

The Causes and Correction Strategies of Unhealthy Physical Problems among College Students

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Abstract: *Starting from the harm of unhealthy forms, this article analyzes the negative impact of unhealthy forms on individual physical and mental health, thus attracting widespread attention from society. It explores the causes of unhealthy physical problems among college students, including factors such as modern lifestyle, sedentary behavior, and poor posture, and analyzes the impact of these factors on the unhealthy physical shape of college students. By combining three teaching methods, inviting domestic and foreign experts and scholars to give special lectures, integrating teaching with college student psychological centers, strengthening physical exercise to enhance physical fitness, regularly conducting functional action screening, and creating a large database platform for college student body characteristics and fitness habits, we provide schools and students with more personalized and scientific body education and fitness guidance.*

Keywords: *College students, Poor form, Functional actions, Correct*

1. Introduction

With the development of social economy and the improvement of people's living standards, the attention to health is increasing. The outbreak of COVID-19 has aroused more attention to health and fitness. However, the physical health level of college students continues to decline, and this issue has always been a concern of society. To address student health issues, the Guidelines for Health Education in Ordinary Higher Education Institutions were put into use in July 2017, but there are still issues such as limited coverage, weak targeting, and inadequate implementation of measures. The Ministry of Education has issued relevant documents requiring universities to carry out health education through multiple channels, forms, and channels, and to strengthen teaching capacity building. In addition, the General Office of the State Council issued the "Opinions on Promoting National Fitness and Sports Consumption to Promote High Quality Development of the Sports Industry" in September 2019, which pointed out that the national physical fitness monitoring index system should be improved, targeted sports and fitness plans and guidance services should be provided for different groups of people, scientific fitness should be promoted, and fitness effects should be improved^[1].

In today's society, the problem of poor physical fitness among college students has gradually become a topic of great concern. Poor physical appearance not only affects an individual's appearance, but also directly affects their physical health and quality of life. With the acceleration of modern society's pace of life and the popularization of electronic products, universities are often in poor posture such as sitting for long periods of time and playing with their phones, which has led to the widespread existence of unhealthy physical problems^[2]. This article aims to explore the root causes of this phenomenon and propose effective correction strategies through the analysis of the harm of unhealthy body shape problems, the causes of unhealthy body shape among college students, and corrective measures, in order to provide reference and assistance for college students to improve their unhealthy body shape and promote healthy life.

2. The Hazards of Unhealthy Forms

The harm of unhealthy physique among college students is multifaceted, involving aspects such as muscles, bones, respiratory system, and mental health.

2.1. Muscle Problems

Maintaining poor posture for a long time can have a negative impact on physical health. Poor

postures such as hunchback and hunchback can lead to prolonged muscle tension, increase muscle burden, and easily cause muscle fatigue and imbalance. Especially in the neck, shoulders, and back muscles, prolonged tension can easily lead to fatigue and stiffness, thereby affecting the flexibility and comfort of the body. In addition, poor posture may also lead to abnormal pressure distribution in the spine, increasing the risk of developing problems such as cervical spondylosis and lumbar spondylosis [3].

2.2. Skeletal Issues

Long term poor posture can cause pressure on the spine and joints, potentially leading to a range of spinal problems. The spine is the backbone of the human body, responsible for supporting body weight and protecting the spinal cord. Poor posture can put abnormal pressure and load on the spine and joints, which may lead to problems such as spinal curvature and pelvic tilt in the long run. Spinal curvature, including hunchback and scoliosis, can cause structural abnormalities in the spine and affect the body's balance posture. Pelvic anterior tilt can change the position relationship between the pelvis and spine, increase pressure on the waist and hip joints, and easily cause lower back pain and discomfort. In addition, long-term poor posture may also lead to spinal diseases such as cervical spondylosis and lumbar disc herniation, seriously affecting quality of life^[4].

2.3. Respiratory System Issues

Correct posture helps to maintain the normal function of respiratory muscles and maintain the normal working state of the respiratory system. Maintaining poor posture for a long time may lead to poor respiratory muscle condition, affecting respiratory efficiency and lung ventilation. Poor posture can restrict the chest and abdomen, affecting the movement of respiratory muscles, increasing their tension and limiting their elasticity and flexibility. This can cause poor contraction and relaxation of respiratory muscles, affecting the depth and frequency of breathing, reducing lung ventilation, resulting in insufficient oxygen supply and affecting the body's oxygen supply and metabolism. When respiratory efficiency decreases, symptoms such as difficulty breathing, shortness of breath, and fatigue may occur, which can affect the normal function and activity of the body^[5].

2.4. Psychological Health Issues

Long term poor posture may lead to symptoms such as headaches, lower back pain, and cervical pain, affecting the quality of life and learning efficiency of college students. Headaches and lower back soreness can make college students feel uncomfortable, affecting their focus and learning efficiency. Cervical pain may lead to neck stiffness, shoulder pain, and other issues, affecting daily life and learning. In addition, poor posture may also lead to psychological problems such as inferiority, anxiety, and lack of concentration. Maintaining poor posture for a long time may make college students feel physically uncomfortable, leading to the generation of inferiority complex. Meanwhile, symptoms such as headaches and lower back pain may also trigger anxiety and affect mental health. Lack of concentration is also one of the possible problems caused by poor posture, as physical discomfort can distract college students, affecting learning efficiency and grades^[6].

3. The Causes of Unhealthy Body Shape among College Students

The causes of unhealthy physique among college students are multifaceted, including lifestyle habits, psychological factors, nutritional status, genetic factors, etc.

3.1. Long Term Use of Electronic Devices with Lowered Head

With the popularization of electronic devices such as mobile phones and tablets, college students have been using these devices with their heads down for a long time, resulting in prolonged tension in the neck, shoulders, and back muscles. This bad habit can easily lead to problems with the neck, shoulders, and waist, such as cervical pain, shoulder and neck stiffness, and lower back pain, which can then affect body posture. In the long run, this behavior of using electronic devices with a lowered head may lead to health problems such as muscle imbalance, spinal curvature, and even affect respiratory and mental health.

3.2. Lack of Exercise

College students face high academic pressure and spend a lot of time on their coursework, resulting in a lack of exercise. Long term lack of exercise can lead to insufficient muscle exercise, insufficient muscle strength, and easily lead to poor posture. Lack of exercise can also lead to a decrease in cardiovascular function and metabolic rate, which can easily lead to obesity and metabolic diseases. In addition, lack of exercise can also affect brain function, reduce learning and work efficiency, and even affect mental health.

3.3. Poor Sitting Habits

College students often maintain incorrect sitting positions, such as hunchbacked or hunched over, during class or prolonged use of computers. Maintaining these poor sitting positions for a long time can lead to spinal curvature and affect body posture. In addition, poor sitting habits can increase pressure on the neck, shoulders, and waist, leading to muscle fatigue and discomfort. Maintaining incorrect sitting posture for a long time may also lead to spinal problems such as lumbar disc herniation, seriously affecting physical health.

3.4. Psychological Pressure

College students face various pressures such as academic and social pressure, and psychological stress can lead to muscle tension, unstable posture, and ultimately affect physical posture. Long term psychological stress can lead to psychological problems such as anxiety and depression, which in turn can affect physical health. Unstable body posture can also exacerbate psychological stress and create a vicious cycle.

3.5. Malnutrition

An unbalanced diet and lack of necessary nutrients can affect the normal development and function of the body, especially the lack of nutrients such as protein, vitamins, and minerals, which can have a negative impact on muscle development and body posture. Lack of protein can lead to poor muscle development, affecting the body's strength and stability; Lack of vitamins and minerals can affect bone development and health, thereby affecting body posture and shape. Poor muscle development and skeletal problems may lead to unstable posture, such as rounded shoulders, hunchback, scoliosis, etc., which in turn affects overall physical beauty and health.

3.6. Genetic Factors

Genetic factors do play an important role in physical disabilities. Some people may have abnormal skeletal structures, such as scoliosis and leg deformities, which can lead to incorrect body posture and ultimately affect overall physical beauty. Hereditary spinal problems are also an important cause of poor posture, such as hunchback, rounded shoulders, etc. For physical problems caused by these legacy factors, professional medical examinations and treatments can be used for intervention and correction [7].

3.7. Lack of Correct Posture Knowledge

The lack of proper posture knowledge among college students may be due to their lack of understanding on how to maintain proper standing, sitting, etc., which leads to the formation of poor posture. Correct posture is crucial for physical health, as poor posture can lead to health risks such as muscle fatigue and spinal problems. Long term incorrect sitting posture, hunchback, and playing with their heads down among college students often lead to poor posture and affect their physical health.

4. Correction Strategies for Unhealthy Body Shape among College Students

4.1. Combining Three Teaching Methods

Firstly, combining in class and out of class teaching can provide a comprehensive educational experience through a combination of in class and out of class teaching activities, as well as a

combination of offline and online teaching. In the classroom, the evaluation and correction methods for poor posture can be selectively grafted and transplanted into physical education classes such as yoga, row dancing, and figure skipping, to improve students' posture and posture through these physical activities. Outside of the classroom, targeted extracurricular guidance such as clubs and associations can be provided to provide students with more personalized physical beauty education. At the same time, through the promotion of campus cultural festivals, students' interest and participation can be stimulated to meet the educational expectations of different students for physical beauty.

Secondly, the role of school enterprise cooperation internship bases can be fully utilized to achieve the goal of combining teaching and practice. Collaborate with enterprises to establish internship bases, providing students with the opportunity to apply knowledge and skills in physical and psychological education in practice, and enhancing their comprehensive abilities. Through cooperation with enterprises, students can be exposed to real work environments, understand the application of physical and psychological education in practice, and thus better understand and master relevant knowledge^[8].

4.2. Inviting Domestic and Foreign Experts and Scholars to Give Special Lectures

Inviting domestic and foreign experts and scholars to give special lectures is an important way to implement physical education. This approach has several advantages: firstly, experts and scholars have professionalism and authority. Their lectures can provide students with authoritative academic perspectives and professional knowledge, helping them to gain a deeper understanding of the theory and practice of physical education. Secondly, thematic lectures are an important platform for academic exchange. Through interaction with experts and scholars, students can gain new perspectives and ways of thinking, stimulate their thinking, broaden their horizons, and promote their understanding and exploration of physical education. Thirdly, inviting foreign experts and scholars to give special lectures can bring an international perspective and experience, help students understand the development trends and latest research results of international physical education, and enhance their international competitiveness. Fourthly, lectures by experts and scholars can provide practical guidance and case sharing, helping students apply theoretical knowledge to practice, providing practical teaching methods and skills, and helping them better implement physical education. Finally, inviting domestic and foreign experts and scholars to give special lectures can promote academic cooperation and resource sharing, establish cooperative relationships, jointly carry out research projects and teaching activities, and improve the quality and level of physical education.

4.3. Integrating Teaching with College Student Psychology Centers

The integration of physical education and college student psychological center teaching can be implemented through the integration of teaching plans, interdisciplinary cooperation, construction of teaching teams, sharing of venue facilities, and innovation of teaching methods. By developing a comprehensive teaching plan, the content of physical education and psychological education can be organically combined to ensure that students can receive guidance on psychological education while exercising their physical abilities. Teachers of physical and psychological education can collaborate across disciplines, jointly design teaching activities and courses, and integrate the concepts and methods of psychological education into physical education to meet the needs of students. Establish a teaching team composed of physical education teachers and psychological education experts to jointly develop teaching objectives and methods, and provide support and guidance for students in physical and psychological education. Sharing the facilities of the college student psychological center and physical education, allowing physical education to use the facilities of the psychological center for teaching activities, while the psychological center can also use the facilities of physical education for psychological counseling and treatment activities. Innovative teaching methods, such as introducing psychological relaxation training in physical education, alleviating students' psychological pressure through physical relaxation, or introducing physical activities in psychological education to promote emotional regulation and mental health of students through physical movement^[8].

4.4. College Students Should Strengthen Physical Exercise and Establish Good Exercise Habits

In order to correct the unhealthy physical problems of college students, schools can take a series of measures to help students develop good exercise habits and correct unhealthy habits. Firstly, schools can organize morning running and check-in activities to encourage students to get up early and participate in sports, promoting physical health. Secondly, increase extracurricular sports events in

schools, provide diverse opportunities for physical exercise, and stimulate students' interest in participating in sports. In addition, we will establish an interest group for correcting unhealthy forms to provide professional guidance and training to students in need, helping them improve their posture problems. At the same time, it is called on college students to reduce their dependence on mobile phones, encourage them to actively participate in sports, reduce sedentary time, and effectively curb the formation of unhealthy forms. Through these comprehensive measures, we can help college students develop a healthy lifestyle, improve their physical problems, and enhance their overall health level.

4.5. Regularly Conduct Functional Action Screening and Promptly Correct Any Adverse Physical Problems

Functional action correction is a relatively effective method to correct the unhealthy physical problems of college students. Schools can incorporate posture correction into physical education teaching, effectively controlling or preventing the occurrence of poor posture by guiding students in correct exercise postures and motor skills, while reducing the risk of sports injuries for students. In addition, personalized correction plans can be customized for students with physical disabilities, and targeted guidance and training can be provided based on their specific situations and needs to promote the comprehensive improvement of their physical health^[9]. Through the application of functional movement correction methods, schools can more effectively help students improve their physical problems, cultivate good exercise habits, improve overall health levels, and thus achieve comprehensive physical and mental health development.

4.6. Create a Large Database Platform for the Physical Characteristics and Fitness Habits of College Students

By establishing a large database platform for the physical characteristics and fitness habits of college students, more personalized and scientific physical education and fitness guidance can be provided for schools and students. Collecting a large amount of body characteristics and fitness data, combined with data analysis tools and algorithms for in-depth analysis, can help schools and teachers better understand the health status and needs of students, and develop more effective education plans and guidance programs. At the same time, students can also make targeted fitness plans and adjustments based on their own data and analysis results, improve fitness effectiveness and cultivate good fitness habits. In the implementation process, it is very important to ensure the privacy rights and data security of students. Take appropriate measures to protect the security and privacy of student data, and allow students to participate and use this platform with confidence^[10]. Through such a database platform, it can promote the physical and mental health development of college students, improve their overall health level, and lay a solid foundation for future development.

5. Conclusion

With the increasing emphasis on health in society, the demand for physical training will also increase. By improving the physical fitness and health level of college students, promoting the scientific, standardized, and popularization of physical training, as well as promoting interdisciplinary and interdisciplinary integration, we can better cope with current challenges. At the same time, we also need to strengthen the connection with social practice, apply the research results to actual physical training and health management, and contribute to the construction of national fitness and a healthy China.

Through in-depth analysis of the causes and correction strategies of unhealthy physical problems among college students, we deeply understand the harm of unhealthy physical and mental health to college students and the complex causes behind it. Poor physical appearance not only affects the appearance of college students, but also has a negative impact on their quality of life and academic work. Therefore, we need to take effective measures to correct the problem of poor shape. Only through active efforts and persistent improvement can college students have a healthy physique and a positive attitude towards life.

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