

# An Empirical Study of Sports Intervention on the Survival Ability of College Students Social Influence

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**ABSTRACT:** The contemporary college students have problems on adapting to the requirements of social development such as the poor self-care ability ,the lack of certain psychological endurance, the poor willpower, lacking of competitive consciousness and awareness of self protection etc.; Therefore, the develop of survival education in college physical education courses to improve the survival ability of college students is the powerful guarantee social adaptation of college students in the future. The experimental research method this research adopts the exercise intervention, physical education intervention for one academic year for college students, the experimental results show that, the sports intervention to improve survival ability of college students society has significant effect.

**KEYWORD:** Sports intervention; College students; Survival ability

The university stage is the key period of development of young students, dramatic changes in the new environment, interpersonal relationship, independent requirement of higher learning makes students face great adaptation to stress, resulting in the emergence of various incompatible phenomena: "PeiDu parents take care of daily living", "mental sub health", "Internet Addiction", "cohabitation", "pregnancy", "college students gave birth to the child and discarded in the trash can", "Jinan female college students take the black car driver abuse was imprisoned for 4 days", "Chongqing female college students on the car by the driver killed", "Liaoning female students during military training by teacher reprimanded after Dutch act" and other undesirable phenomena and extreme behavior often found in newspapers. These are the case, but from the feedback from all sectors of society, contemporary college students do a lot of people have the following problems in the survival ability to satisfy the requirements of social development: self-care ability is poor, the lack of certain psychological endurance, social adaptation ability is poor, weak willpower, lack of competitive consciousness and awareness of self protection etc.. Therefore, to carry out the survival education, improve survival ability is the need of the healthy growth of college students, but also college students adapt to social security in the future of organic.

Sports as a course for the students love, has a strong affinity, various forms of organization,

activities rich in content and other characteristics, in addition to fitness function, but also contains abundant education value.[1] Sports from life practice, participating in sports activity itself is a kind of social behavior, which is a collaboration with each other, and there are competing, and must abide by certain rules, all aspects of consciousness and behavior of exchanges and cooperation, competition and obey the rules of the formed will naturally affect the daily life, study and work, to cultivate college students' survival ability can play a special function that cannot be replaced by other subjects. The university sports curriculum reform to "health first" as the guiding ideology, not only refers to the traditional "health, mental health and social adaptation ability" has also been included in the scope of education, and more and more people pay attention to.[2]

## 1 THE DEFINITION OF RELATED CONCEPTS

### 1.1 *Survival ability*

Generalized survivability refers to the ability of human beings in the natural and social environment in the self survival and self-development and achieve the target, namely the social survival ability; narrow survival ability refers to people in the face of natural disasters, accidents and other emergencies, the protection of personal health, the ability to deal successfully with a dangerous situation.[3]

## 1.2 The sports intervention

To sports as the guide, through the interest stimulation and idea into and consolidate inspection stage, to people's physical and mental health, social adaptation ability, values and outlook on life, demand for effective influence, makes the individual or group has the negative state conversion to the active state.

## 2 OBJECT AND METHOD OF STUDY

### 2.1 The research object

This article selects a student major in Nanchang Teachers College as the research object, a random sample of 8 sports elective class 280 as the experimental object, with 140 students in the experimental group (4 class, 58 boys, 82 girls), the control group 140 people (4 classes, 64 boys, 76 girls).

### 2.2 Research methods

This paper adopts literature data method, questionnaire survey method, experimental method, expert consultation method and mathematical statistics method, the questionnaire survey method using college students mental health scale, will quality self-test scale and social adaptability.

In the experiment method: experimental time for the September 23, 2013 --2014 On June 30, a total of one year (32 weeks 64 hours)

Experiment specific elements: the experimental group teaching content is: Track and Field Teaching: the main content is orienteering and hurdle; Ball Teaching: basketball and volleyball; Yoga Teaching. While the control group of students still in accordance with the original plan of Physical Education classes, with 32 weeks time. The first semester of teaching content is junior boxing, teaching contents of the second semester are volleyball, teaching process, teachers teach and demonstration-based, student imitation supplement.

## 3 RESULTS AND ANALYSIS

### 3.1 Students' mental health was compared before and after the Sports intervention

As shown in Table 1, the experimental group of boys' mental health dimension of total average dropped from  $2.04 \pm 0.75$  to  $1.80 \pm 0.71$  after the experiment of sports intervention, showing a significant difference ( $P < 0.05$ ), in the experimental group girls' psychology total average health dimension dropped from  $2.10 \pm 0.70$  to  $1.97 \pm 0.67$  after the experiment, showing a significant difference ( $P < 0.05$ ), but the psychological health of boys' and girls' change in the control group was not significant.

Table 1 Students' mental health compared before and after the Sports intervention

Time period	Dimension	Boy		P	Girl		P
		Experimental group	Control group		Experimental group	Control group	
		M±SD	M±SD		M±SD	M±SD	
Pretest	Relationships	2.03±0.72	2.07±0.71	▲	2.09±0.78	2.05±0.78	▲
	Depression	1.90±0.61	1.95±0.69	▲	1.98±0.73	1.96±0.73	▲
	Psychological endurance	1.97±0.80	2.00±0.56	▲	2.02±0.71	2.04±0.71	▲
	Suitability	2.02±0.62	2.08±0.93	▲	2.10±0.65	2.11±0.65	▲
	Mood	2.14±0.70	2.19±0.87	▲	2.16±0.71	2.13±0.71	▲
	Unbalanced mind	2.00±0.60	2.03±0.63	▲	2.02±0.58	2.01±0.58	▲
	Total average	2.04±0.75	2.11±0.74	▲	2.10±0.70	2.07±0.71	▲
Posttest	Relationships	1.79±0.75	2.06±0.74	*	1.95±0.72	2.03±0.67	*
	Depression	1.90±0.73	1.95±0.73	▲	1.95±0.69	1.96±0.66	▲
	Psychological	1.83±0.79	1.97±0.62	*	1.89±0.67	2.01±0.75	*
	Suitability	1.88±0.72	1.98±0.73	*	1.94±0.63	2.08±0.59	*
	Mood	1.93±0.67	2.11±0.77	*	1.99±0.73	2.04±0.77	*
	Unbalanced	1.74±0.63	1.98±0.65	*	1.93±0.61	2.03±0.63	*
	Total average	1.80±0.71	2.02±0.69	*	1.97±0.67	2.04±0.67	*

### 3.2 Students' Willpower was compared before and after the Sports intervention

Mental health is a basic human mental activity process the contents of a complete, Coordinated. That understanding, emotion, will, behavior, Personal integrity and coordination, Able to adapt to society, To keep pace with society.[4]

From Table 2, we concluded that male and female students' willpower rating showed a significant inter-group aggregation phenomenon after the experiment

of sports intervention, mainly concentrated in the "normal" levels, and accounting for 47.9% of the total number of the population. The experimental group of male and female students' willpower was to "relatively strong" after the experiment of sports intervention. The level of aggregation phenomenon, accounting for 60% of the total number of the population, change was 12.1%, the change was significantly different. But willpower changes in male and female students in the control group was not significant.

Table 2 Students' Willpower compared before and after the Sports intervention

Time period	Rating	Experimental group		Control group		P
		people	%	people	%	
Pretest	Strong	22	15.7	21	15.0	▲
	Relatively strong	48	34.3	49	35.0	▲
	General	67	47.9	65	46.4	▲
	Weak	3	2.1	5	3.6	▲
Posttest	Strong	32	22.9	21	15.0	*
	Relatively	84	60.0	66	47.1	*
	General	23	16.4	50	36.4	*
	Weak	1	0.71	3	2.1	*

### 3.3 Students' social adaptability was compared before and after the Sports intervention

"Outline on guidelines for sports curriculum teaching on national college sports" point that "the brave tenacious will quality which shows in the environmental movement that full of challenging "as "the goals of psychological development" of the university sports curriculum.[5] Derived from Table 3, the experimental group of male and female college students social adaptation ability no matter compared with control group, or

with its pretest than were significantly improved The experimental group of male and female students' social adaptability in the "good" rating overall proportion rose from 42.2% to 78.6% after intervention, rise rate is 36.4%, the total percentage of "poor" rating dropped from 4.3% to 0.7% after intervention, with a significant difference ( $P < 0.05$ ). But the experimental group of male and female students' social adaptability difference was not significant ( $P > 0.05$ ).

Table3 Students' social adaptability compared before and after the Sports intervention

Time period	Rating	Experimental group		Control group		Experimental Total	Control Total	P
		Boy	Girl	Boy	Girl			
		%	%	%	%	%	%	
Pretest	Good	44.8	40.2	42.2	39.5	42.1	40.7	▲
	Moderate	51.7	54.9	53.1	56.6	53.6	55.0	▲
	Poor	3.5	5.0	4.7	4.0	4.3	4.3	▲
Posttest	Good	84.5	74.4	51.6	46.1	78.6	48.6	*
	Moderate	15.5	24.4	45.3	51.3	20.7	48.6	*
	Poor	0	1.22	3.13	2.6	0.7	2.9	*

#### 4 CONCLUSIONS

Physical intervention after the experiment, the experimental group of male and female college students in strength, speed, endurance and explosive force of four items of physical fitness were significantly increased, suggesting that the intervention education is very good on college students' physical health promotion plays the effect of development for the future of the survival ability of fixed base.

Intervention after the experiment, the experimental group psychological health both male and female students and at the same time as compared to the control group, or with themselves before measurement comparison have significant change, shows the intervention education would be time and necessity for students survival training, strong psychological quality in society.

Intervention after the experiment, the experimental group of male and female college students will quality whether it is compared with the control group, and the experiment itself before or compared with significantly increased; the experiment proved that through the teaching content of physical education to college students set up difficulties and adversity a certain, very beneficial to College Students' courage and strong will quality of temper, too is conducive to the formation of College

Students' strong character necessary for its own survival and development.

Intervention education after the experiment, the experimental group of male and female college students social adaptation ability no matter compared with control group, or with its pretest than were significantly improved, let us see the function of physical education intervention is feasible and effective to improve the students' ability of social adaptation.

Combined with experimental results, let us see through sports interventions to improve the survival ability of college students' social have a significant effect.

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