

# Research on Sports Characteristic Behavior Based on Fitness Effect Theory

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**Keywords:** Fitness Effect Theory; Psychology; Sports Characteristic Behavior

**Abstract:** The diversity and individual differences of human sports behavior are not only restricted by their physiological mechanism and environmental mechanism, but also influenced by individual psychological mechanism. This paper explains the feasibility of applying behavioral change theory model in physical exercise behavior, presents the research results in the field of stage characteristics of physical exercise behavior in China, and expounds the rational grafting of behavioral change theory model and physical exercise behavior, as well as the significance of this grafting. Sports behavior is a special behavior of human beings. It is not only restricted by the physiological and psychological characteristics of individual behaviors, but also influenced by social and cultural environment and economic development. In the future society, sports behavior activities will replace physical labor, maintain the physical strength of human decline with its unique fitness value, and meet people's various psychological needs.

## 1. Introduction

Human behavior is the external reaction of the internal psychological and physiological changes caused by the human body under the environmental impact. All human actions and expressions in daily life are not only the formal basis of behavior, but also the expression of behavior [1]. The emergence and development of human sports behavior is not only influenced by the external environment, including social and cultural environment, economic conditions and natural environment, but also restricted by the internal physiological and psychological characteristics of the actors, showing the characteristics of diversity and individual differences [2]. There is consensus about the positive effect of physical exercise on health, especially for those with high education level. But a common phenomenon is that some people only like to watch games or watch other people's sports, but they only move their mouths and eyes, and they don't. Regular physical exercise is beneficial to physical and mental health. Studies have shown that physical exercise can reduce some of the risk factors associated with cardiovascular disease and coronary artery disease, such as hypertension and extreme obesity [3]. Physical learning behavior is a behavior in which learners obtain physical knowledge through learning in a certain physical learning environment. The pros and cons of physical learning behavior will have a direct impact on students' learning effects. The emergence and development of sports behaviors are not only restricted by the physical and psychological conditions of the actors, but also affected by the external environment, including the natural environment and social and cultural environment, showing various behavioral characteristics.

## 2. Definition of Related Concepts

Behavior is the attitude of life and specific way of life expressed by human beings in daily life. It is based on a certain material basis, different individuals or groups of people, under the influence of social and cultural systems and personal values, in life. Basic Features. Human behavior change is a complex, gradual, continuous process, and individuals who perform a new behavior will proceed in an orderly manner along the following stages. At this stage, people have no intention to change their behavior, usually referring to the next five months. People are at this stage because they don't know or perceive numbness in their behavior, or they have tried to change behavior many times but ultimately fail and feel disheartened. The process of making individuals more persistent in their

behavior [4]. This meaning goes beyond the meaning of education, essentially refers to the process of individual adaptation to the environment, and changes in behavior will take place in a variety of ways. For example, in the same sports team, athletes' competitive ability, attitude towards success or failure, and so on, have greater similarities and differences. Therefore, the observation in sports learning is mostly dynamic, and it will be more difficult to complete the observation task in an instant, and the observation requirements put forward by students will be more specific, otherwise it will be difficult to see, understand and understand the teacher's demonstration actions.

“Health refers not only to the absence of disease and anomalies, but also to the state of being in good spiritual and social life.” The definition of health by the World Health Organization (WHO) gives people a new concept of health, and it has become a clear goal of all health promotion activities. Many scholars have different opinions on the concept of sports behavior. Some researchers believe that “sports behavior refers to people's understanding of sports culture and their tendency to sports under the consciousness of sports” [5]. People form ideas to change behavior in the near future and make initial attempts; in the action stage, people have experimented with new behavior; in the maintenance stage, or consolidation stage. These people belong to unmotivated groups, and they often make some reasons to interfere with behavioral interventions and are unwilling to participate in health promotion or treatment. The faster the individual matures, the faster the behavior of learning. Before the individual matures to a certain extent, the effect of learning is not great, and often it is half the effort. Moreover, in a certain learning behavior, such as listening to a good learning behavior, other learning behaviors such as observation, practice, etc., often have a good consistency of learning behavior. Fitness needs and motivation, the formation and development of fitness awareness, factors affecting fitness awareness, fitness awareness, and fitness awareness [6]. These activities include the main manifestations of sports behaviors - sports behaviors, as well as sports activities such as organization, management, publicity, research, teaching, consumption, and viewing.

### **3. Psychological Analysis of Sports Characteristic Behavior**

Although human behavior is different from psychology, it is closely related to psychology. People always deal with all kinds of stimuli with their subjective spiritual world, and then make corresponding behavioral responses. People must exercise regularly and form the habit of lifelong exercise in order to show its effectiveness. People's various activities to achieve a certain goal are called behavior. Fitness behavior refers to all kinds of activities that people carry out in order to achieve the goal of fitness. People at this stage intend to change their behavior, but there has been no sign of action or preparation for action. In addition, although learning factors gradually increase with the increase of individual maturity, their limits will still be limited by genetic factors. These include various major sports psychological factors such as sports needs, sports interests, sports motivation, and sports attitudes. Students who are not interested in sports will be negatively influenced by their learning behavior, and bad learning behavior will naturally be revealed. Fitness studies need to study all the behavioral characteristics and laws of fitness, including the characteristics of physical behavior of different ages and different groups, the development and development of human fitness behavior, and the exercise behavior of fitness. Therefore, the development of sports behavior must be carried out when the individual's maturity level reaches a stage, and scientific selection should be strictly carried out in order to get twice the result with half the effort.

Sports events have their own characteristics. From the point of view of the ability, some will be different from those that will not be significantly different. Some will not be indistinguishable from each other, and some will be somewhere in between. Need is the internal motivation for generating behavior and an important force for the continuous development of behavior. The behavioral change theory is based on people's behavior as the main line of analysis, even if the same target behavior found by the “knowing the letter” theory has not changed. The physical fitness measurement and evaluation of different age groups, the influencing factors of fitness effects, and the self-evaluation of fitness effects, timely feedback of fitness effects, is to encourage people to adhere to fitness

practice. In the development of sports behavior, the present behavior is the continuation of the past behavior, and the future behavior is the continuation of the present behavior. For example, an athlete won the world championship one day, but his preparation for it was a long time ago. College students' sports behavior is greatly affected by their needs, which to some extent determines whether they participate in sports activities or not. In teaching, when students are learning physical dominant events such as running, jumping and throwing in track and field, because they want to improve their basic sports ability more, they will mainly learn by practicing behavior. However, as an acquired positive means of influence, sports will improve people's physiological function and make good physical development to a certain extent.

#### **4. Future Significance of Sports Characteristic Behavior**

Motion is the life characteristic of human being as a kind of higher animals. Motion is the most important way of life for all higher animals. Like all higher animals, human's external behavior is accomplished under the control of the motor center of the brain, and this motor ability can maintain human's life activities. However, if we look at the whole process of development, the establishment and change of sports behavior sometimes presents a phased phenomenon. When individual physiological maturity reaches a certain stage, with a dominant behavior from quantitative change to qualitative change, showing the stage of development of sports behavior. The establishment of fitness science meets the needs of human historical development. At the same time, the rapid development of modern sports science and health science has laid a solid theoretical and practical foundation for the establishment and development of fitness science. In the process of health promotion, it is necessary not only to carry out health education on a large scale, but also to consider the complexity and particularity of human behavior change. As we all know, human health includes physical health and mental health. It is recognized that sports behavior can promote growth and development, help to strengthen physical fitness and improve physical health. With the development of science and the prosperity of society, sports will become the main physical activity of human beings in the future. Therefore, sports has eternal value.

The arrival of the knowledge economy marks another major change in the mode of labor production. People will begin a new mode of production based on mental labor. Therefore, improving health should be an all-round development that promotes the physical, psychological and social adaptability of the human body. All actions aimed at improving health can be called fitness activities. The continuous performance of the development of sports behavior, a good foundation is very important, it will affect future and even lifelong behavior. In fact, innocent is a physiological or psychological early development, and it is quite rapid. Due to the inconsistency of the rate of development before and after, we must pay attention to the importance of early development. The significance of sports behavior to mental health and the psychological effect of sports have gradually been paid attention to. Appropriate physical exercise has a very positive impact on mental health. This also indicates that the labor behavior which needs more physical and physical activities in the past will be replaced by sports behavior with various forms and contents of physical activities. Therefore, it can help students to vent their bad moods, improve their tense, anxious and anxious moods, and develop good personality traits.

The research object of sports behavior science is people's sports behavior under certain circumstances, and it is people's various sports practice activities. All kinds of human behaviors have their inherent motivations and different characteristics. Revealing the characteristics of fitness behavior and its influencing factors, and educating and guiding them pertinently are the key to stimulate people's fitness behavior. In the future society, advanced scientific and technological means will gradually replace a large number of manual labor, but also liberate people from the long-term life style mainly based on work, people can enjoy more free time. The development of sports behavior, due to the different genetic, maturity, environment, learning and other conditions of the individual, as well as the differences in their interaction effects, there will be considerable similarities and differences in the development of behavior between individuals, just like the different styles of flowers, no Everything is the same. This confirms that the change of residents'

physical fitness exercise behavior is a complicated, gradual and continuous process. The effective intervention will undoubtedly play an active role in the development of things. We can predict that sports behavior is an important behavior and lifestyle of people in developed societies in the future. Sports behavior has eternal meaning and value to human beings.

## **5. Conclusion**

At present, from the perspective of sports, it has experienced a revolution, that is, the extensive application of academic theories of modern science and technology in sports. Studying the characteristics and development of sports behavior is not only meaningful, but also has a wide range of application value. Sports behavior is a comprehensive interdisciplinary study of people's sports behavior, with the aim of improving the ability to control and predict sports behavior; Mobilize people's enthusiasm to participate in sports activities, so that sports can better serve human development. Help people to choose all kinds of cultural activities, including sports, to develop themselves and enjoy life according to their wishes. It provides theoretical and practical basis for guiding us to further study the stage characteristics of physical exercise behavior in the future.

## **Acknowledgement**

The study was supported by "Science and Technology Project of China Railway Corporation, China (Grant No. 1341324011)".

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