

The Causes and Slow Release Strategies of Examinee of Physical Education College Entrance Examination Competitive State Anxiety from the Perspective of "Conflict Theory"

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Abstract: Based on the "conflict theory" as the research threshold, this paper uses the methods of literature review, interview, logical analysis, etc., taking the competitive state anxiety of college entrance examination students in physical education as the research object, aiming at analyzing the causes of their competitive state anxiety. The research holds that the competitive state anxiety of college entrance examination students in physical education is an ontological conflict phenomenon caused by internal and external contradictions. The causes include the conflict between the high cost of study and the difficult family economic situation, the conflict between the actual achievement status and the test score requirements for further studies, the conflict between the low pay of one's own efforts and the high return of to be No.1, and the conflict between meeting the high expectations of others and overcoming one's self-distrust. It is necessary to analyze the causes, and put forward that it is necessary to recognize the bounden duty of students to study, train hard to improve their test scores, establish a sense of goal, balance the relationship between pay and return, and dialectically treat the relationship between others' expectations and self-truth.

Keywords: Conflict theory; Physical education college entrance examination students; Competitive state anxiety; Competition anxiety; Examination anxiety

1. Introduction

The physical education college entrance examination has higher physical fitness and skill requirements for the physical education college entrance examination candidates. Every physical education candidate hopes to realize his college dream through the physical education college entrance examination, but the uncertainty of the examination, his own sports level, family economic situation and other factors will inevitably make the physical education candidates feel anxious in the face of the physical education college entrance examination, which stems from a kind of inner contradiction. Based on the "conflict theory", this paper analyzes this inner contradiction from the psychological point of view, explores the causes of sports candidates' competitive anxiety, and provides strategies for the slow release of sports candidates' competitive anxiety, so as to reduce the psychological impact on sports candidates under the environment of the entrance examination for physical education, and help sports candidates to play a good competitive level in the examination.

2. Overview of "Conflict Theory"

The "conflict theory" originated in the mid-to-late 1950s. Causeur, the main representative, tried to eliminate the other party or neutralize them in the process of conflict struggle. His masterpiece *The Function of Social Conflict* (1956) first used the technical term "conflict theory"^[1]. Conflict theory represents a school popular in solving social contradictions in the West. This school is opposed to treating conflict as a "pathological condition" of a healthy society, but thinks that conflict is a form of social integration, and divides the function of conflict into positive and negative. At present, the definition and expression of conflict theory by western scholars are generally divided into two types: one is cultural conflict, economic conflict and distribution conflict according to their functions, and the other is realistic and unrealistic. The former conflicts as a channel to achieve a certain goal, while the latter conflicts as a

way to eliminate tension or psychological feelings.

3. The analysis of the relationship between "conflict theory" and competitive anxiety of physical education candidates

Contradiction refers to the mutually exclusive, interdependent, antagonistic and unified relationship contained in things themselves. Everything exists as a unity of contradiction, so contradiction is the source and motive force of things' development. The "conflict theory" holds that anxiety originates from an inner state of contradiction, which is an internal conflict formed by the great difference between ideal and reality or the possibility of uncertainty and contingency for future development. That is to say, from the perspective of "conflict theory", competitive state anxiety is an inner contradiction formed by sports candidates in the face of physical training and physical examination^[2], which is an inner conflict between candidates' ideals and beliefs about getting into college and the uncertainty of physical examination. The different performance degree of athletes' competitive state anxiety also affects the exertion of athletes' technical level, and maintaining their good competitive state is beneficial for athletes to better exert their strength on the field^[3]. This sentence can be understood as: If sports candidates want to solve the anxiety of competitive state, they must try to overcome their inner fear of physical examination, or improve their competitive ability to fill their fear of physical examination.

4. The causes of competitive anxiety of junior college students from the perspective of "conflict theory"

4.1. The conflict between the high cost of learning and the difficult family economic situation

The acquisition of any sports skill is never easy, but the harvest after spending a lot of money. The cost here can be time, energy and even health. For high school students, compared with the high learning cost of artistic expertise, the learning cost of sports specialty students is relatively low, but it is not a small economic expenditure for some students with financial difficulties. The study expenditure of sports specialty students mainly includes training fees, training equipment and sports supplements, among which sports equipment and supplements are the most headache for parents. For sports candidates, sports equipment mainly includes track and field training clothes, spikes and costume props of various sports. Sports supplements are health foods specially developed for people who participate in sports. At present, there are mainly drinks and various oral liquids or granules^[4]. These two parts cost a lot and are consumables. It can be said that parents who want to successfully cultivate an excellent sports specialty student need to have certain economic strength to ensure the supply of sports equipment and supplements for their children. In this way, parents are worried about their children's comparison, and they are worried that taking supplements will have an impact on their health. Some sports candidates with financial difficulties in their families do not support him to practice sports, because the family economy is average, and learning sports expertise will only increase the family economic burden and affect children's cultural learning. It takes a lot of time and cost to learn sports specialties. For families with financial difficulties, it is hoped that their children can get ahead faster, so that they can subsidize their families faster and relieve their financial pressure. It is impossible for physical education candidates to ensure that their level meets the entrance examination standards, and they can eat the pain of bleeding, sweating and tears in physical training. Parents also don't want their children to become "inaction" people in the public impression.

4.2. The conflict between the actual performance status and the test performance requirements for further studies

In recent years, the number of sports specialty students has almost exploded, which is directly related to the good policies of the state to promote sports development. Sports specialty students have also changed people's solidified cognition, from sports people to sports cultural people^[5]. This kind of students who want to take physical education as a "shortcut" to further their studies are generally divided into two situations, one is to study physical education in the hope of getting into a university online, and the other is to get into a better school through physical education. More and more students become special students in physical education, and students hope to be admitted to ideal universities through physical education. Physical education candidates should not only achieve the required cultural achievements, but also pay attention to their physical education achievements. It is not easy for students to achieve "both arts and culture". Professional achievements have become a "roadblock" for a large number of physical education

candidates to reach the ideal university, but they always fail to meet the requirements of the entrance examination. There are also some physical education candidates who have good academic performance but poor professional performance. They are worried that they will not be able to meet the requirements in the physical education examination, feel fear and anxiety about the physical education examination, and even adopt a passive avoidance attitude. Because of changing the message, they have no hope of further study, and panic anxiety will easily lead to mistakes in the physical education examination. They are preoccupied with their own weaknesses, unable to find their own advantages and bright spots, suppressing themselves in a depressed state of depression and frustration, failing to reach the expected planned intensity in training, unable to realize their professional ability to stimulate their potential in short-term physical examination training, and their hearts are also extremely anxious. Faced with this situation, sports specialty students should take advantage of their own strengths and take exercise as a way to release their pressure. Some studies have pointed out that when a person enters sports, he can temporarily deviate from the frustration situation in his life. During this time, people can calm themselves down or list rational non-invasive countermeasures to effectively deal with the setbacks in their study and life^[6]. At the same time, schools should pay attention to the psychological training and adjustment of students in the process of organizing physical training. Help students build up confidence and let them fully understand themselves, so as to improve candidates' test-taking level^[7].

4.3. The conflict between the low effort and the high return of to be no.1.

The essence of everything is to get and pay, and this "iron law" is also applicable to sports students' learning. Some sports candidates have a fluky psychology about it, which is usually interpreted as a personal idea of wishing to succeed through some kind of coincidence or gambling on accidental probability, and seeking advantages and avoiding disadvantages^[8]. This kind of physical education candidates usually have a lax attitude towards cultural studies, but they are often lazy in training, hoping to meet "noble people" in the exam to help them pass the exam. These students are often the most anxious to the group before the exam. There are also some students who have a state of mind that they can get a 100% return by paying 1% of their efforts, thinking about the result but not caring about the process. It is mainly reflected in the fact that after a period of serious training, the growth rate of physical education candidates is not very large, and they fantasize that after a period of hard work, there will be greater improvement, and they will make rapid progress in their achievements and be admitted to to be no.1. Physical education candidates tend to be lazy, because they usually work hard in training and find that the return on professional achievements is small, so they gradually stop paying, delay their actions and relax psychologically. Many things blame themselves and even feel sorry for themselves because they can't be realized, forming a vicious circle and unable to get out of the predicament. There are also some students who are always worried that their efforts are not rewarded, or that their efforts are useless. This is a self-denial mentality. The subconscious thinks that "I am not good enough" and "I can't do it". Long-term self-denial is equivalent to self-hypnosis, which is easy to form learned helplessness. In addition, there is another kind of students who are eager to achieve success and win, unable to stand on the present, always looking ahead and looking back, acting while looking around, trying to get into their favorite university, and refusing to work hard to train, always suffering from loss and having no stable heart.

4.4. To meet the high expectations of others and overcome their own self-distrust of the conflict

Every child is the hope of a family, and every student is the teacher's "love" in the palm of his hand, which also confirms China's traditional thought of "looking forward to his son's success and his daughter's success". As a fair way to select talents, exams will inevitably make parents give their children "high hopes", which will make children become insecure under the high expectations of others. In order not to disappoint their families, some sports candidates may fall into a state of "pseudo-effort" ^[9]. "Pseudo-effort" adds a prerequisite to one's own efforts, which means that it is not a real effort, but a disguise to meet the expectations of family members. If physical education candidates really spend their energy and painstaking efforts to take every training and exam seriously, and want to achieve the best expectation, they can often get what they want through hard work. The so-called effort did not produce the expected effect, which is false effort^[10]. The "fake effort" is a kind of existence that sports candidates cheat themselves and others under the oppression of various pressures. Sports candidates often achieve their goals in this way, and they can't get the expected ideal results at all. Students who really work hard in daily training, although their final grades have not improved, coaches and teachers will take your efforts seriously, but will comfort you and encourage you to continue to refuel. Blindly meet the high expectations of others, but ignore the fact that your own strength is not good, and still pretend to work hard for everyone to see that you actually have no confidence in your own strength. This is a

psychological state of self-deception^[11].

5. The strategy to slow down the competitive anxiety of junior college students from the perspective of "conflict theory"

5.1. To improve the awareness and understanding of sports candidates for unstable factors

Recognizing the main contradiction is the key to promote the development of things, and it is also true for students. In today's society, the main contradiction of students is the balance between study and life. Students should realize that learning is their job, but they also need to get full development in life. Therefore, they need to make reasonable time arrangements, make full use of time, ensure the completion of learning tasks, and arrange their lives reasonably, so that life and study complement each other and promote each other. At the same time, students also need to pay attention to the improvement of their own abilities and constantly expand their knowledge and skills to meet future challenges. Only by recognizing the main contradictions can we do a good job of students and lay a solid foundation for future development. In practice, students often face problems such as tight time, heavy tasks and exam pressure, which leads to the imbalance between study and life. In order to solve these problems, students should learn to plan their time reasonably, allocate time to study, entertainment, rest and so on, and at the same time learn to control their emotions and pressures to maintain a good state of mind and state. In addition, students should also explore their hobbies, get happiness and satisfaction from them, and enhance their self-confidence and enthusiasm. In addition to time management and emotional control, students also need to pay attention to their learning ability and self-improvement. Students should pay attention to the improvement of their own quality, improve their professional level and comprehensive quality, expand their knowledge and skills and enhance their competitiveness through continuous study and practice. At the same time, students also need to pay attention to exercise, maintain a healthy lifestyle, and deal with all kinds of challenges and difficulties with abundant energy. In short, students should recognize the main contradictions, do their jobs well, and take into account life and self-improvement. Only in a good state can we finish our studies better and meet the challenges in the future.

5.2. From the physical examination candidates to make changes in their own strength structure

Self-hard training is the key to improving test scores, and it is even more essential for students. Under the increasingly fierce competition in the current college entrance examination, only through hard training can we achieve excellent results in the exam. First of all, students need to realize that the college entrance examination is a long-term examination, which requires long-term and systematic study and training. In the usual study, students should pay attention to mastering the basic knowledge, clarify the logical structure and thinking mode of the subject, and master the core content and problem-solving skills of the subject. At the same time, we should also pay attention to practical training, and improve our test-taking ability and psychological quality by doing problems and simulating exams. Secondly, students need to pay attention to self-evaluation and reflection, find their own shortcomings and problems in time, and improve and enhance them. In learning, students should pay attention to the accumulation of study notes, wrong problem sets and other materials. By analyzing and summarizing their own learning records and performances, they should adjust their learning methods and strategies in time to ensure the maximum learning effect. Finally, students need to pay attention to physical and mental health and adequate rest. In the process of hard training, students should maintain a good mentality and state, avoid excessive tension and anxiety, ensure adequate sleep and diet, exercise and relax properly, and maintain good physical and psychological quality. Self-hard training is the key to improve the exam results. Only in long-term and systematic study and training, paying attention to self-evaluation and reflection, and maintaining physical and mental health, can we achieve excellent results in the exam.

5.3. Provide sports candidates with resources to cope with stress and slow-release methods

It is very important to provide candidates with tools and resources to cope with stress and anxiety. This can include access to mental health services, mindfulness training and stress management techniques. By providing these resources, we can help candidates build resilience and develop healthy coping mechanisms. In modern society, both students and professionals need to establish a sense of purpose and balance the relationship between pay and return. Only in this way can we keep moving forward on the road of life and achieve better achievements and success. First of all, establishing a sense of purpose is the key to realize the value of life. Students and professionals need to be clear about their

life goals and career plans, work hard for them, constantly pursue Excellence and create more value. In the process of achieving the goal, we need to constantly sum up experience, learn lessons, adjust our action plan and way of thinking, and make continuous progress. Secondly, balancing the relationship between pay and return is the key to achieving the goal. In the process of pursuing success, both students and professionals need to work hard and wait patiently to get rewards. In this process, we need to treat our efforts and rewards rationally, adjust our expectations and requirements appropriately, and maintain a good attitude and state. Finally, students and professionals need to pay attention to self-improvement and physical and mental health. In the process of pursuing the goal, we need to pay attention to study and practice, improve our professional quality and comprehensive quality, and maintain a healthy state of mind and body in order to better cope with various challenges and opportunities. Establishing a sense of purpose, balancing the relationship between pay and return, and paying attention to self-improvement and maintaining physical and mental health are the keys to realizing the value and success of life. Only by making continuous efforts in these aspects can we move towards a better future.

5.4. To create a stable supportive examination environment for physical education candidates

In modern society, we often meet the expectations and demands of others. However, these expectations and requirements are not always in line with our own reality, and sometimes make us feel contradictory and confused. Therefore, dialectical view of the relationship between others' expectations and self-truth has become an important ability we need to master in interpersonal communication. First of all, we need to look at the expectations of others rationally. Everyone has his own values and lifestyle, and different people will have different expectations and requirements for us. When dealing with these expectations, we need to think rationally and analyze the rationality and feasibility of other people's needs and requirements. Only after clarifying the true meaning and purpose of others' expectations can we better master our own behavior and attitude. Secondly, we need to cherish our own truth. Self-truth refers to our true self-cognition and emotional state. When facing the expectations of others, we need to stick to our own positions and principles, and don't go against our real thoughts and inner feelings in order to please others. Only by cherishing our own truth can we strengthen our life direction and goals. Finally, we need to adjust our behavior and attitude appropriately. In the face of other people's expectations, we need to adjust our behavior and attitude appropriately to find the best balance point. We should not only respect the expectations of others, but also maintain our true character and emotional state. Only in this balance point can we better master interpersonal skills and establish good interpersonal relationships. Dialectically treating the relationship between others' expectations and self-truth is an important ability that we need to master in modern society. Only by making continuous efforts in treating others' expectations rationally, cherishing our own truth, and appropriately adjusting our own behaviors and attitudes can we move towards a better future.

6. Conclusion

Physical education college entrance examination is a "foot" for physical education candidates to enter universities. When the professional ability of physical education candidates can't meet the standards for further studies, physical education candidates will fall into a situation of self-conflict, which will be the reason for the stagnation of physical education candidates. Sports candidates will re-examine the current situation, but they feel a strong sense of powerlessness, which not only affects their mentality of hard work, but also affects their self-affirmation, resulting in a rapid decline in their grades, lack of enthusiasm in doing things, and may even hold the idea of "breaking the jar and breaking the fall." Physical education candidates should maintain a good attitude to face difficulties, maintain enthusiasm in their usual study, and pursue the sports spirit of "higher, farther and faster".

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