

Research on the Influence of Physical Education on the Students' Mental Health in Colleges and Universities and its Countermeasures

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Abstract: Physical education in colleges and universities can help students build up their body and cultivate their sentiment, which is an important way and education part for the comprehensive development of college students. Meanwhile, the mental health of college students has become a social problem. Based on the analysis of the mental state and problems of college students in sports practice, this paper discusses the influence of physical education on college students' mental health, and starting from problems, actively puts forward the countermeasures to promote the healthy development of college students. The paper is expected to inspire the society in some degree.

Under the background of the new era, the Party and the country put forward the strategic thought of sports powerful nation, and have pointed out clearly that we should pay attention to the all-round development of human beings and form the people-centered sports concept.[1] To truly reflect the people-centered concept, it is necessary to promote the healthy development of the people physically and mentally. At present, one of the important goals of physical education in colleges and universities in China is to integrate the knowledge of mental health education, in order to make college students build up their body and mind, and develop in a scientific and healthy direction.

1. The Mental State and Problems of College Students in Sports Practice

1.1 The Mental State of College Students

It is easy for college students to build up a strong body when they do physical exercise, but not easy for a good mental quality. According to a sample survey conducted by Chinese health scholars on the mental health of college students nationwide in 2006, college students with various psychological disorders or mental illness accounted for 20% to 23%. Academic pressure and interpersonal stress are two major factors that have a great impact on college students' mental health. [2] Confronting the pressure of study, interpersonal relationship, environment, emotion and others, contemporary college students are prone to suffer from mental disorders and mental illnesses such as learning fear, interpersonal anxiety, weak environmental adaptability, and emotional distress.[3] As a result, the poor mental health of college students has greatly hindered the cultivation and development of talents in colleges and universities.

1.2 Problems Existing in College Sports Practice

1.2.1 The Country

In 2016, the "Healthy China 2030" Planning Outline issued by the CPC Central Committee and the State Council clearly proposed to promote "Healthy China" as one of the national strategies. Obviously, the state attaches great importance to the public health. [4] Meanwhile, in 2002, the state promulgated the *Teaching Guidance Outline of Physical Education Curriculum in Colleges and Universities* (hereinafter referred to as *the New Outline*), which proposed to add a teaching content about "Mental Health and Social Adaptation". However, in the implementation of actual policy documents, there is almost no curriculum related to psychological knowledge in physical education. At the national level, although the state has promulgated relevant documents on physical education and national health, it has not been implemented in the actual teaching process. As a result, it hinders the implementation of the national strategy "Healthy China".

1.2.2 Colleges and Universities

First, the teaching ideas in colleges and universities is not correct. At present, the physical education in colleges and universities in our country attaches great importance to the improvement of students' physical quality while pays no attention to their mental quality. Consequently, it has a bad impact on the students' psychological quality and social adaptability. [5] Second, the curriculum are not arranged properly. Most of the physical education courses are based on professional training items, without combining with the mental health knowledge. Third, the sports facilities are not strong. According to scientific research, people can release dopamine through exercise, which can help them relax and release stress. This requires the schools provide enough sports venues for students to exercise. Therefore, more sports venues such as gyms, table tennis halls, badminton halls, swimming clubs should be set up for students to do different sports and release the stress according to their own interests.

1.2.3 The Individual

Teachers: Deficiencies in teaching ideas, methods, and abilities

First, the teaching idea is off track. In the actual teaching process, some PE teachers focus on physical exercise and sports education, and pay no attention to psychological training and sports psychological guidance. They believe that the key objective of students is to master sports skills, rather than psychological training and education. Second, the teaching methods are single. PE teachers mostly carry out simple teaching through the mode of action explanation and demonstration. Therefore, the interaction between students and teachers is weak, and the course quality is not good. Third, the teaching ability is poor. At present, most college PE teachers only learn and are good at relevant sports training programs. They haven't learn any professional psychological knowledge, so they can not timely understand and judge students' psychological state.

Students: Incorrectness in learning idea

On the one hand, students only attach importance to the sports items that need to be assessed, and form a learning concept of "examination-only theory". They do not pay attention to psychology learning in the process of physical exercise, and are not good at using the sports psychology knowledge to relieve their own pressure, so easily get many psychological disorders and mental illness. On the other hand, college students' cognition of physical education and exercise is biased. They think that physical exercise is dirty and tiring, and they do not actively participate in physical exercise, but passively participate or take advantage of skipping classes. They do neglect the positive effect of physical exercise on relieving stress.

2. The Influence of Physical Education on College Students' Mental Health

2.1 Intelligence Level

Physical exercise contributes to the improvement of intelligence level and physiological function, and lays a good foundation for the students' mental health. If college students often do exercise, they can make their brains get more energy, which can enhance their ability of attention, memory, innovation, reaction and so on. Meanwhile, college students can strengthen their physical quality and physiological function by taking part in physical exercise, so as to lay a good foundation for their mental health.

2.2 Psychological Effect

College physical exercise is helpful to the adjustment of emotion fluctuation and the determination of self-concept, which promotes the college students to have a healthy mental. According to a survey conducted by Kyan in 1983, 60% of the 1750 psychologists regarded exercise as one of the effective treatments for anxiety disorders, and 80% thought exercise was very effective in treating depression. [6] Indeed, physical exercise can awaken the central nervous that has a sense of joy, which can effectively improve the emotional fluctuation of college students to make them feel happy and emotionally stable.

2.3 Will Quality

Physical exercise is conducive to the training of setback-resistance ability and the integrity of personality, which can promote the formation of the college students' will quality. In the physical exercise, college students often try some very challenging sports. Through physical training, college students will continue to temper their willpower and frustration enduring capability, which help to complete the expected goals and tasks. In the process of constantly trying and challenging sports, the will quality of college students will be formed.

2.4 Social Relationship

Physical exercise is beneficial to enhance social adaptation and stimulate team cooperation, which is of great help to the improvement of college students' social relations. Physical exercise in colleges and universities is usually organized as a team. In team activities, college students can understand each other, enhance their closeness and tacit agreement, and improve their interpersonal ability and social adaptability.

3. Countermeasures to College Students' Mental Health

3.1 The Country

On the reform of physical education, the state has issued many policy documents, including *the New Outline*. At the same time, the country should go deep into the field to deeply understand the actual situation of our country's colleges and universities. The psychological education and social quality training should be truly and positively implemented in the actual physical education, in order to help the society to cultivate all-round development talents.

3.2 Colleges and Universities

College students are the main objects in colleges and universities. The actual teaching work in colleges and universities will directly affect the mental health of college students. First, the teaching goal should be innovated. They should attach great importance to psychology education rather than regard it as the subsidiary function of physical education. The students' physical quality and mental health should be put in the same position and develop at the same time. [3] Second, the new courses should be added. The course of physical psychology should be set up as a compulsory course of physical education. It can help students understand and apply psychological knowledge, and develop physically and mentally in the end. Third, the sports facilities should be developed completely. It is necessary for colleges and universities to build physical infrastructure to make students more selective, more interested and more positive in participating in physical exercise. Meanwhile, the schools should organize different sports activities, which will help students to relieve their body and mind and release their pressure.

3.3 The Individual

3.3.1 Teachers

The teacher has the responsibility of teaching the students and answering their questions. First, teachers should renew their teaching ideas, establish a new student outlook based on students, and aim at improving students' physical and mental qualities to help students develop in a healthy direction. Second, teachers should enrich their teaching methods, strengthen their communication and contact with students, build a harmonious relationship with their students, and make them feel warm, which will reduce the probability of psychological obstacles and mental diseases. Third, teachers should have good psychological quality and subject knowledge, take the initiative to learn psychological knowledge and apply it to the actual teaching process, and help students to adjust negative emotions and all kinds of psychological disorders.

3.3.2 Students

College students are the main object of college physical education and the backbone of social

development in the future. On the one hand, students should renew their learning ideas, abandon the “examination-only” learning concept. When they pay attention to the specialized training courses, they also need to learn psychological knowledge and apply them to practice to be a healthy person physically and mentally. On the other hand, students should be clear about the value and importance of physical education. They should not regard physical education as a course of lazy play, but should take part in physical exercise seriously to enhance their physical function and physical quality, and learn to release their stress during exercise.

In conclusion, under the background of the new era sports powerful nation thought and “Healthy China” national strategy, the physical education in colleges and universities should also pay attention to the mental health of college students. The government should carry out the relevant policy documents. The colleges and universities should improve the physical education from the aspects of teaching idea, curriculum and sports facilities construction. Teachers and students should find the right position and methods, and work together for the healthy development of college students.

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