

Research on the Influence of Physical Exercise on College Students' Psychological Adaptability Management

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ABSTRACT. *With the deepening of modernization, society increasingly competitive. (social competition will become more and more fierce.)Efficient, high-speed academic life and complex interpersonal relationships in society have become the factors of psychological pressure when college students face major social problems. This has led to the emergence of students' psychological problems. Students' psychological problems keep emerging. In view of this phenomenon, this paper focuses on studying the influence of sports on adaptive psychological management, and analyzes the beneficial effect of physical activities on adaptive psychological management. It is hoped that more students can realize the importance of exercise and properly adjust their psychological problems through exercise, so as to undertake the historical task of national construction.*

KEYWORDS: *Physical exercise, Psychological adaptability, Management, Impact study*

1. Introduction

At present, college students are in an important stage of physical and mental development. In order to avoid the danger of this era, it is helpful for college students to better adapt to society and optimize their development. To enable them to present personal cognitive development and positive social impact. This is a realistic problem that college students must face in the process of growing up. Through seven aspects of interpersonal adaptation, learning adaptation, campus life adaptation, career adaptation, emotional adaptation, self-adaptation and satisfaction, this paper discusses the research on orientation movement and psychological adaptation of college students. The value of sports orientation in improving students' psychological adaptability is discussed.

2. Definition of Mental Fitness

Adaptive (adaptability) refers to the people to adapt to the physical and mental state to adapt to the environment when required performance [1]. Psychological adaptability (psychosocial adaptability) is a complex psychological, physiological processes at home and abroad scientists tend to use evaluation reflect their mental adaptive genetic structure (factors). At present, there are two views. The first view does not strictly distinguish the structure of psychological adaptability, while the second view clearly divides the structure of psychological adaptability into several categories. Psychological adaptation is defined and classified in various aspects including interpersonal coordination, learning adaptation, adaptation to campus life, work adaptation, emotional adaptation, adaptation and personal satisfaction. It refers to the ability to adjust and balance the mind in order to adapt to the mental and social life and social environment. In real life, people will face environmental changes, differences and setbacks between ideal and reality in the process of actively adjusting and realizing their goals in both study and work. Mental health reflects one's maturity and is one of the factors that determine one's mental health.

3. Research Objects and Methods

3.1 Research Objects

In this study, the authors used a natural experiment. A total of 300 students were randomly selected from 7 classes of different courses, including table tennis, aerobics and bodybuilding, with the undergraduates of Chongqing technology and business university as the experimental subjects in 2016. Among them, the experimental group conducted 150A test. From march to July 2018, a test and survey was conducted in nanan

district of Chongqing city, and sophomore students were selected as research subjects in more than 10 disciplines, including economics, law, literature, history, science, engineering, agriculture, medicine and management; among them, there were 150 students in the experimental group and 150 students in the control group, all from seven different classes of table tennis, aerobics and bodybuilding.

3.2 Research Methods

3.2.1 Questionnaire Survey

The survey used the latest mental health assessment system developed by the ministries of education, culture, sports, science and technology. The system is composed of four psychological scale and the corresponding software, a total of four tables, namely Chinese college students psychological stress scale, Chinese college students' mental health scale, Chinese college students to adapt to the scale, Chinese college students personality inventory, and Chinese college students to adapt to the table. This table adapts to the interpersonal relationship in campus life, the vocational adjustment procedure, the self-adaptation and the seven dimensions of satisfaction by adopting the adaptive learning method. At the same time, the table is also used to evaluate the adaptability of College students. Questionnaire distribution and recovery before the control group and the experimental group. after using questionnaires out of 300, before and after 600, recycling, 600, recovery rate were 100% and 600 respectively, All were valid questionnaires.

3.2.2 Experimental Method (Natural Experimental Method)

The subjects were divided into a semester experimental group and a control group through education and training, among them, there were 150 students in the experimental group and 150 students in the control group, all from seven different.

3.3 Data Processing

The reconstructed questionnaire data and the measured data before and after the experiment were applied to the samples. The raw data obtained is compared with the computer software to test the hypotheses of interest, verify whether physical exercise has a positive impact on college students' psychological adaptability.

4. Results and Analysis

4.1 Physical Exercise and Interpersonal Adaptation

Physical exercise can improve college students' interpersonal skills and their adaptability to study and life. However, the coordination of internal relations will affect the ability of college students to adapt to the environment. Under normal circumstances, internal relations include student-student relations, university-class committee relations, and teacher-student relations. At present, the conflict between college students and class committee has been reduced, and the relationship between college students has become the main reason for college students' psychological maladjustment. There are many differences among students because of different backgrounds, different personal experiences and different social relations. This also deepens the conflict, such as the understanding and expression of students' emotions, communication and other issues. Tolerance and understanding at the psychological level restrict the establishment and development of interpersonal relationship orientation of College students, and affect their adaptation to the environment.

4.2 Physical Exercise and Learning Adaptation

The research shows that physical exercise can improve students' learning adaptability. The adaptability of students to learning is positively correlated with the adaptation index. Students' self-assessment and information collection have a significant impact on their adaptability. Students' training and adaptation are carried out through mediation processes, such as selection process, reflection process, motivation process and psychological reaction process. The selection process refers to the environment that individuals choose to cope with effectively and avoid the environment that college students cannot control. These environmental factors in turn affect the development of their behavioral skills and personality. The thinking process of college students refers to the self-

promotion or self-hindrance of the individual through the thinking process. Motivation process is the main factor that college students point out through thinking process. Psychosomatic reaction process refers to the psychological and physiological reaction process that determines the degree of emergency, anxiety reaction and depression of college students. This, in turn, affects the behavior of individual college students and their role in the thought process. In a word, physical exercise can enhance the learning adaptability of college students. Within a certain range, there is a significant positive correlation between students' learning adaptability and the adaptability index.

4.3 Physical Exercise and Adaptation to Campus Life

The results show that compared with the students who did not take part in physical exercise in one semester, the students who took part in physical exercise have obvious differences in their adaptability to campus life. This is because taking part in physical exercise can improve students' frustration education level, strengthen quality training and improve their psychological quality. Recognize that there are many things in life that are not always easy, and in this way there will always be difficulties and setbacks. They have gone through the process of honing themselves from difficulties, trying to find their own advantages and advantages, and cultivating good intentions, which will surely make them cheer up and forge ahead.

4.4 Physical Exercise and Career Adaptation

The results show that physical exercise is the physical activity of students in the natural environment. In addition to mastering basic sports skills, such as running obstacles, analyzing maps, correcting terrain, checking lines of maps and fields, improving sports ability and obtaining geographic information. Students can also learn and master knowledge of geographical flora and fauna meteorology through contact with nature. It needs to be practiced many times and perfected constantly. The theory acquired in practice can also be sublimated. Combining theory with practice can not only improve students' comprehensive skills, but also make them realize that they have not embarked on the road of career choice. In order to improve college students' abilities and comprehensive qualities, they should make clear their career goals.

4.5 Physical Exercise and Emotional Adaptation

The results show that students who exercise in one semester have limited emotional adaptability, and the following emotional states are important indicators to measure the influence of exercise on physical health. In a competitive society, money and profit can intensify interpersonal relationship, reduce interpersonal relationship and destroy emotions. People often show negative emotional reactions, such as stress reduction. Students are eager to learn and live without solving interpersonal relationships. Caused by love processes and activities of bad psychological reaction of psychological barriers lead to psychological disorders, such as depression and pessimism, participating in sports as blind consumption, such as blind consumption, fear and psychological comparison of people can be eliminated to reduce mental disorders, often take part in physical exercise can reduce eliminate the anxiety, mental health goals.

4.6 Physical Exercise and Self-Adaptation

Physical exercise can improve students' adaptability to society. Under the influence of the society, the socialization of college students is through the acquisition of knowledge and social experience, the formation of social recognition of college students psychological behavior model, become a qualified member of the society. At present, the environment of a series of unhealthy growth of college students, such as single children, single-parent families, left-behind children and families with problems, seriously restricts the development of children's mental health. Self-centered, free and unrestrained, self-closed, self-determination, self-esteem, complaining, and blaming a series of cognitive and behavioral biases of college students, such as demanding, unable to face setbacks, poor obedience, and poor sense of responsibility, will affect their social adaptability.

4.7 Physical Exercise and Satisfaction

Relaxing in physical exercise can help people find happiness and satisfaction. In nature, people forget their enthusiasm and the experience of the process itself is very pleasant. By working in the jungle, the nervous

system has the proper opportunity to reach a comfortable level. When people are upset, appropriate physical exercise can relax the mood, forget the troubles before, even before the difficulties are more confident to overcome. Can gain not only knowledge of the content, the joy of victory, also can get relaxed after motion, comfortable, such as deep emotional experience, so exercise can help college students sports spirit, cultivate with others feelings, have the good mood state, and living conditions for the current study has a certain value.

5. Conclusion

Therefore, the overall psychological adaptability of students who participate in physical exercise is significantly higher than that of students who do not participate in physical exercise. Physical exercise helps to improve students' cognitive ability, interpersonal relationship, will quality, psychological and spiritual barriers and subjective well-being. Physical exercise can actively promote the improvement of good mood and comprehensive quality. Therefore, we should give full play to the unique role of physical exercise and guide students to actively participate in sports activities. Improve students' psychological adaptability, optimize college sports environment, and provide psychological counseling for students. Finally, it is hoped that the research in this paper will be helpful and helpful for future experts and scholars to study the impact of physical exercise on college students' psychological adaptability management.

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