

# Experimental Research on the Intervention of Physical Education and Health Education on College Students' Mental Health

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**ABSTRACT.** *Colleges and universities in China, while being responsible for providing talents to the society, have also integrated the function of shaping the spiritual quality of talents. In addition, with the society's emphasis on psychological problems of college students, physical education and health education have become important courses for shaping the mental and mental health of talents. Therefore, this article focuses on the intervention of college sports and health on the mental health of college students. Firstly, the background environment of sports and health theory is analyzed. Secondly, it analyzes the common mental health problems of college students. Thirdly, it explains how to use physical education and health teaching to guide students to establish a correct mental health environment. It is intended to be able to use education intervention to comprehensively improve the quality of talents.*

**KEYWORDS:** *physical education and health; college students; psychological health intervention; experimental research*

## 1. Introduction

With the development of society, competition is becoming increasingly fierce. While paying attention to the scientific and cultural basis of talents, more attention has been paid to the mental health of talents. Relevant scholars have suggested that the impact of the mental health crisis on humans far exceeds other disasters. Therefore, while universities and colleges carry out cultural education, they pay more attention to intervening on the mental health of college students. The emergence of the theory of physical education and health education has provided strong support for college students to carry out psychological intervention. Therefore, the theoretical analysis and practical research to confirm whether physical education and health can have a supplementary effect on the psychological health of college students is the core means to give play to the functions of universities and improve the quality of talents.

## **2. Background and environment of sports and health education theory**

Theoretically speaking, physical education and health education is a method of using physical exercise to enhance and improve the psychological environment of students. Related scholars believe that under the pressure of heavy learning and social competition, college students participate in appropriate sports and increase their sports skills. Improving the level of physical health can achieve the goals of psychological relaxation and stress relief. In addition, research from the field of mental health shows that physical education and health education can become a way to assist mental health.

In addition, China's authoritative educational institutions have also proposed that "maintaining a healthy body is the prerequisite for young people to provide quality services to society and the motherland. It is the core manifestation of the prosperity and development of the Chinese nation and an important direction for quality education in educational institutions." Theoretically, while major universities in China are committed to providing high-quality cultural services for students, they have also comprehensively implemented moral, intellectual, physical, and aesthetic labor, which are intended to provide a good promotion for the country's future construction and talent planning. From the analysis of the actual situation of the implementation of physical education and health teaching theory, it is found that physical education and health have a direct relationship with the psychological health intervention of college students. Although physical education and health are used as a course, their implementation forms and channels are diverse. Its content can cover many fields such as moral education, aesthetic education, intellectual education, physical education, etc. In short, physical education and health teaching can be called an important subject for comprehensive physiological and psychological intervention for college students.

## **3. Analysis of influencing factors of current college students' mental health problems**

With the development and change of the social and economic system, society has a higher standard of demand for talents. College students in various institutions are faced not only with arduous learning tasks, but also with future social competition. Some students show their future development. In a confused state, it is impossible to properly examine its own value in the course of campus learning and life, and it has been in an environment of psychological anxiety for a long time, which then causes various psychological problems. We conducted a mental health survey of college students in a certain college. Based on the statistics of the results, we summarized the following factors that can affect the mental health of college students.

### ***3.1 Interpersonal factors***

Problems such as negative psychological introversion caused by interpersonal difficulties often appear in older student groups. These students often have just ended their family life, face separation from family and friends, and face a new type of learning environment on the university campus alone. Groups, affected by regional differences and life differences, some students cannot quickly adapt to unfamiliar environments, so it is difficult to communicate with others and difficult to integrate with the collective, especially in some instinctual inferiority college student groups, in contact with strangers. In the process, there are often more negative, suspicion and other psychological obstacles, fear of learning skills in interpersonal communication, self-closing emotions such as escape and confusion.

### ***3.2 Learning environment factors***

Compared with the actual environment of junior high school and high school, the learning environment of the university tends to be autonomously managed. In addition to the regular class hours, it is also necessary to reasonably divide your own study time and develop a directional learning purpose for yourself. In other words, when some students are exposed to the university learning environment for the first time, they often become unaccustomed and difficult to adjust. Most students will make adjustments in a short period of time, but some students with poor autonomy cannot adjust their learning time properly, are not adaptable to the learning environment, and may even have negative emotions due to learning, and under the guidance of such negative emotions Imbalances in self-regulatory abilities and decreased restraint capabilities eventually lead to emotions such as anxiety, tension, and self-denial due to learning problems.

### ***3.3 Emotional factors***

Emotion is also a major factor in the mental health problems faced by college students who have entered the adolescent stage. Because college students do not have sufficient experience in dealing with emotions, nor can they control their emotions, they often fall into emotional distress. Some students may pay more attention to emotional problems, but they do not have the correct way to guide them, which eventually leads to emotional distress. Emotional loss of control, loss of reason, etc., and long-term immersion in such uncontrollable emotions will lead to psychological distortions and deformities of students.

### ***3.4 Future development factors***

At present, there is fierce social competition in our country, and college students are faced with the problem of future employment while they are in school. At the

same time, in the process of formulating future plans, students will also receive employment information from classmates, teachers, friends and other aspects, but some teachers and even family members In order to assist students to obtain better future employment prospects, certain pressures are often exerted. These pressures have psychological impact on students. If they cannot be adjusted properly, students will experience fear and panic under the pressure of complex employment prospects. Waiting for emotions, forming a fragile psychology, once it suffers employment setbacks, it will produce psychological problems.

#### ***4. Research on the intervention of physical education and health education on mental health of college students***

In order to enhance the teaching quality and efficiency of physical education and health education in universities, we conducted a preliminary analysis and research on the psychological health problems of college students and whether physical education and health education have psychological health intervention value.

##### ***4.1 Research object***

We randomly selected a total of 200 students from a senior to a senior in a college, the youngest being 18 years old and the oldest being 22 years old. The students' majors, grades, and living environment really have some differences, but the learning life and learning system they are in contact with are the same and meet the research standards.

##### ***4.2 Research methods***

This study is a school year system. A questionnaire survey was conducted for 200 students at the beginning of the school year and the survey results were summarized. Then, they received physical education and health education for a school year. An analysis of the mental health survey, and the summary results are compared with the summary results before the survey.

Sports and health education content: combining standardized sports and health teaching materials as the basic content, and carrying out different types of sports activities and expansion activities according to the overall student.

##### ***4.3 Analysis of research data and results***

After a one-year mental health intervention survey and analysis, we summarized the results in the form of a data table. The specific content is shown in Table 1.

*Table 1 Comparative analysis of college student mental health research data*

Investigation phase	People	Interpersonal factors	Factors of learning environment	Emotional distress	Employment factors
The beginning of the month	200	54(27%)	128(64%)	32(16%)	132(66%)
After school year	200	19(9.5%)	51(25.5%)	9(4.5%)	78(39%)

After investigation and analysis, it was found that 200 students were affected by interpersonal communication factors, learning environment factors, emotional factors, and employment factors during the initial survey. From the analysis of the actual survey report at the time, it can be seen that some students have already appeared Negative anxiety and other psychological distress. After receiving physical education and health education for a school year, the number of psychological disturbances caused by various factors has significantly decreased, but the employment factor still shows a high proportion, which indicates that current college students are receiving physical education. After the health education, the psychological problems caused by personal factors can be alleviated, but in the face of social employment in the general environment, students are still in a state of worry. However, this type of worry has been better alleviated. Students with certain employment pressure cannot be completely eliminated, but they can well regulate the psychological impact of employment pressure.

#### **4.4 Discussion**

Through the analysis of the above data, we can see that physical education and health education have a strong auxiliary role in intervening college students' mental health. However, how to implement physical education and health education in the actual college teaching process requires comprehensive analysis of the actual situation of students and the different education systems of different colleges.

With regard to the overall teaching content, physical and health education can be divided into stages for the psychological intervention process of college students. In the course of physical education and health teaching throughout the school year, it can be divided into different stages and combined with the different psychological states of students. Different degrees of teaching theory and teaching practice. For example, in the early stage of psychological intervention, teaching practice was the main method. Aerobic activities and sports competitions were used to enhance students' physical fitness, pull them out of the psychologically disturbed environment, actively participate in the whole, and gradually cultivate interpersonal relationships. Communication skills and enthusiasm for learning, and urging students to develop a healthy physique, can jointly combat psychological problems.

Next, we must persist in using a combination of theory and practice to let students know their position on the campus and their future development goals, and

guide students to recognize the connection between physical and mental health in physical practice. Utilize correct education guidance and case analysis to assist students to form the ability of self-grooming and mediation. At this stage, you can use swimming, yoga, jogging and other easy physical activities to guide students' mental state and enable them to have more thinking. Space, thinking about your own positioning and ability in the process of exercise, recognizing that an active and healthy life is conducive to the development of mental health, and can also help students form a sound personality in future life.

At the same time, in the process of carrying out sports health education, schools must not be limited to the use of sports to channel students' emotions. They must deeply explore the physical activity itself, such as cultural analysis of Taijiquan, and explore the Taijiquan moves and concepts. The cultural concept behind it enables students to understand the spirit of Rou Kegang and dripping stones, thereby further enhancing students' understanding of sports health and mental health. When encountering life difficulties and psychological distress, they can also actively analyze the causes of distress and seek solutions. Methods to achieve the common development of mental health and physical health.

## **5. Concluding**

In summary, colleges and universities need to pay close attention to the psychological health problems of college students, and use physical education and health education to conduct psychological counseling and intervention. Based on the above analysis, it can be concluded that there is a complementary relationship between the two. Health can be guided by physical education and health education. In addition, the causes of mental health can also be the guiding factor for innovation of physical education and health education. In the future development of colleges and universities, we will take physical education and health education as the main curriculum, and conduct targeted analysis based on students' actual psychological problems, innovate physical education and health teaching methods, enhance the teaching quality of teachers' teams, and improve college mental health courses. It is not only an important means to cultivate a team of comprehensive quality talents, but also a core guarantee for promoting the sports and health work in colleges and universities and improving the future development of students.

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