

Research on the Influence of Physical Education on College Students' Physical and Mental Health

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ABSTRACT. *physical education is an important part of college education and an important means of college students' self-health, body-building and mental health. With the upsurge of national fitness, physical education has been paid more and more attention in college education, and is being accepted by more and more college students. Regular physical exercise can improve the physical quality of college students, promote their physical development, and help to improve and regulate the emotional and psychological quality of college students. Through a large number of investigations and analyses, this paper explores the positive impact of physical education on the physical and mental health of contemporary college students. It is hoped that colleges and universities will pay more attention to the research of physical education, so as to attract more college students to pay attention to the study of physical education courses.*

KEYWORDS: *College, Physical education, College students, Physical and mental health*

1. Introduction

Physique is the quality of the human body, which is a comprehensive and relatively stable feature of the human body's morphological structure, physiological function and psychological factors on the basis of heredity and acquisition[1]. Physique fitness is an important basis for measuring people's physical and mental health.

1.1 Analysis of College students' Physical Health Status

In recent years, the physical health of Chinese college students has become increasingly unsatisfactory, and they have shown obvious sub-health status. The physical indicators of college students in our country have a tendency to increase with age, but the physical function and physical fitness indicators have a tendency to decrease with age, and the level of physical development is unbalanced[2].

In our country, the primary and secondary schools all have inter-classes exercises, and the middle schools have the items of physical examination and evaluation, which play an important role in promoting the students' physical exercise, ensuring the basic daily exercise of students, and playing a positive role in students' physical health. After entering colleges, in addition to normal physical education, students' physical exercise management is relatively free, and many students rarely or even do not exercise, so the physical fitness of college students has declined compared with the middle school period.

Among them, the increase in weight is a common phenomenon that occurs in college students, and the increase in weight has a certain relationship with the relative decrease in physical exercise. Overweight increase the physical burden of students, so encouraging students to take physical exercise can effectively reduce the occurrence of obesity, and it is also an effective way to help overweight students lose weight. Secondly, according to the data, most college students in China have low vital capacity. Regular exercise can improve students' vital capacity, promote metabolism, and improve the level of cardiovascular system function.

The results of the survey show that, compared with the students like sports and exercise regularly, the students that do not exercise are more likely to appear obesity, low immunity, weak body and other low physical quality performance, which proves that physical exercise has an important impact on the physical health of college students who often sit for a long time.

1.2 Analysis of the Current Situation of College students' Mental Health

With the development of the times, the society is also operating rapidly. In this fast-paced world, although colleges provide a link between the campus and the society, the high rhythm, high temptation, high risk and high pressure still impact on college students, making them often feel unprepared. Under the threefold concern and expectation of school, society, and family, college students will inevitably have a sense of pressure. This kind of pressure may cause different degrees of problems in the mental health of college students. Long-term pressure cannot be relieved, and it is easy to cause sensitivity, anxiety, depression, paranoia and other bad emotions, which in turn form serious psychological problems.

“Social fear” is a popular word used among young people in recent years. In short. The development of science and technology has also exacerbated the phenomenon of “social fear”. Nowadays, young people are more willing to communicate with mobile phones and the Internet, rather than with people. As a result, they do not know how to communicate with people, so they become “social fear”.

Based on the survey of the mental health of college students, parents and teachers should pay attention to the abnormal changes in college students' daily life, and prevent them from affecting their health and life due to their mental problems.

2. The Positive Influence of Physical Education on College students' Physical and Mental Health

2.1 The Positive Influence of Physical Education on College students' Physical Health

Scientists believe that there are many factors affecting health, including genetics, natural environment, education, living habits, physical exercise, personality psychology, nutrition, social and cultural environment, etc. Among them, physical exercise is the most direct promotion of physical health. Scientific physical exercise can enhance the immune function of various organs and systems of the human body, and comprehensively promote the metabolism and normal development of the body[3]. Physical exercise can promote the growth of height and strength, reduce the probability of obesity, and even prevent and correct abnormal physical development, such as hunchback, pelvis forward, etc. Regular physical exercise can enhance the cardiopulmonary function, improve blood circulation and respiratory system. Taking more physical exercise when young can reduce the incidence of osteoporosis in old age. And the study found that physical exercise can strengthen the adaptability of the human body to cope with a variety of complex and changeable environment. Because of regular exercise, the cerebral cortex has a strong comprehensive ability to analyze various stimuli, has a keen sense, broad vision, and enhanced ability to judge space, time and position, so it can judge accurately and respond sensitively[4].

For boys, physical exercise can strengthen the body, for girls, physical exercise can detoxify and make them beautiful. In a word, physical exercise is a most beneficial thing for college students. Colleges should encourage everyone to take proper physical exercise and pay attention to health while strengthening the body.

2.2 The Positive Influence of Physical Education on College students' Mental Health

Nowadays, college students are generally overstressed, have endless psychological problems and some unfortunate events are often reported. According to a survey in the United States, 60% of 1,750 psychologists believe that physical exercise should be used as a treatment to eliminate anxiety disorders. 80% of psychologists believe that physical exercise is one of the most effective treatments for depression. As a direct, realistic and positive way, physical exercise has the function of dispelling emotions. It is more like a kind of purifying agent. Through the channels of social recognition, it can release and sublimate the suppressed emotion and energy of participants, so as to make the injured mind recover[5].

Regular physical exercise can not only relieve the pressure of study, eliminate physical fatigue, but also promote the development of intelligence. Consistent exercise can improve people's learning ability, memory, attention and abstract thinking ability, because exercise can promote the growth of brain cells.

And regular physical exercise can improve their own endurance and willpower,

and can promote college students to form healthy living and sports habits. Participation in sports activities can make people's spirit highly concentrated, and can effectively control mental tension and mental disorder. At the same time, physical exercise is conducive to the cultivation of self-confidence. When people's mentality is positive, the whole person's state begins to become better, and the self-confidence will naturally increase, and people will become more enterprising. Exercise can make people feel happy, inspire people's spirit, cultivate their sentiment, release their inner depression, forget their worries, and make them produce good emotions.

3. Conclusion

To sum up, physical exercise has a important positive effect on the physical and mental health of college students. Life lies in sports. Colleges should pay more attention to the physical exercise of college students, provide strong support for physical education classes and sports activities, and renovate and improve the sports venues and facilities on campus. Colleges should encourage and supervise students' exercise status, and actively promote the benefits of physical exercise to attract more students to exercise.

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