of confidence

to treat life, being open to people, to make their own psychology in a relaxed and happy; guide to help students learn how to get along with others, to cultivate the students' spirit of unity and cooperation.

B. Efforts to create teaching situation, so that students in the physical education teaching to improve the EQ

EQ is essentially a person effectively regulate the ability of self and to adapt to a variety of external environment. [5] General, psychological guidance can make clear how they should be done in some cases of college students, but to make this into a kind of practical guidance ability of their own, must through the practice exercise. Efforts to create the sports situational teaching make students practice unceasingly, is the primary condition for the cultivation and development of Eq. Lu You had a poem: "paper come Zhongjue shallow, and must know this to practice." Sports teaching is students' physical and mental activities, to create situational teaching according to the actual situation of college students in college physical education, improve the quality of College Students' Eq.

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