

Basketball Plays a Positive Role in the Formation of Good Personality in the Growth of Teenagers

Lin Qin

Guangxi college of sports and physical education Guangxi Nanning 530012, China

13977117111@139.com

Abstract. Adolescents are in the best period of growth and development and are the golden age of long knowledge. Due to the heavy learning tasks, it is often necessary to carry out mental work for a long time. There are problems such as poor physical function and psychological imbalance, which affect the healthy growth of adolescents. As a unique sport, basketball is attracting more and more teenagers with its unique charm. Regular participation in sports can promote the development of adolescents' physical functions, regulate psychological imbalances, and enable physical and mental growth. In the process of satisfying one's own material and spiritual needs, language communication is indispensable to complete the exchange of material and spiritual wealth. Through physical exercise, adolescents can achieve healthy physical, psychological and spiritual development. Teachers should not only impart basketball knowledge and sports skills to students in teaching. More importantly, we should develop students' personality through basketball teaching and cultivate students' practical ability and overall quality. Make basketball teaching make due contribution to the national training of talents in the new century.

Keywords: Youth Growth, Basketball, Practical Ability.

1. Introduction

You Teenagers are in the best period of growth and development, which is the golden period of long knowledge. But the task of study is heavy, and the mental work is often done for a long time. So, there are physical dysfunction, psychological imbalance, affecting the healthy growth of adolescents [1]. Basketball as a unique sport, more and more young people are attracted by its unique charm. Studying basketball has a good psychological quality for teenagers, and has a very good role in guiding teenagers to participate in basketball. All these need effective education methods and means to achieve [2]. Physical education, as a basic way of physical exercise and the unification of physical and mental education, has become an effective way and means of education. The significance of basketball is no longer confined to sports and games, but is increasingly endowed with social factors. It fully embodies the modern people's pursuit of self, publicity and cultural pursuit of the comprehensive development of mind and body [3]. Basketball is a specific environment for the development of students' personality. It can optimize and promote the formation and development of students' personality. It is an effective method and way for us to carry out quality education for students and promote comprehensive development. Basketball has entered the modern life with its colorful sports charm, becoming an active and healthy social and cultural phenomenon, and has a great impact on the development of human personality.

Basketball itself is full of contradictions between attack and defense. The two sides of the sport have strong confrontation both physically and psychologically [4]. Not only that, there is a close connection between basketball technical movements and strong viewing. Regular participation in sports can promote the development of adolescents' physical functions, regulate psychological imbalances, and enable physical and mental growth. The development process of adolescents is also the process of their individual socialization. A process of transformation from a natural person to a biological person [5]. It is a process of accepting social and cultural traditions, social moral codes of conduct, learning basic life skills and mastering necessary scientific and cultural knowledge. Teenagers form personalities adapted to the society and culture, and master the accepted behavior of the society. Sports is of great positive significance and practical value to adolescents' self-awareness, good psychological quality, fair competition consciousness, healthy lifestyle and social adaptability [6]. The development process of adolescents is a transformation process from natural person and

biological person to social person. It is a process of accepting social and cultural traditions, social moral codes of conduct, learning basic life skills and mastering necessary scientific and cultural knowledge.

2. Materials and Methods

From the perspective of cybernetics, basketball is a sport that throws balls into the hoop that hangs high. In basketball matches, the two sides organically combine space, ground and time to launch different tactical formations and technical means of attack and defense. It is a unique way of modern basketball. Basketball itself has rich connotations, which are mainly manifested in the independence, collectivity, complexity and antagonism of basketball. Basketball has very detailed and comprehensive rules for offensive or defensive players. In basketball games, teenagers are actually in a simulated society. The rules and enforcement of the game are the simulations and epitome of the real society. The situation in the game is changing rapidly, which makes the game progress and the results of the game have strong uncertainty [7]. These characteristics can just meet the psychological needs of the majority of young people who dare to compete and surpass themselves in this period. There is a close connection between basketball technical movements and strong viewing. It is the characteristics of basketball itself that attract more and more young people to join.

Physical education in colleges and universities is a systematic education project with multiple functions. It is not only the need to enhance the physical fitness of students, but also the inevitable requirement for guiding students how to live healthy. The survey shows that the motivation of college students to participate in sports activities is mainly based on physical fitness such as physical fitness and disease prevention. As shown in Table 1.

Table 1. Comparison of motivations of college students participating in sports activities

Motivation	Quantity	Proportion (%)
Physical fitness	58	29
Improve motor skills	15	7.5
Make friends	71	35.5
Physical and mental pleasure	56	28

The process of basketball matches is more complicated than other ball games, with a variety of technical actions and tactical forms. The contention around the instantaneous change of space reflects the combination of individual combat and cooperative collective cooperation. It is the important social value of college sports to guide students' healthy life by cultivating students' lifelong sports consciousness. Figure 1 is the relationship among PE curriculum model, sports consciousness and sports behavior.

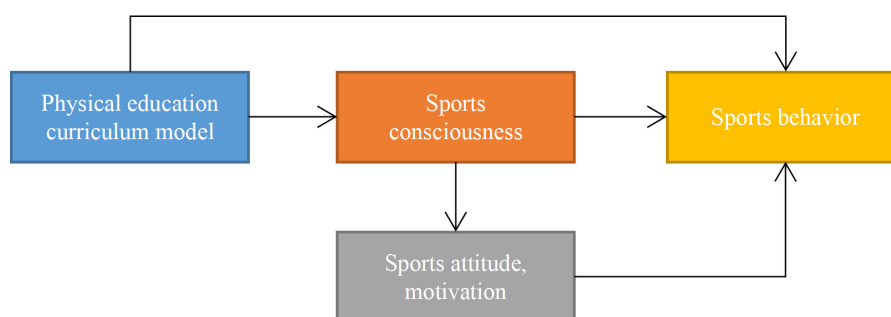


Fig. 1 Sports curriculum model, sports awareness, sports behavior relationship

In human society, people meet their material and spiritual needs through clusters and social interactions. In the process of satisfying the needs of material and spiritual life, it is essential to exchange language to complete the exchange of material and spiritual wealth. We measure the degree of socialization of adolescents and are often closely related to the self-awareness, self-control, and

moral awareness of adhering to common social norms. In addition to the education of traditional culture, this kind of self-consciousness and self-control requires the self-awareness and internalization of young people. Basketball as a collective event, whether in or out of class, participants not only have a sense of collective belonging, but also through free communication. Collective cooperation to achieve the purpose of both offensive and defensive sides. Because of the negligence or negligence of the roles, the collective goals are affected, resulting in losses and being criticized or blamed by the collective. Throughout the process, different roles interact, conflict or maintain or destroy each other. Each member has a distinct emotional experience and moral awareness.

3. Literature References

In human society, people meet their material and spiritual needs through clusters and social interactions. In the process of meeting the needs of physical and spiritual life, it is essential to exchange language to complete the exchange of material and spiritual wealth. From the perspective of social education, basketball should be an organic combination of contemporary physical education and social education. Because it is popular in more than 100 countries and regions around the world, it has gathered more than one billion people from all over the world to watch and participate in basketball. It is fully proved that it is the most extensive, most popular and special social impact of sports. The desire to win and honor in the game [8]. The process of working hard for this is undoubtedly a positive, enterprising, healthy and upward psychological experience. Often in such a psychological state, help to reduce and eliminate anxiety, frustration, depression, inferiority complex and other negative and depressive emotional experience.

In the whole process of human psychological development, the adolescent stage is the most active, contradictory and unstable period of psychological activities. It is also the most critical and plastic period for the formation and development of some important psychological qualities. Figure 2 is the catalytic reaction in adolescent education.

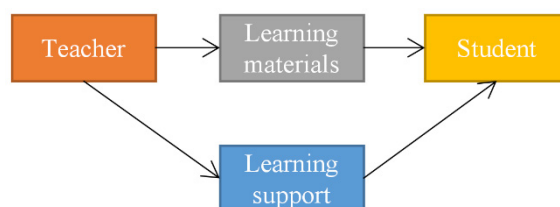


Fig. 2 Catalytic reaction mode

As a skill, basketball must have a close connection between motor skills and intellectual skills. The various actions of a person during exercise are basically completed in a short time or even in an instant. In this case, the biomotor generated by muscle activity is more irritating to the cerebral cortical cells, and the more nerve cells that mobilize to work. The rules and constraints of basketball play a very important role in the cultivation of adolescents' self-control. In modern society, due to the rapid development of the transportation industry and the accelerated pace of life, the contact between people is more mundane. People exchange information and promote development through language and other forms of communication. In the whole process of human psychological development, adolescent stage is the most active, contradictory and unstable period of psychological activities. Therefore, it is also the key to the formation and development of some important psychological qualities. This is conducive to increasing the intensity of cortical cell activity. It is conducive to enhancing flexibility, balance, analysis and comprehensive ability. It strengthens the function of the whole brain nervous system.

Basketball has a strong confrontation, and athletes often use a variety of techniques in strong confrontation. Such as the rebounding skills used in the strong confrontation in the basket, shooting techniques or repairing. In this kind of need to have a brave and tenacious fighting style, it is very conducive to the cultivation of adolescent wit, brave, flexible, decisive will and spirit. In modern

society, due to the rapid development of the transportation industry and the accelerated pace of life, the contact between people is more mundane, and people exchange language and other forms to achieve the purpose of exchanging information for development [10]. Social communicative competence has become an indispensable factor for people's own development. Team spirit is a new concept developed from the concepts of group cohesion and cooperation. Its performance is that all members of the team in order to win the game, consciously in the team training, competition and other activities, put the overall interests of the team above personal interests. Through the cooperation among the team members, the team's overall potential can be maximized.

4. Conclusion

In basketball matches, athletes are often in a variety of ups and downs of contradictory psychological state. For example, the sense of duty, responsibility, honor and friendship among teammates are intertwined. The athletes' psychological activities are often aroused, rapid and profound, exceeding the changes in a person's normal life and productive labor. Basketball has a history of more than one hundred years. The original intention of developing basketball is to let more teenagers participate in activities. Through physical exercise, adolescents can achieve healthy physical, psychological and spiritual development. The healthy development of personality is of great significance to the growth of adolescents and the development of society. Teachers should combine the characteristics of basketball sports according to the requirements of quality education for students' development. Taking the healthy growth of students as the starting point, we will actively create conditions, give full play to the positive impact of basketball on the development of adolescents' personality, and promote the formation and development of adolescents' healthy personality. In teaching, teachers must not only teach basketball knowledge and motor skills to students. It is better to develop student personality through basketball teaching and cultivate students' practical ability and overall quality. Make basketball teaching make a due contribution to the country's training of talents in the new century.

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