

Research on the Relationship between Psychological Health and Self-harmony of Sports Major College Students from the Perspective of Eco-culture

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Abstract: The theory of self-harmony is an important part of Rogers' humanistic psychology. The theory of self-harmony has important reference significance for the maintenance of mental health of college students majoring in physical education. Through the research on the relationship between the mental health status and self-harmony of the students majoring in physical education, this study aims to provide new ideas for the psychological health education and counseling of the students majoring in physical education. Symptom Checklist 90 (SCL-90) and Self-Harmony Scale (SCL-HA) were used to conduct group tests on randomly selected college students majoring in physical education. The most important influence on the mental health of college students majoring in sports is the disharmony between self and experience, followed by conversational troubles. The mental health status of college students majoring in physical education has a significant negative correlation with the disharmony between self and experience, and has a significant positive correlation with the flexibility of self. The self-harmony and self-flexibility of students with good mental health are significantly higher than mental health.

1. Introduction

Self-harmony is one of the most important concepts in Rogers' personality theory. It refers to the psychological phenomenon that there is no conflict in one's self-concept. It is the consistency and harmony between self and experience (or performance, experience), and an important symbol of mental health [1]. If it can not be unified, there will be inner contradictions and troubles, that is, a state of "disharmony". Individuals take various defensive responses in order to maintain their self-concept, so it has a close relationship with mental health [2]. Relevant research shows that if there is a gap between the self and experience experienced by individuals, there will be inner tension and confusion, namely self-disharmony. In order to maintain their self-concept, individuals will adopt various defense responses, which will bring about the possibility of psychological disorders [3]. Individuals have the function of maintaining the consistency between various self-perceptions and coordinating the relationship between self and experience [4]. If there is a conflict between various self-perceptions or a contradiction between self and experience, the individual will experience the inner heart. Nervous and troublesome. In order to understand the relationship between mental health and self-harmony of physical education majors, this paper provides a basis for the psychological health education and counseling of physical education majors.

2. Methodology

As a special group with no mature thoughts and minds, college students of physical education are easily affected by the negative influences of all kinds of money worship and hedonism in society, which can easily fall into the interweaving of multiple value standards, leading to the consequences of value loss and psychological imbalance [5]. Only one's own problem can be solved satisfactorily. Only by fully understanding the self, experiencing the self, and having a high degree of

self-harmony can we solve the self-emotional, emotional problems and real-life problems. With the adjustment of the market economy structure, the state has injected a competitive mechanism into higher education institutions, selected merit awards, and campaign cadres. At the same time, due to the lack of good self-psychological adjustment methods for more college students majoring in physical education, there will be a variety of Antagonistic Psychology among people, between victory and failure, between ideal and ability. Psychological health education in Colleges and universities is oriented to the main body of students majoring in physical education. The evaluation of various forms and contents is ultimately implemented to the students majoring in physical education. It is to improve the psychological quality of students majoring in physical education, and to cultivate people who can adapt to the healthy development of society, body and mind and are harmonious. Sports majors are the key period for the development of self-consciousness. At the same time, self-consciousness is also the premise of contemporary sports majors' outlook on life and world outlook. Sports majors' independence and self-esteem are gradually strengthened, and more and more attention is paid to self-development, with a strong focus on the development of their own knowledge, character and talent.

The correlation analysis between mental health and self-harmony. The results showed that the discord between self and experience was positively correlated with the symptom factors and total scores (see Table 1).

Table 1 Correlation analysis between mental health and self-harmony

	Somatization	Obsessive compulsive symptoms	Interpersonal sensitivity	Depressed
Disharmony between Self and Experience	0.34	0.67	0.44	0.29
Self-flexibility	-0.12	-0.35	-0.25	-0.17

There is no conflict in the self-concept of self-harmonious individuals. Self-concept includes ideal self and realistic self. The gap between them is an index to measure the individual's mental health. According to the survey, some schools are overtired, the function of cerebral cortex decreases, and the attention is distracted because of the large and complex curriculum, the difficulty of curriculum setting, the long learning time, insufficient sleep, lack of adequate physical exercise and emotional relaxation time, and the overload of learning tasks [6]. When individuals suffer from helplessness, compulsion, depression and other psychological factors due to the disharmony between self and experience and between self and self, when we are exposed to information inconsistent with our self-perception, anxiety will arise, even it is difficult to overcome. Psychological development is in an important stage of rapid maturity and not yet fully mature. In addition to the psychological phenomenon of ordinary adults, their environment and specific roles make them have their own psychological characteristics. People's life is inseparable from self-development and evaluation. Healthy individuals show more acceptance and recognition of themselves. People with psychological disabilities clearly show dissatisfaction and rejection of themselves. The challenging and competitive characteristics of sports enable students to overcome various difficulties and obstacles, test and estimate their own physiological conditions, emotions, willpower and psychological endurance, and gradually form a more objective self-evaluation and Self-awareness.

The differences in self-harmony among students with different mental health levels were based on the total score equal to 2.0. The subjects were compared in groups. The t-test found that the scores of the students with different mental health levels on the self-harmony scale were scored by t test. There are extremely significant differences (see Table 2).

Table 2 Comparison of self-harmony between different mental health level groups

	Total score <1	Total score >1
Disharmony between Self and Experience	2.33±0.35	2.47±0.21
Self-flexibility	2.17±0.17	1.04±0.25

Whether the interpersonal relationship is good depends on whether people can actively pay attention to each other. Interpersonal relationships that are actively concerned with each other can enable people to eliminate loneliness, alleviate interpersonal conflicts and conflicts, and fully feel the need for security, belonging and love. In the regression analysis with somatization as the dependent variable, the variables entering the equation are in turn the flexibility of the self, the disharmony between the self and the experience. The total score of the self-reconciliation scale is the sum of the scores of self and experience discord, self-flexibility reverse score and self-stereoscopic three subscales. The higher the total score, the lower the degree of self-harmony. Stepwise regression analysis was carried out with each dimension of the self-harmony scale as an independent variable. The results show that in regression analysis with depression and suspicion as independent variables, the variables entering the equation are self-discord with experience and self-flexibility in turn. According to the composition, it can be divided into cognitive self, emotional self and will self [7]. All kinds of self-coordination and unification are conducive to stimulating the self-esteem and self-confidence of sports majors and guiding them to success. In addition to communication and dealing with people and objects, a positive factor of self-harmony (self-flexibility) was negatively correlated with other factors of interpersonal relationship. The self-harmony of sports majors will bring interpersonal harmony, learning harmony and campus harmony. Therefore, the self-harmony of sports majors is the focus of college mental health education, and also an important indicator to measure the effectiveness of college mental health education.

3. Result Analysis and Discussion

The relationship between self-experience disharmony and mental health shows that self-experience disharmony is positively correlated with all symptom factors and the total score of the scale, and its predictive power is the highest. Further multiple variance analysis of self-consistency and harmony scores and stereotyping factors showed that students of different majors had very similar differences in these two aspects. Considering the contradiction between "ought to be self" and "actual self" which others expect more and their own evaluation is not high, which is the cognitive root of anxiety of college students majoring in physical education. The higher the degree of self-disharmony, the more psychological problems such as anxiety, depression, interpersonal sensitivity, compulsion, hostility, terror and so on, but the relevant research results are basically the same. This is the same as many people's survey shows that the mental health status of college students in physical education should cause concern and attention of medical workers. Some of the self-harmony factors are positively related to mental health, while others are negatively correlated [8]. All interpersonal factors are positively related to mental health, and the correlation is relatively high. Therefore, every sports major should strive to establish a harmonious interpersonal environment. Psychologists have shown that sports majors with high levels of mental health and good interpersonal relationships all have a series of personalities that are positively connected and establish good interpersonal relationships.

The self-awareness of college students majoring in physical education has developed rapidly. There has been a differentiation between subjective self and objective self, ideal self and real self. However, the development of self is not completely synchronized, and sometimes there will be imbalances and inconsistencies. Some studies have found that the level of self-harmony of female students is significantly higher than that of male students, and some scholars are consistent with the results of this study, indicating that there is no significant gender difference in self-harmony of physical education majors. The reason for the analysis is that students with poor self-adaptation are difficult to adapt to the change of physical education and life from high school to post-university. They will continue to use the previous learning and life patterns, making it easier for their individual components to coordinate. So we can experience more tension and frustration, which can produce anxiety, depression and other stress reactions, and even turn into physical symptoms. The separation of projection and reality is reflected in sensitivity, suspicion and lack of bosom friends. This result suggests that self-harmony affects the mental health of college students majoring in

Physical Education in many ways. The unreasonable evaluation of self-ability and emotion and the accompanying contradiction of self-consistency of sports majors will lead to unreasonable expectations of experience, and at the same time, rigidity and rigidity of self-concept. Because mental health is also affected by many other factors, the explanation of self-harmony and interpersonal relationship factors to its variation is quite high.

Self-flexibility was negatively correlated with total score, somatization, obsessive-compulsive symptoms, depression and hostility. Students with good mental health had significantly higher self-flexibility than those with poor mental health. Due to the limitations of the previous living environment, sports majors may still tend to adopt simple and rigid behavior in the changing and competitive environment, which affects their flexibility and creativity in solving problems. This study suggests that self-awareness and cognition are the most important factors affecting the emotions of college students majoring in physical education. Therefore, the mental health education of college students in physical education should be used as the target of psychological intervention, and they can be targeted to guide them objectively and rationally. Self-flexibility reflects the characteristics of individual cognition and behavior. Individuals with high self-flexibility can often think about problems from multiple angles and aspects, and seek multiple solutions. The main reason is that individuals with low self-flexibility often have a single perspective on thinking. In terms of interpersonal relationships, because they do not think about the problem from the perspective of others, they will not be in the position of others. It often leads to interpersonal tensions, often experiences and experiences that are inconsistent with their own concepts, and often creates inner conflicts and conflicts. Therefore, self-stereotype has a close relationship with mental health.

4. Conclusions

According to the theory of self-harmony, in the natural state, each self is healthy. When encountering environmental constraints and life setbacks, the self will be lost. The lost self will form a mental illness when it cannot break through. As one of the important means to strengthen the will exercise, physical exercise plays an important role in cultivating students' tenacious and tenacious will. Strengthening and improving the mental health education of college students majoring in physical education is an important systematic project. It requires not only the full-hearted efforts of higher education workers, but also the common concern and support of the whole society. As an elite group in society, college students majoring in physical education should pay more attention to the higher development standards on the basis of meeting the general level of mental health that is, adapting to the standards. If sports majors truly realize this point in the process of sports and physical exercise, then their ability to control the environment, adaptability and anti-interference ability will be greatly enhanced, and they will be able to be tough and confident in the face of difficulties and setbacks, showing a strong ability to adapt to the environment and resist setbacks.

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