

Research on the Factors Affecting the Physical Exercise Behavior of College Students in China and the Effect of Self-management

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Abstract: The rapid development of science and technology has greatly affected China's social process, and the important decision-making factors of science and technology are facing tremendous changes in higher education. As a sports project of higher education, we must keep pace with the times and actively promote the development of higher education. The reality is that people's physical strength tends to decline. The development of physical fitness is closely related to physical exercise. With the modernization of production and life, people have leisure time to participate in sports. The state of exercise is not optimistic. It is the most correct and effective way to reveal the law of sports development by studying the value of sports physiology. Sports values and physical exercise are important components of campus culture, and they also affect China's politics, economy and culture. As the main method to improve the physical quality of modern college students, we should pay attention to physical exercise in sports and universities. College students tend to be uneasy about their way, but they have strong sense of self-efficacy and motivation. Their sense of self-efficacy and motivation vary with gender. If delayed action indicates motivation, gender has no moderating effect. This study combines the attitudes of college students'sports, and analyses the family factors, personal factors, school factors, social factors, as well as the effect of college students' self-management.

1. Introduction

With the development of society, the factors affecting sports are diversified and complicated. In addition to personal factors, the study of the influence of social factors on physical exercise is also very important. The occurrence of body movements is influenced by many social factors, and changes dynamically with the development of society. By analyzing the literature on the changes of modern people's life style, physical health and sports, we can not ignore the existence of the decline of modern people's health. There are many factors affecting physical exercise, but sports value is the subjective factor that affects whether individuals can actively participate in physical exercise, and it is also the source of other factors. It is pointed out that by enhancing their understanding of physical strength and changing their subjective knowledge, promoting physical education, establishing a scientific concept of physical health and improving their health, the quality of life must also be improved.

Modern people living in a scientific and civilized society should comprehensively grasp the health status and have a new concept of their own health. The ruthless pursuit of modern life style of scientific civilization should be the basic quality of modern people, but people's health and physical strength are not optimistic. It has a lot of influence on individuals who take part in physical exercise. Because human behavior is restricted by both internal and external factors[7], human beings are bound to be restricted by environmental factors, thus affecting people's cognitive behavior. At the same time, human beings have subjective initiative and understanding of their own actions. Therefore, it is very important for individuals to recognize the value of sports.

2. Current Situation of College Students'Physical Exercise Behavior

At present, the overall health status of Chinese college students is not optimistic, but is related to the lack of sports and self-management ability of modern college students[1]. This is not only

beneficial to physical exercise, but also has a positive effect on human health and mental state. Colleges and universities are an important period for college students to develop good physical education habits. Reasonable and correct physical exercises can provide good physical quality conditions for future life, and help to cultivate college students' willpower and their communicative ability. For the sake of life, it will bring benefits to college students. According to statistics, nearly 80% of college students in China take part in sports. Quite a few students also show indifferent attitudes towards body and gymnastics [3]. The difference between men and women in gymnastics is very obvious. Boys are much more enthusiastic about sports than girls. The main purpose of boys is to enhance physical strength to participate in sports, adjust mood and leisure time after school. Girls' motivation is mainly to enhance physical strength, regulate emotions and adjust body shape. From the general trend, most college students are positive about participating in sports, but some college students do not know the importance of physical sports [4]. As a group of higher education, college students should always have "comprehensive fitness" in front of the national incentive policy in order to make contributions to the overall improvement of physical quality in most countries, which is actively encapsulated, people around them bring positive energy. This study analyzed the phenomenon of College Students' sports attitude and the influencing factors of College Students' physical exercise, and explored the effect of college students' self-management.

Research shows that modern students' understanding of sports consciousness and sports function and effect is gradually improved and deepened, and their health concept and health consciousness are also enhanced. In school, students' learning is to complete the cognitive activities of curriculum, knowledge, skills and so on. Physical education is an important part of school education. At present, school physical education is not a professor of sports skills, but to promote the development of students' learning healthy knowledge and good lifestyle [6]. This study shows that the educational value level of sports values can effectively predict the sustainability of College Students' sports activities. This is consistent with the existing research. Sports cognition is the basis of forming personal attitudes and beliefs, as well as the necessary conditions for action change.

2.1. Sports Behavior of College Students

College and University Students' sports habits, physical strength and health purpose, within a certain period of time, the frequency of activities, the intensity of sports means physical activity, which is continuously regarded as social development, sometimes deviating from the definition, and then, even sports are sometimes considered unhealthy behavior. Sports is very important in school education, it is secondary, not busy, really do not require the following pictures: action is determined by the value of sports, by the introduction of campus sports culture. In the process of implementation, physical sports will also verify its sports value and experience campus sports culture. At this stage, China's four-year universities fully abide by the development rules[2].

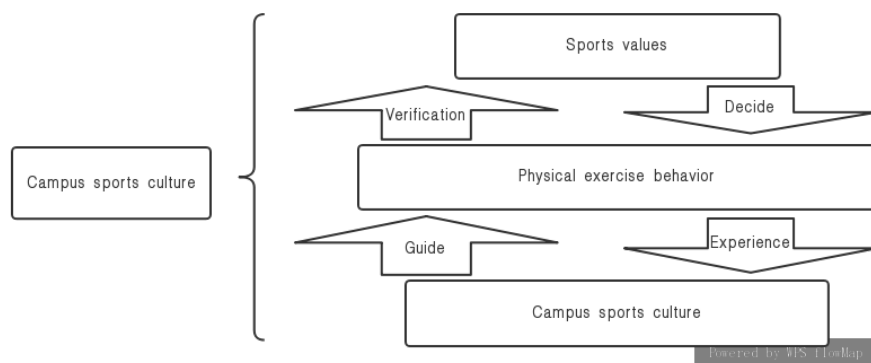


Fig.1. Influencing factors of college students' physical exercise

3. Analysis of the Factors Affecting the Physical Exercise Behavior of College Students in China

3.1. Family factors

Nowadays, almost all college students are single. They lack the initial labor force and the habit of allowing them to participate in sports. Most children have little stress in high school and little exercise time. The pressure of university learning has been reduced, and many entertainment projects have been tempted to realize the importance of physical sports. Most parents believe that the material quality of life is directly proportional to the material level in the social market economy environment in which the economic base determines the superstructure [8]. This is interpreted as a study of entering cultural courses or important universities in the process of raising children. In the process of children's growth, the root of success[9], most parents do not know the importance of physical sports and pursue their children's cultural achievements. I believe that physical exercise is a waste of time. Now a part of our country's college students grew up in this family environment. Because of family reasons, college students have not developed good physical exercise habits between primary and secondary schools. The physical health courses offered can have a selective attitude.

3.2. Personal Factors

The personal factors affecting the physical movement of modern college students mainly refer to the lack of personal sports consciousness of College students. Sports consciousness refers to personal concern for sports activities and enthusiasm for participating in sports competitions and activities. At present, the main factor affecting college students'sports habits is the lack of personal sports consciousness. Strong sense of movement is the basis of promoting body movement and the direct reflection of sports physiology motivation. Sichuan Reasonable Behavior Theory points out that "Sports is a sport for individuals to cope with their own health threats." When a person knows that their living habits affect their health, they create their own living conditions. Change the status quo and actively participate in sports. However, it is difficult for Chinese college students to find their health status, which is influenced by the relatively high health level of their golden age and the traditional Chinese concept of "disease-free and health". It is difficult to achieve improvement. Statements were made by WHO staff.

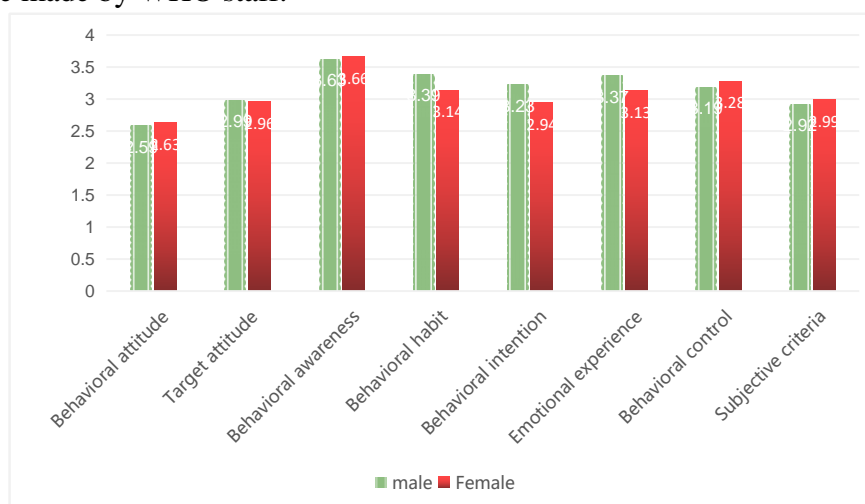


Fig.2. Comparison of attitudes of different gender students in physical exercise

Female college students have a higher degree of physical exercise, but they have not formed good habits of action. To this end, we need to strengthen publicity and education, change attitudes, develop a healthy scientific way of life, and promote mental health. Female college students'low emotional experience scores limit their enthusiasm for physical exercise. Therefore, we will continue to strengthen school physical education, pay attention to the cultivation of students'"a technology", enhance their emotional experience, and enhance sports health.

3.3. School factors

The state pays less attention to college students' physical education, which is related to the curriculum design of Chinese universities or universities. The comprehensive training of many colleges and universities can only be prepared according to the national goal of so-called physical education venues. However, the quality of courses and the professors of class schedules can not achieve effective protection. Most single and comprehensive universities prepare compulsory physical education courses for freshmen and sophomores. There will be no third or fourth academic year. College students seldom carry out systematic training of all sports related to compulsory education and physical education among colleges and universities. Lack of attention to college physical exercise, more worried about the improvement of College Students' physical literacy. Most universities and colleges pay more attention to the study of students' professional skills. In recent years, more and more universities and colleges have expanded their enrollment. Because tennis courts and volleyball courts occupy a large area of the campus, they are directly converted to student apartments or educational buildings. The low quality of physical exercise series and the incompleteness of hardware facilities directly affect the comprehensive development of college students and the irrationality of their physical exercise actions.

3.4. Social factors

With the development of science and technology, "network +" era, transportation, communications, meals are mainly natural animals and plants, food, clothing, housing arrival, transportation is very convenient, eat, buy clothes, go out, if out, and shout "drip water", entertainment is dependent on mobile phones, so most students do not eat regularly. Irregular life, much of the time spent sleeping and playing, lacks time for initiative. In today's information age, students give the impression of scholars who have not known what they are doing for a long time, and then they can read intelligent people. Students can learn social development through TV broadcasting, online video, mobile client and other forms. The trend is that online media is dominated by reality shows, drafts and other programs. Lack of campaign propaganda. And these are associated with college students who don't know sports, so they are interested in it, and they can't participate in it.

4. Research on the Effect of College Students' Self-management

Self-management refers to the process of individual self-improvement, self-organization, self-management, self-discipline, self-motivation, and ultimately self-goal to change their behavior. The effect of self-management is to assume that human behavior will be regulated by individual subjective dynamics rather than by all passively arranged human actions. With the above factors as the object, the phenomenon of inactivity of college students to physical exercise and the factors affecting the actions of Chinese college students as the object, whether they can complete self-management is one of the decisive programs affecting sports.

The self-management effect of College Students' physical exercise action refers to the process of continuously guiding and achieving sports goals by setting the amount of physical exercise, choosing the amount of physical exercise and exercise methods, self-monitoring and self-evaluation training results. In other words, if college students can perform well in the way, content and time of exercise and exercise, then they will really play a positive role in self-management of their physical exercise behavior.

Due to the influence of family education, school and social environment, many college students are unable to develop the health awareness of physical exercise, lack of concern for physical exercise and subjective motivation. Some college students believe that the university's need for professional research, socialization and social practice is more important, and sports is only a relief and relief. This negative idea of sports leads them to participate less actively in sports. Therefore, through self-management to cultivate the effect of sports motivation, students can effectively cultivate the habit of spontaneous sports. Sports motivation has the function of directionality, coordination, enhancement and maintenance of College Students' sports health knowledge and active action.

Choosing exercise therapy is one of the important factors affecting college students' sports. Choosing the only correct way to enable college students to obtain good sports training benefits, but also to promote the continuity of physical movement. College students need to use correct physical exercise methods according to their actual needs. When necessary, they can consult professional sports teachers or fitness coaches to develop a reasonable method of physical exercise, in order to achieve the goal. Physical movement content management includes the selection of physical movement content and the related content of goal setting, which is convenient for personal control. For individual sports, motivation management, method management and content management have limited impact on self-management time management. Time management has its own characteristics. It is stable and difficult to change. However, when college students spend less time online, they can play online games, shop, watch movies, as a physical movement of page reading. In addition, the effect of self-management is positive.

5. Recommendations

It is the most direct way to improve students' physical strength. Therefore, single and comprehensive universities must pay attention to improving the physical and psychological quality of College students. Reasonable action of physical exercise has a very positive effect on College Students' physical strength, willpower and rational mental state. At present, the sports consciousness of Chinese college students is relatively inadequate. From the perspective of family factors, personal factors, school factors and social factors that influence physical sports behavior of Chinese College students, it is necessary for modern college students to improve their self-management. Self-management will bring positive effects, complete games and improve themselves. We should formulate sports motivation and reasonable sports content, adopt sports methods consistent with actual training, increase sports time and strengthen self-management of sports.

Higher education must use the concept of scientific development, stimulate students' creative thinking with practice, test their standards, and test the truth of correct social dogmas. Reflect selectivity according to social diversity. College students' sports should be closely related to politics, economy and culture. They should maximize social value and personal value, and make the greatest contribution to the good cause of mankind. From the perspective of social needs of social sciences, inheritance and development provide help for college students to choose sports activities and to reproduce social and historical views. Therefore, there should be strict system and scientific training methods to train physical education teachers. It promotes the positive interaction among college students, comparatively scientific comparative law, allocation of resources for comparison, and completely and effectively promotes the development of sports discipline[5].

Today, diseases caused by unhealthy lifestyles are spreading rapidly. The lack of exercise is undeniable. But whether people can correct their bad habits or not, it is undoubtedly of great significance that life has begun to operate scientifically. At present, in the environment of quality education, students need to develop completely from moral, intellectual and physical aspects. As a subsystem, physical education belongs to people's training activities. Sports should not only limit the study of technology and skills, but also strengthen the body of biology. (Improving students' physical strength in sports) Enabling students to master one or two skills according to continuous improvement, thus stimulating the possibility of developing students' interest in sports. Establish the appropriate sports value and the foundation of life style and career sports. The methods and methods of physical education must also be diversified.

6. Conclusion

Some studies suggest that their school age has more learning tasks. They usually have a way of life. Through physical exercise to control physical and mental health and physical and mental activities, reduce psychological pressure in sports activities, promote interpersonal communication and enrich spare time life. At the same time, the gender factors in this study can effectively predict the consistent amount of exercise in many studies. Boys are as active and lively as their ability to express

themselves through sports activities. Girls are introverted and introverted. Their pursuit of sports is not very good. The influence of traditional Chinese culture on women may still exist. It is also very difficult for female college students to get rid of the shackles of social power.

Personal cognition, attitude and other subjective factors of physical exercise are the internal factors that affect residents' participation in physical exercise. Determine whether physical activity will occur. On the other hand, social factors play an important role in the development and sustainability of physical movement. Sports effect is the main factor of body movement. People's awareness of health has been greatly improved, and the proportion of people taking part in physical exercise has increased. However, the proportion of people who reach a comparable frequency, intensity and time is getting later and later. The reason is that social factors related to personal factors are involved. And, what happened.

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