

Current Status of Sports Behavior among Competitive Athletes: Input to Proposed Regulatory Program to Address the Issue of Misconduct among Athletes

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Abstract: *With the continuous development of competitive sports events, more and more moral misconduct behaviors in sports competitions are constantly emerging, which deeply affects the moral values of competitive sports and hinders the normal development of competitive sports. This article uses research methods such as literature review, interviews, and logical analysis to gather information on moral misconduct in sports competitions, explore the moral misconduct of athletes in sports competitions, summarize the main manifestations of existing moral misconduct in sports competitions at the level of competitive sports, use exploratory factor analysis to identify various dimensions of moral misconduct, analyze its internal reasons, and propose corresponding countermeasures and suggestions. In order to provide reasonable opinions or suggestions to avoid the occurrence of moral misconduct by athletes in sports competitions, and promote the healthy and orderly development of competitive sports.*

Keywords: *competitive sports, sports ethics, athletes*

1. Introduction

Sports are the mirror of human civilization and reflect on all aspects of society. With the evolution of civilization, the corresponding sports moral crisis has become increasingly severe. It is urgent to alleviate the problem of misconduct in sports moral behavior among Chinese college students. Sports ethical behavior refers to the ethical behavior norms and codes of conduct that athletes need to abide by in competitions or daily training. However, different cultural backgrounds will produce different cognition and ideas. Sport is not only a sport, but also a culture and lifestyle. By summarizing the experience of shaping the sports behavior of American college students athletes, and combining the current situation of college students' sports ethics in China, this paper analyzes the causes of the problem, and draws relevant inspiration to promote the standardized form of shaping the sports moral behavior of Chinese college students, in order to improve Chinese college students' awareness and understanding of sports, and promote the physical and mental development of Chinese college students. This has important theoretical significance for improving the relevant research on sports moral behavior of college athletes in China, further strengthening the construction of sports moral norms in China, promoting the development of healthy sports in China, and forming a good social morality for the development of the whole society.

2. Current situation of sports ethics development of American college athletes

American universities pay particular attention to the shaping of college athletes' sports moral behavior, which includes the cultivation of sports behavior, attitude, cognition, sense of responsibility and other aspects. The cultivation of these behavior habits can effectively help athletes form correct values and behavior habits. The development of sports ethics among American college students has always been a topic of great concern. Although college sports athletes are considered moral and spiritual models, they also face many moral and ethical challenges in reality. Firstly, many college sports athletes choose to cheat or use stimulants when facing pressure and challenges. This behavior violates the principle of fair competition and has had a negative impact on university sports. In addition, some student athletes also face moral dilemmas, such as whether they choose to publicly expose the misconduct of coaches or peers for their own interests. Secondly, the commercialization of university sports has also had an impact on moral development. Many university sports have become profitable

business entities, rather than providing students with tools for physical education. This may cause some student athletes to feel pressure and need to bring more financial benefits for themselves and others, rather than focusing on moral and sports development.

At the same time, American college athletes have also made a positive impact on the shaping of sportsmen's sports ethics. Many college athletes actively promote moral development by participating in voluntary activities, leadership training and other community service programs. Some college sports programs also emphasize moral education and training to ensure that student athletes can develop in a harmonious environment, at the same time, fully utilize one's sports talents. To sum up, there are challenges and opportunities in the current situation of the development of American college students' sports ethics. The shaping of American college students' sports ethics urgently needs to strengthen moral education and practice, reduce the impact of commercialization, so as to help student athletes get a more comprehensive development in morality and spirit, and at the same time maintain the good image of college sports.

3. Experience in shaping sports morality of American college athletes

In the United States, college athletes are regarded as models of sports morality and spirit. The successful experience in shaping sports morality of American college athletes is mainly reflected in the following aspects: First, moral education and training. Moral education and training in college sports is very important for shaping the sports morality of student athletes. This kind of education and training can help student athletes better understand the importance of fair competition, teamwork and moral decision-making. For example, some university sports events will organize discussion groups to let student athletes discuss sports ethics and ethical issues, so as to help them better understand these issues and make correct decisions. Secondly, actively participate in the activities of non-governmental organizations. Many university sports projects collaborate with civil society organizations to participate in volunteer activities and community service projects, such as cleaning parks and assisting charitable organizations. These activities can help student athletes better understand and care about others, and encourage them to participate in community affairs with a positive attitude. Then, improve the leadership skills, which are also very important for shaping the sports ethics of student athletes. Many university sports programs provide leadership training to help student athletes become team leaders. This kind of training can help student athletes better understand the responsibilities and responsibilities of leaders, so that they can better understand how to shape their own sports ethics. Finally, create a social environment. The social environment of student athletes is also crucial to shaping their sports ethics. In college sports, the establishment of a friendly social environment can help student athletes better understand and respect others, encourage them to participate in team cooperation with a positive attitude, and establish a relationship of mutual trust and respect. In a word, the experience of moral education and training in college sports, participation in voluntary activities, teaching leadership skills and establishing a friendly social environment can help shape the sports ethics of American college athletes. These experiences can help student athletes better understand and respect others, and encourage them to participate in sports activities with fair competition, teamwork and a positive attitude.

4. Current situation of sports morality development of Chinese college athletes

4.1 Realistic dilemma of sports morality development of Chinese college athletes

New China has made great achievements in the development of competitive sports, but at the same time, there are also problems of imbalance and inadequate development [1]. There are several problems in the sports moral behavior of college athletes in China. First of all, the competition consciousness is too strong and the fairness of the competition is ignored. Although the sports competition is based on higher, faster and stronger spirit, solidarity, fraternity and fair competition are more important, during the competition, there is a mentality of some college students who are eager for quick success and instant benefits. They often only care about and pay attention to the victory or defeat of the competition, while neglecting the respect for their opponents and the spirit of unity, friendship, and fair competition that should be reflected in the competition process. Secondly, some college athletes lack the sense of team cooperation. They tend to be self-centered and ignore the existence of teammates, which leads to low efficiency of team cooperation and easy conflicts in the team. Once again, some college students lack self-discipline and lack discipline. They often engage in bad behaviors such as not following the competition rules, bribing referees for personal gain and fraud to win the competition, and taking

illegal, unhealthy, and non compliant drugs regardless of others or their own health [2]. Therefore, we need to establish correct sports motivation, emphasize the progress and growth of individuals in the process of sports, downplay the importance of competition results, and establish correct sports ethics.

4.2 Explanation of the reasons for the birth of sports moral behavior of Chinese college athletes

Sports ethics are a part of morality. In China, sports are aimed at enhancing the people's physical fitness, developing sports, and striving to achieve excellent results in various sports competitions around the world. This is also one of the factors that lead to the non-standard behavior of sports ethics among college students in China [3]. However, there are various factors that affect the sports ethics of college students in China, and it is not only a problem with the education system and system of a country, it is also a reflection of various issues such as the lack of social values among athletes. To solve these problems, it is necessary to start from multiple aspects such as education, system, and social culture, strengthen the education of sports behavior norms and competitive ethics, strengthen the cultivation of social and cultural values, create a standardized and orderly sports competition environment, and thereby improve the sports ethics level of Chinese college students. In other words, firstly, the lack of values, with the rapid development of the economy, sports have become an indispensable part of our lives, gradually being regarded as a form of entertainment or commercial behavior. Victory and achievements have become its only values. We have also been impacted and influenced by Western cultural hedonism and materialism, and our values have deviated and become utilitarian, this value concept has gradually been reflected in various major sports events in China. Athletes violate sports rules and their own moral norms in order to achieve better results and gain more benefits, which has led to a large number of unethical sports behaviors and triggered a crisis in sports moral construction. Secondly, there are issues with the national education system and system. In China's educational philosophy, the emphasis on students' academic performance is much higher than that on physical education, and is influenced by traditional Chinese beliefs. Schools only focus on students' grades and rankings, so they may overlook the comprehensive cultivation of athletes, and the cultivation of values in sports moral behavior is even less, this lack of system and mechanism has led to the decline of the quality and moral level of college athletes. Once again, the benefits of commercialization are intensifying. Sports events have gradually entered people's lives, and more and more people are adopting commercial operation methods to obtain maximum profits. Of course, this is a development model of sports that balances various interests and achieves mutual benefit, and it is also the economic foundation of sports development. However, it is also the main bait that induces athletes to turn all money, and the sports spirit has suffered a huge impact, Interests encourage them to violate the collective spirit and the principle of fair competition, leading to unethical behaviors such as fraud and money trading. Finally, the lack of regulatory system, the establishment and improvement of sports rules are the rules of internal games in sports. The external strict management system is an effective supervision in sports. The inadequacy of the supervision mechanism is the main cause of corruption in sports competitions. Because morality does not have mandatory requirements, it mainly relies on self-restraint. In addition, many violations of sports ethics are not punished, which not only violates the principle of fair competition in the Olympic ethics, it also seriously damages the physical and mental health of athletes [4]. Therefore, if there is a lack of scientific and sound organizational and management institutions to restrain it, it will inevitably lead to the occurrence of unethical behavior. Therefore, strict punishment is an effective means to reduce unethical behavior, and a comprehensive and long-term regulatory system is a prerequisite for promoting the development of sports health.

5. Inspiration from the shaping of sports morality of American college athletes to Chinese college athletes

In order to cope with the challenge of the declining level of sports ethics of Chinese college athletes, it is urgent to strengthen the sports ethics education of Chinese college athletes. There is an urgent need to improve it through the joint efforts of the whole society, including establishing sound sports ethics standards, strengthening education and guidance on college students' sports behavior, improving the educational level and professional ability of sports coaches and teachers, and strengthening the management and supervision of sports events to improve the current problems of sports ethics behavior among college students in China [5]. Therefore, we can learn from the American education model. The sports behavior standards and training methods for college students in the United States are relatively complete. By drawing on the American education model and combining with the current situation in China, we can construct a standardized, systematic, and scientific sports ethics education that belongs to China, thereby improving the sports ethics level of Chinese college students and promoting the development of their sports career.

5.1 Cultivate a sense of teamwork and respect for opponents

In the process of physical education in the United States, the sense of team cooperation is the primary training content. American college athletes pay attention to the significance and necessity of team cooperation, not only in games, but also in daily training. They believe that a good team needs mutual trust, respect and support among members. It is bound to be more practical to incorporate some sense of team cooperation into the training at ordinary times than to talk about books on paper. Only by making college students feel the same way can it be better reflected in the competition. During this period, college athletes learn how to get along with their teammates through team training and mutual coordination and assistance in the competition, so as to play a better team cooperation and overall strength in the process of competition, for teammates, they cultivate a sense of teamwork. For opponents, American sports ethics education advocates respect for their sportsmanship. This respect is not only reflected in games, but also in daily life and training. For example, during the game, they pay attention to showing respect to their opponents, including shaking hands, greeting, fair treatment during the game, and thank-you after the game, this kind of sportsmanship that reflects respect for opponents must be an indispensable part of sports competitions. American college students' sportsmanship and behavior of respecting opponents, abiding by rules, and being honest and trustworthy not only reflect the style of sports competitions, but also set a good example for our college students' athletes. It is also the trend of healthy development of sports ethics. Not only this, American college students' sports also attach great importance to the practical significance of sports ethics, emphasizing the significance of sports ethics for individuals and teams, they not only abide by rules, honesty and trustworthiness, but also pay attention to traditional sports spirit in competitions, including respecting opponents, honesty and trustworthiness, fair competition, etc., which are mentioned in appeals. Applying these sports spirits to competition practice enables them to understand the importance of sports ethics for individuals and teams, and also cultivates their self-restraint and sense of responsibility. In general, the sports ethics and behavior norms of American college athletes have an important enlightenment on the shaping of Chinese college students' sports ethics. Through the practice of advocating team cooperation, respecting the concept of opponents, and advocating sports ethics, Chinese college students can improve their awareness of sports ethics, cultivate their self-awareness, self-restraint ability, and sense of responsibility.

5.2 Cultivate awareness of competitive ethics and sports behavior norms

The athletic ethics and sports codes of conduct of American college athletes have important implications for the moral shaping of Chinese college students. On the one hand, the codes of conduct and team awareness of American college athletes are an effective way to cultivate Chinese college students' sense of team cooperation and respect for their opponents; on the other hand, the athletic ethics and sports behavior standards of American college athletes are an important way to cultivate the awareness of Chinese college students' athletic ethics and sports behavior standards. In terms of teamwork and respect for opponents: American college athletes focus on collective interests and respect for the values of opponents. They believe that teamwork is the key to victory, and in the process of teamwork, everyone's role is very important. Everyone should try their best to exert their abilities and make contributions to the team. In addition, American college athletes also attach great importance to respecting their competitors' values. They believe that competitors are worthy of respect, and the essence of competition is to show themselves through advantages rather than suppress competitors. This concept of teamwork and respect for competitors can provide important reference for Chinese college sports mobilization. In terms of competitive ethics and sports codes of conduct, American college athletes focus on the awareness of fair competition and abiding by rules. They believe that fair competition is a prerequisite for victory, and only by following the rules can the fairness of competition be guaranteed. In the competition, they do not resort to unfair means to gain an advantage, but instead rely on effort and skills to achieve victory on a fair basis. They also pay attention to post competition behavior norms, including thanking opponents and referees, accepting the game results, and other behaviors. This kind of competitive morality and sports code of conduct can establish correct competitive morality and code of conduct awareness for Chinese college athletes. Therefore, Chinese college students can draw inspiration from the sports code of conduct of American college athletes, establish a correct concept of teamwork and respect for opponents, and pay attention to the awareness of competitive ethics and sports code of conduct. In sports events, Chinese college students should pay attention to fair competition, abide by rules, and not resort to unfair means to win. In competitions, we should respect our opponents and referees to achieve fair and just results, and promote the healthy development of China's sports ethics.

5.3 Exploring effective sports behavior norms and training methods

The purpose of the research on the sports moral behavior of American college athletes is to take its essence and discard its dross, and apply its advantages to the shaping of sports morality of Chinese college athletes [6]. How to shape Chinese college students' sports morality through effective sports behavior norms and training methods can be considered from the following aspects through research and analysis. Firstly, the diversity of training methods: we need to adopt different styles or forms of training methods for different types of athletes, and teach them according to their aptitude. The training methods include on-site demonstrations, theoretical knowledge explanations, group discussions, case analysis, role playing, and other forms, as well as a combination of online and offline methods to enhance the flexibility and adaptability of training, each athlete chooses different training plans based on their own personality and project needs; Secondly, it is the systematization and continuity of the cultivation methods. The cultivation of sports behavior norms should be systematic and continuous. It is not a one-time development, but a long-term and systematic training plan. Therefore, Chinese educational scholars should carry out and gradually deepen the cultivation of sports ethics in stages according to the content and plan of China, to ensure that college students at each stage can clearly understand and master it; then there is the participatory and practical nature of the training methods. The content of the training should not only stay at the theoretical level, but also need to be tested through practice to verify the effectiveness of the theory [7]. Therefore, it is more important to deepen students' understanding and memory of sports moral behavior through different practical exercises. For example, we can irregularly organize some sports activities or competitions within the team or school, carefully observe the moral behavior of athletes in sports, record and analyze it carefully, so that students can also understand the significance and importance of sports behavior norms in practice. Of course, this process should also involve students, allowing them to observe the behavior habits of athletes on the field, identify problems, and record them. In theoretical classrooms, it is possible to analyze the reasons for unethical behavior and propose solutions to problems, so in this process, it increases students' sense of participation, enhances their interest and enthusiasm in learning, and also allows them to have a certain impact on their habits of sports moral behavior, clearly understanding that sports unethical behavior should not exist; The last is the evaluation mechanism of training methods. All the suggestions are to better shape the sports ethics of college students in China. If there is no complete evaluation mechanism to evaluate the learning effect of college students, it is impossible to know whether the training program is ideal and effective. Therefore, we should establish a complete evaluation mechanism to adjust and optimize the training plan at any time, to achieve effective cultivation, we can see through the exploration of cultivation methods that various forms of cultivation methods need to be adopted in the cultivation plan of sports ethics shaping for Chinese college students, strengthening practicality, participation, and continuity, establishing a complete evaluation mechanism, and ensuring the effectiveness and long-term sustainability of training. This is conducive to the cultivation of sports ethics behavior shaping for Chinese college students.

5.4 Promoting the moral shaping value of Chinese university physical education curriculum

In American university physical education, physical education curriculum is considered a key link in shaping sports ethics. By emphasizing sports moral education in physical education courses, students can understand the values of sports moral spirit, thereby cultivating correct sports behavior norms and moral concepts. The sports behavior norms of American universities have the following aspects of help in the reform of physical education courses for Chinese college students in the practice of shaping sports morality: firstly, emphasizing sports moral education. Sports ethics education is considered a crucial part of the physical education curriculum in American universities. In these courses, students not only learn skills and tactics, but also learn the moral concepts and values that athletes should possess. For example, courses may emphasize respect for competitors, honest competition, fair competition, and a spirit of cooperation [8]. This emphasis on sports ethics can help students establish correct sports behavior norms and moral concepts. Therefore, China should strengthen and integrate the content of sports ethics education in the physical education and training courses for college students, in order to establish the moral concepts of Chinese college students. Secondly, cultivate autonomy. In American university sports, students are encouraged to independently develop personal goals and plans under the guidance of coaches and mentors. This method helps to cultivate students' autonomy, make them more responsible in sports, and promote them to establish correct sports ethics. This is currently a relatively missing part in China. It allows students to participate in their own training plans and create their own moral training plans, one person, one case, teaching according to their aptitude can achieve better results. Again, practice is the main focus. In physical education in American universities, practice is considered an important way for students to experience and master skills. Therefore, in China's training programs, coaches and mentors should arrange sufficient training and competition time, so that students have more opportunities to put the skills and knowledge they have learned into practice.

This practice based educational method can help college students master the correct norms of sports behavior and integrate these norms into daily sports activities, cultivating their correct moral behavior habits. Finally, emphasize personal growth. In American college sports, personal growth is considered more important than academic performance. Therefore, we need to learn from the experience of the United States and encourage coaches and mentors to focus on cultivating students' leadership skills, communication skills, and teamwork spirit, in order to promote their comprehensive development in the arena and life. This education method that emphasizes personal growth can help students establish correct sports ethics and cultivate their values.

6. Conclusions

Firstly, athletes exhibit significant moral misconduct in sports competitions, specifically manifested in violations of sports competition rules, sports ethics, venue regulations, and regulations. Among them, violations of sports competition rules and sports ethics are more common, with fewer violations of sports regulations.

Secondly, the reasons for the occurrence of moral misconduct in athletes' sports competitions are the result of the joint action of three factors: the national level, the social level, and the individual level. At the national level, it is mainly composed of six factors: lack of education on sports ethics, imperfect punishment and supervision mechanisms, lack of rules and regulations, imperfect competition rules, substandard hardware facilities, and the moral quality of athletes; At the social level, it is composed of three factors: corrupt sports events, unhealthy moral atmosphere in society, and unhealthy competition behavior of sports stars; The personal level is composed of five factors: education level, strength of self-control, level of knowledge, pursuit of reputation and personal gain, and level of self-confidence.

Thirdly, there are significant differences in the understanding and cognition of the three-dimensional causes of moral misconduct in sports competitions among athletes of different genders, educational backgrounds, and participating categories. When guiding athletes to form a good sports ethics view and avoid the phenomenon of moral misconduct in sports competitions, it is necessary to pay attention to treating athletes of different age stages, genders, educational backgrounds, and participating categories differently and applying the right medicine to the case; There is no significant difference in the understanding and cognition of the three-dimensional causes of moral misconduct among athletes with different sports competition experiences and different event categories. It is necessary to focus on improving the rules and regulations of sports competitions, improving the quality of sports equipment and facilities, and reducing the occurrence of moral misconduct in sports competitions.

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