

A Study on the Mental Health Intervention of the Formation of College Students' Comprehensive Quality in the Tropical Area under the Sense of Responsibility

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ABSTRACT. The impact of regional environment on the human body is a gradual process. The pressure of innovation and entrepreneurship has different effects on college students with different senses of responsibility. By consulting literature, questionnaires, statistical analysis and other methods, the university is in the tropics. A total of 391 surveys were conducted on the status quo of sports emotions of grade students. The research results show that emotional education is an important part of sunshine sports. It can not only cultivate students to form healthy personality, but also play an important role in the formation of college students' sense of responsibility, the development of correct outlook on life and the cultivation of comprehensive quality.

Keywords: emotional education health emotion comprehensive quality

1. Research purposes

Responsibility is a state of mind that consciously and actively performs all the beneficial things. Only when college students have a sense of responsibility can they have the motivation to drive their own courage, and they can feel the value and significance of self-existence. The difference between responsibility and general psychological feeling is that it belongs to the category of social moral psychology and is an important part of ideological and moral quality. Quality refers to the level of people's correct understanding of all aspects of society, and the corresponding

practical ability. In short, it is the sum of people's cognitive ability and practical ability. If a person can have a relatively scientific understanding of all aspects of the world, and also has a good ability to actually deal with and solve problems, then this person has a relatively high quality; otherwise, it is low quality. Therefore, the education that cultivates and improves the quality of people is quality education. Its content mainly includes the following three aspects: psychological quality, professional quality and comprehensive quality. To carry out quality education is to enable students to have a variety of good basic qualities and to grow them into useful talents that can fully contribute to the progress of society. In order to further implement the spirit of "Sunshine Sports", do a good job in school health education and teaching, continuously promote the healthy growth of students, and improve the effectiveness of quality education for college students, it is imperative to study the health intervention of the comprehensive quality of college students.

2. Research objects and methods

2.1 Research objects

First-year university students in the tropics. A total of 400 questionnaires were distributed and 391 were recovered, with a recovery rate of 98%.

2.2 Research methods

2.2.1 Literature data method:

The manual and computer search methods are used to collect relevant research data at home and abroad, and conduct in-depth and meticulous research and analysis on the data, laying a foundation for the extensive development of research work.

2.2.2 Questionnaire method:

Through questionnaires and understanding of parents' awareness and attitudes towards physical fitness, students' life history, nutrition and physical exercise, in order to fully grasp the situation of the subjects.

2.2.3 Mathematical Statistics:

Through the statistical software such as SPSS, the data obtained by the survey is processed and analyzed, and the abnormal data is cleaned to ensure the validity and reliability of the data. At the same time, the data is correlated and analyzed to find out its internal links.

3. Conclusions and recommendations:

3.1 Sports competition is conducive to stimulating students' sense of collective honor.

According to the data in Table 1, 64.7% of the students believe that sports competition is conducive to stimulating the collective sense of honor of students. Many aspects of school sports reform contain competitive factors, teaching competitions and confrontation exercises in physical education classes, various forms of competitions, invitational competitions, competitions, trials, and school-wide sports games between classes and schools. Provide opportunities for students to participate in competition. On the one hand, sports competitions reflect the psychological needs of young students who are willing to participate in competition. They are the most popular and acceptable form of participation in sports activities. On the other hand, the charm of sports competitions is based on sports competition, which not only enhances students' interest in sports, enriches students' after-school life, promotes the extensive development of mass sports activities, and is bound to be students (including students and students). The students in the competition produce a kind of cohesiveness and centripetal force, stimulating their collective sense of honor for the groups they represent (classes and schools), thus playing a common role in education and inspiring the collective emotions.

	beneficial to	Nothing works	do not know
Does the game help to stimulate the collective sense of honor of the students?	64.7%	13.5%	21.8%

Table 1 Statistical Table of Relationship between Sports Competition and Stimulating Students' Honor

Through joint participation, it is beneficial to enhance the friendship of students. Whether it is physical education or extracurricular sports activities, school sports determine the need for classroom activities and the method of competition. This increases the direct relationship between students. Contact and communication. They have dependence, containment and influence in the process of physical education and participation in sports activities. In order to complete the physical learning task and fulfill the satisfaction of participating in sports activities, students are required to help each other, cooperate and participate together. Students living in this kind of sports relationship for a long time will deepen their understanding and close contact, so that their hearts will continue to be influenced by emotions, creating a deep and extensive friendship between them.

3.2 Physical activity can achieve physical and psychological relaxation and improve learning efficiency

It can be seen from Table 2 that middle school students are very fond of sports, which is very beneficial to the physical development and growth of middle school students. Middle school students are in a period of long body and knowledge. They are active and active. In the rest after intense study, they are willing to participate in a variety of cultural and sports activities in order to seek physical and psychological relaxation. The school sports integrates education, fitness and entertainment. Students in the physical education class, extracurricular sports activities, participation and watching sports competitions, as well as in the process of exercising and mastering sports knowledge and skills, cultivated sentiment, adjusted the body and mind, and obtained With spiritual enjoyment, there will be a relaxed and happy feeling in mind. The emotional experience they get in participating in sports is conducive to the study of cultural knowledge (see Table 3), which is conducive to the cultivation of students' healthy psychology and the joy of developing success. At the same time, the students' performance desires are satisfied, so that they Will be more active and active to participate in sports activities.

Table 2 Survey of college students' interest in sports

	Interested	general	not interested
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Are you interested in sports?	51.3%	46%	1.7%
Are you interested in physical education?	45.3%	50.8%	3.9%

3.3 Physical education classroom teaching can create a good emotional environment and cultivate students' aesthetic emotions.

Use a variety of physical education methods to cultivate learning interests and induce learning potential. In the course of preparing for the lesson, the teacher should arrange some adaptive teaching exercises such as sports games and aerobics for the course content according to the teaching content that the college students like, to stimulate the students' interest. At the same time, you can use the extracurricular activities to compete between classes, small competitions, etc., so that they can find and improve their self-awareness in the competition, so as to improve students' interest in learning sports and satisfy their normal performance desires. In the classroom, we should try our best to create a good emotional and emotional environment. At the beginning of the lesson, add some simple and easy to learn aerobics. First, the teacher will demonstrate accurately, and then match the dynamic and rhythmic music to complete the movement. This kind of preparation activities can increase the interest of students. Because the movements are coordinated, skilled, and beautiful, the aesthetic emotions can help the students to complete the movements accurately, harmoniously, and gracefully, and achieve good results. In turn, students with excellent grades can inspire students with relatively poor performance to complete the teaching through hard work. Mission, get an aesthetic emotional experience, get exercise in happiness. A good beginning should have a perfect ending. It is also very important to have a complete physical class ending. After intense study and exercise, we can add soft music to relax and practice, which will make students' learning easier. Happy, so that students can create the love of sports and cultivate the sentiment of students. Let students learn in happiness and let happiness and ease integrate into the physical education classroom.

Table 3 Whether sports activities contribute to cultural knowledge learning

	Help	general	do not know
Whether physical exercise can help cultural knowledge learning	92.3%	7.7%	0.0%

Table 4 Questionnaire for teaching content that college students like

	ball	Athletics(running, jumping, throwing)	gymnastics	skills	other
Favorite teaching content	78.4%	4.6%	3.1%	6.4%	7.5%

3.4 Physical exercise can hone the will of the person.

From the statistical data in Table 5, 90.8% of the students believe that physical exercise can hone their will, and that sports have a great effect on the cultivation of human will quality. Generally speaking, students often have a positive emotional experience when they successfully complete tasks due to overcoming difficulties and dangers; conversely, they are accompanied by negative emotional experiences. In physical education, students can directly participate in this feature, create a tough environment, create a tense atmosphere, and train students to work hard, not afraid of difficulties, perseverance and calm, witty and decisive psychological quality. This kind of emotional experience is conducive to cultivating students' strong will, and making students have the tenacious spirit of "not achieving the goal, never giving a break."

The survey results show that from the data in Table 4, the sports items that students like most of the sports items account for the majority, and 78.4% of the students have chosen the ball. Among the 78.4% of the students, 58% are boys, and the girls can only Accounted for 20.4%, but the proportion of girls in jumping, throwing, and skill will be more. According to the survey, because girls do not like intense sports, it is also related to their nature. With the development of the times, aerobics is more affected by girls. I like it and love it, because it can be blended with soft music and dance, which can reflect the beautiful posture of girls. Boys are

different, naturally naughty and flexible, making them aggressive, likes thrilling sports, such as basketball or football matches, embodying the heroic spirit of men and women from the sport.

Table 5 Investigation on the role of sports in stimulating the will quality of college students

	Have	general	No
Does sports have an stimulating effect on one's own will?	90.8%	9.2 %	0.0 %

Physical education class can improve fitness and enhance physical fitness. It can be seen from the data in Table 6 that the purpose of physical education for middle school students is to improve their physical fitness and physical fitness through physical education and exercise, and to promote the development of middle school students' learning and intelligence. Exercise can change. And enhance the overall improvement of students' body shape and overall quality.

Table 6 A survey of college students' cognition of the ultimate goal of good physical education

	Assessment	Fitness puzzle	No purpose
What is the ultimate goal of your good physical education class?	15.4%	76.1%	8.5%

4. Suggest

The cultivation of comprehensive quality of college students can be carried out through multiple channels and multiple channels. It plays an extremely important role in promoting the development of students' mind and body. A good emotional environment, according to the actual situation of students and the law of physical

and mental development, targeted education activities, so that students grow up in a pleasant, harmonious and relaxed atmosphere. Good physical education methods enable students to generate good emotions, participate in physical exercise voluntarily and consciously, develop good habits of long-term exercise, and cultivate students' lifelong sports awareness so that students can benefit for life.

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