

Research on the Relationship between Physical Training and Mental Diathesis of College Student

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Abstract

The quality of physical health and mental health of college students are related to the health first, people-oriented, harmonious psychology, the concept of quality education, the depth of university education reform, related to the development of college students and the process of building a harmonious society. Sports are beneficial to people's physical and mental health, and improve people's physical and mental health level is a sports science researchers and human society one of the common hot issues of concern.

Keywords: Physical Train, Mental Diathesis, College Study

1 Introduction

In recent years, with the deepening of reform, the psychological quality of college students has become increasingly serious, life and work pressure, learning and emotional confusion, role conversion and social interaction problems and family environment and social environment and other factors directly and indirectly affect The mental health of college students, resulting in depression, anxiety and other psychological confusion, these problems can be expressed as a lack of competition and crisis awareness, lack of willpower and self-awareness, lack of adaptability, independence and affordability Frustration, self-efficacy and achievement motivation. Under the background of rejuvenating the country with knowledge and talented people, it is very important to cultivate excellent college students. How to improve the psychological quality of college students, to have

sufficient physical and mental health to deal with all kinds of sudden difficulties has been the education sector has been a major concern and problem, the concept of mental capital, the proposed, Therefore, it is very important to study and enhance the reserve of college students' psychological capital to strengthen the physical quality of college students. However, it is very important to improve the psychological quality of undergraduates.

2 Subjects and research methods

In order to achieve the universal scope of the survey, the representation of the survey participants and the reliability of the survey results, this study will investigate the five representative regions of Henan Province, five universities (Zhengzhou University, Henan University, Xuchang University, Henan University of Science and Technology, Henan Normal University) of the 600 college students in the physical and psychological capital. Because college students are adults, the real results of the survey mainly because they have full capacity, and can express the real thoughts and wishes, so this has laid the foundation for effectiveness and authenticity. At the same time, due to the sampling survey, the sampling number is small, can not all types of college students physical and psychological capital status survey, so the survey results and the actual will have a certain deviation.

The instrument of psychological capital measurement used in this study is the "Positive Psychological Capital Questionnaire" (PPQ) compiled by Zhang Kuo. Zhang et al. (2010) follow the Luthans 2007 view, based on the reference of relevant measurement tools and literature analysis at home and abroad, based on the self-optimistic view, toughness, efficiency, hope 4 factors 26 positive psychological capital Questionnaire "(PPQ), the questionnaires of all the research groups for the domestic students, the whole questionnaire in line with psychological questionnaire use standard, reliability, validity is high, its alpha coefficient is 0.90, the questionnaire has good local adaptability and stability. Taking into account the stability of the structure of the questionnaire and the number of subjects and the subjects of this study were domestic college students, so the questionnaire.

According to the national college students "physical exercise standards" to measure the project: standing long jump, 50 meters, sit-ups (female), 1000 meters (male), 800 meters (female), pull up (male) five items. Therefore, the author of the five college students in October each year to conduct physical fitness measurement of physical fitness scores are summarized in order to analyze its relevance.

Subjects were randomly selected from 600 students from Henan University, Henan Normal University, Zhengzhou University, Xuchang College and Henan University of Science and Technology from the first to fourth grade of the five universities to carry out physical fitness test. The selected students were not trained in physical training and were in good physical condition. Test indicators: refer to the "Student Physical Health Standard (Trial Program)" and "Sports

Measurement and Evaluation", select the speed quality indicators: 50 meters; endurance quality indicators: 800 meters (female), 1000 meters (male); power quality indicators: Standing long jump, pull up (male), sit-ups (female).

All the collected questionnaires were selected according to the standard of efficiency of the questionnaire collection. The qualified data were input into the computer and analyzed by SPSS 17.0 system software. Statistical methods were one-way analysis of variance, T-test, descriptive statistics, correlation analysis.

3 Analysis on the Current Situation of Physical Quality of College Students

The results showed that the speed quality of the second and third grade of the university was higher than that of the first and fourth grade students, and the speed quality of the university was relatively better in three years. The power quality of the second and third grade male and female students is higher than that of the first and fourth grade students, and the strength of the male and female students in the third grade is relatively good; (2) Third grade male and female endurance quality (1000,800 meters) than the first and fourth grade students endurance good quality, which the second grade male and female endurance quality is relatively good. In short, the second and third grade male and female physical quality (speed quality, strength quality, endurance quality) is better than the first and fourth grade male and female physical fitness. The four grades were taken as the independent variables, and the physical quality factors (speed, power and endurance) were used as the dependent variables to conduct single factor and multiple comparison analysis. $P = 0.000 < 0.001$, $p = 0.044 < 0.05$, $p = 0.032 < 0.05$, $p = 0.07$, respectively. The results showed that the F value and p value were $F = 7.025$, $F = 13.715$, $F = 2.340$, $F = 6.233$, $F = 3.831$, $0.000 < 0.001$, $p = 0.010 < 0.05$. There were significant differences in the speed and quality of the physical quality and the power quality in the four grades of college students, and there were differences in endurance quality. In addition, the average and standard deviation of each dimension of physical quality showed the phenomenon of higher than the middle. The results showed that the speed quality of sophomores was significantly higher than that of grade one, grade three and grade four ($p = 0.002 < 0.01$, $p = 0.008 < 0.01$, $p = 0.006 < 0.01$), and the undergraduates $P = 0.004 < 0.01$, $p = 0.002 < 0.01$, the pull-up is: $p = 0.009 < 0.01$, $p = 0.003 < 0.01$, $0.010 < 0.05$, $p = 0.013 < 0.05$, $p = 0.01 < 0.05$, $p = 0.001 < 0.01$, $p = 0.004 < 0.01$), the second-grade endurance ability of the university was higher than the first, third and fourth grades $P = 0.008 < 0.01$, $p = 0.005 < 0.01$, $p = 0.002 < 0.01$). Therefore, suppose there is a difference between the physical fitness of college students.

4 An Analysis of College Students 'Physical Quality and College Students' Psychological Capital

The overall characteristics of physical fitness of college students: (1) Gender: Through the investigation of the physical quality of the five college students found that male and female students have decreased physical fitness, compared with male students, female college students' physical quality is more many. (2) the grade: After the puberty of 18 to 23-year-old college students, their body structure and physical condition in a stable state, physical function, exercise quality has great shape, if the system of physical exercise, to Will greatly improve their physical fitness and respiratory function, on the contrary in large part will show a downward trend. In this study, the following conclusions were drawn from the data: The male college students had significant differences in the two dimensions of speed and strength, which were found in four grades. In addition, the endurance quality also existed in male students With a certain difference. (3) students: the data through statistical analysis shows that the overall level of physical fitness of college students in rural areas is better than urban college students. With the continuous deepening of educational reform, especially under the continuous development of rural areas, people's nutrition has improved, the living standards have been greatly improved, the rural students of physical fitness level also increased accordingly. The reason of urban university students' physical quality is worse than that of rural university students. The reason is that they do not establish correct exercise consciousness, cultivate strong exercise interest and develop good exercise habit, and do not realize the importance of endurance quality.

Survey found that: boys in colleges and universities compared to girls in the study, life has a higher positive mental state. Male and female college students have different psychological capital, boys than girls is relatively good. From the four dimensions of psychological capital, there is no difference in the dimensions of optimism, but there are significant differences in the three dimensions of self-efficacy, toughness and hope, and it can be seen that both male and female college students are full of positive optimism Of attitude.

There are differences in the self - efficacy of psychological capital in different grades. The highest score of psychological capital is the third grade college students, four grades of college students psychological capital on the whole of the difference between the average score is not great. The reason is: freshman just after the college entrance examination baptism, their self-efficacy is still in the formation of the initial stage, not fully formed, so freshman students lack of positive mental state; junior has to adapt to university life, life and learning Of the positive initiative, and establish a clear learning objectives, the formation of a good learning habits, so at this stage of self-efficacy is still relatively good; into the fourth year after the face of a huge study, work Pressure, they began to lose self-confidence, question their ability to expect the future also suffered because of too much setback and gradually reduced, so senior self-efficacy level is relatively low.

The psychological capital of college students from different sources does not differ in the three dimensions of self-efficacy, resilience and hope. But the score of rural university students' psychological capital is lower than that of non-rural university students' psychological capital. I believe that the reason is: living in the city students have excellent conditions, admitted to key universities is a very natural thing, but with the rapid advance of urban and rural integration, from rural students through their own efforts into the university, In addition to their pride and glory, they have developed their own development goals and developed good living and study habits according to the actual situation during their schooling. Therefore, different students in the self-efficacy, toughness, hope that these three dimensions there is no difference.

(50 meters), power quality (standing long jump, pull-ups, sit-ups), self-efficacy, toughness, hope, optimism and speed quality (50 meters), power quality (standing long jump, upwards, sit-ups), through the correlation of physical dimension and psychological capital of the students, Mental quality includes four dimensions: self-efficacy, toughness, hope, optimism, physical quality including speed quality, strength quality, endurance quality three dimensions. In addition, from one and multiple linear regression, college students' physical quality and psychological capital constitute a single or multiple regression model equation, indirectly reflects the physical quality and psychological capital there is a certain correlation between. Therefore, it can be said that the physical quality of college students and psychological capital has a certain correlation between. In addition, the data from the survey can also be seen: the physical quality of students on the psychological capital of students has a positive impact (ie, correlation), for the future to better improve the physical fitness of college students to improve the psychological capital to provide theoretical basis for reference.

5 Conclusion

To strengthen the sense of responsibility, the school, Physical education teachers! Counselor, Students themselves must take responsibility to ensure that physical education and physical exercise every day and effect. College sports should pay attention to cultivate college students' sports interests, in addition to compulsory content, to increase the elective courses, rich teaching forms, to create a harmonious physical education classroom, create a relaxed and harmonious teaching atmosphere, so that students feel joy in physical education, Anxiety, physical discomfort, enhance communication, enhance the physical and mental health of college students. At the same time, vigorously carry out the sun sports, on the one hand grasp the morning exercise, school or college organization and management, student self-selected form of exercise, counselors and student cadre responsibility system, on the other hand, to provide physical exercise places, abolish school venues Sports outside the school does not open the provisions of free of charge to play sports clubs and extracurricular sports activities, the school according to the students' hobbies and free time, regular organization of colorful

sports competitions, so that students develop good physical exercise habits and lifelong sports awareness.

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