

Analysis of the Relevant Factors Influencing Teenagers' Physical Exercise Habits

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ABSTRACT. *With the development of the times and the improvement of living conditions, most teenagers lack physical exercise, and their physical health is not optimistic. Teenagers who want to have a strong physique need to develop good physical exercise habits through continuous physical exercise, which will have a great impact on their life and benefit them for life. From the point of view of how to develop teenagers' physical exercise habits, this paper analyses and sorts out some reasons that affect teenagers' physical exercise habits from four aspects: personal factors, family factors, school factors and policy factors.*

KEYWORDS: *teenagers, physical exercise, physical health*

1. Definition of teenagers

Teenagers nowadays refer to young people and teenagers, referring to people of adolescent age. Girls begin puberty about two years earlier than boys, and end puberty about two years earlier than boys. But the age of entering and ending puberty varies from person to person, and there are great individual differences. The age gap between different individuals is about 2-5 years. Adolescence is a special period of transition from children to adults. Generally speaking, it refers to students in middle school. The corresponding age of junior high school is 13-15 years old, and the corresponding age of senior high school is 16-18 years old. In adolescence, the mind is not fully developed and is in the stage of learning. Families or schools need to guide them correctly, so that they can set up correct concepts and scientific ideas, make their physical and mental health develop and maintain their physical health. The most effective way is to persist in physical exercise.

1. Definition of physical exercise habits

The cultivation of individual habits needs to persist in a specific behavior for more than two weeks in order to gradually form automated behavior. Individuals in

adolescence have strong learning and imitation, which is an important stage in the cultivation of various habits. Physical exercise habits refer to the automatic behavior of a sport formed by the continuous repetition of a sport behavior, followed by regular and purposeful periodic physical exercise behavior. Physical exercise habits can be formed by conscious participation, or by human intervention. When physical exercise habits are formed, individual will produce muscle memory for physical exercise behavior. This muscle memory is produced very slowly. When muscle memory is produced, forgetting is also very slow.

2. Analysis on the current situation of teenagers' physical exercise

Teenagers have a lot of choices in their spare time. They can choose to study and study, choose entertainment activities such as computer games, choose physical exercises or other activities. The number of overweight or obese teenagers is increasing year by year. High quality diet and less physical exercise make the physical health of teenagers decline year by year with the increase of age. Due to the decline of teenagers' physique and the lack of personal attention to physical exercise, teenagers' participation in physical education classes has declined, and they are tired of sports psychological activities, even accompanied by vomiting, fainting and other adverse reactions, which makes teenagers' physical fitness indicators such as endurance, strength show a significant downward trend. To sum up, lack of physical exercise is one of the important reasons for the decline of most teenagers' physique.

3. Influencing factors of teenagers' physical exercise habits

3.1 Personal factors

Physical exercise behavior formed by personal interest can make individuals more actively acquire more knowledge of physical education and health, thus ensuring the scientificity and purpose of physical exercise, and sometimes effectively improve sports skills and promote the coordinated development of physical and mental health. At the same time, physical exercise behavior can also produce pleasant emotional experience and higher sense of self-achievement. Sports motivation is closely related to the perseverance of physical exercise. Good sports motivation can make individuals actively participate in physical exercise. On the contrary, the perseverance of physical exercise decreases significantly.

Individual physical health is also an incentive for individuals to participate in physical exercise. Overweight or obese people have inconvenience in life due to their own obesity, different opinions from others and even some diseases, which will make some obese people have the need to participate in physical exercise, while some obese people rarely participate in physical exercise or even do not participate in physical exercise. Obese people often choose aerobic exercise which is less difficult, such as walking and jogging, as the main way of physical exercise. However, the effect of physical exercise is not obvious and their perseverance is

insufficient, and many other reasons will lead to the discontinuity of physical exercise behavior, or the termination of physical exercise behavior. Underweight people and normal weight people do not need to worry about the problems caused by obesity, but some individuals will choose physical exercise to keep fit. The way of physical exercise and the persistence of physical exercise are also different due to individual differences.

Individual psychological factors also affect individual participation in physical exercise. Girls have a slightly higher requirement for body shape than boys. They can improve their body shape by diet or sports. Girls who are between overweight and obesity have a higher enthusiasm for physical exercise than boys. Men in groups prefer positive affirmations from other individuals. Boys use physical exercise to build up their bodies and express themselves through sports skills, so as to attract the opposite sex or win the approval of others to meet their psychological needs.

3.2 Family factors

Parents' awareness of physical exercise also affects the formation of teenagers' physical exercise habits. The influence of parents on their children's physical exercise behavior is imperceptible. The children of a family whose parents have a good sense of physical exercise and maintain a positive habit of physical exercise are far more likely to participate in physical exercise than those whose parents do not participate in physical exercise or neglect the importance of physical exercise. Parents' own physical exercise habits can have a positive impact on teenagers and play a good role model, making it easier to accept physical exercise and develop habits. Whether parents' language education and support can also affect the formation of teenagers' physical exercise habits. Parents' support for physical exercise behavior has a good effect on promoting teenagers' physical exercise habits. On the contrary, teenagers' physical exercise habits will be difficult to develop.

The difference of family's economic status makes the sports consumption of teenagers' physical exercise behavior very different. Different sports require different financial resources. They can be relatively simple running, preparing a sports suit and a pair of better running shoes to exercise. They can be consumptive sports such as badminton or table tennis. Besides a good racket, the requirements for the ball are also very high. Because they are consumptive sports, the unit price and the price of the ball are high. The amount of consumption has a great impact on economic demand; it can also be a sports item with a large consumption, such as golf, where the use of the venue, the quality of the clubs and the consumption of the balls are not small expenditures. Parents with good family economic conditions are more supportive of their children's physical exercise behavior, children can choose more sports items, the quality of sports equipment is relatively good, and sports consumption is also relatively high, which has a certain role in promoting the formation of teenagers' physical exercise habits.

3.3 School factors

The formation of teenagers' physical exercise habits is also related to the school's emphasis on sports. Now is an era that attaches importance to scores. Schools and families often attach importance to the academic performance of teenagers, while neglecting the importance of teenagers' physical health. Academic performance is of course important, but the ultimate goal of school education is the coordinated development of all aspects of teenagers' morality, intelligence, physical fitness, beauty and labor. In schools that attach importance to physical education, the participation of teenagers in physical exercise is higher than that in schools that do not attach importance to physical exercise. Different schools have different teaching standards. Each school has more important sports items and its own special items, and some schools have famous sports items and local special sports items, so most of the students' physical exercise habits in this school. They all follow the needs of the school, but also pay attention to the cultivation of students' physical exercise habits.

The situation of school sports facilities will also affect teenagers' physical exercise behavior. School sports funds are an important economic basis for the level of school sports hardware facilities. If the sports funds are insufficient, it will lead to the low level of school sports hardware facilities, which will directly affect the physical exercise effect of teenagers. A good level of sports hardware facilities will improve teenagers' participation in sports, make them actively participate in physical exercise, and also ensure the safety of teenagers' physical exercise.

The teaching level of PE teachers in schools is also an important factor. Professional level of physical education teachers has a great impact on teenagers' physical exercise behavior. Correct technical movements can make teenagers get good sports experience and reduce the occurrence of sports injuries. The attitude of physical education teachers to education also directly affects the formation of teenagers' physical exercise habits. Because some schools attach importance to the teaching of main courses and neglect the teaching of music, sports and beauty and other auxiliary courses, the phenomenon of marginalization of physical education teachers has appeared. In many cases, physical education teachers will be "sick" and "asked for leave", resulting in many physical education teachers are not active in class and do not prepare lessons after class. Physical education teachers need to start from themselves, establish correct educational concepts, and conscientiously attend every class. In physical education class, students can acquire correct sports health knowledge and learn correct sports movement skills. Physical education teachers have a positive working attitude in physical education classes, and teenagers are more active in participating in physical exercise. Physical education teachers have a low working attitude in physical education classes, and teenagers become lazy in class and unwilling to participate in physical exercise.

4.4 Policy factors

The support of national policy documents has a guiding role in the formation of teenagers' physical exercise habits. If a country wants to achieve sustainable development, besides the continuous efforts of contemporary people, it also needs to improve the future strength of the country, that is, the comprehensive quality of teenagers. The comprehensive quality of teenagers includes many aspects, including physical quality, psychological quality, moral quality and cultural quality. The most basic one is the physical quality of teenagers. Therefore, it is necessary to improve teenagers' physical quality. Physical fitness becomes crucial. National policy documents can influence and restrict the concept and behavior of teenagers from the macro level. The degree of attention paid by the state to sports can directly affect the subjective initiative of teenagers for physical exercise. It can be from the support of school physical education, the construction and management of various sports public facilities, the training of national sports teams and the participation of sports events at all levels. It can be seen that a country attaches great importance to sports from the aspects of joining and undertaking. The state needs to establish various public sports venues or fitness venues in various regions to meet the needs of people of different ages to choose their favorite sports for physical exercise. If there are no public sports venues or fitness venues in the region, the willingness of teenagers to participate in physical exercise will be greatly reduced.

4. Conclusion

The formation of teenagers' physical exercise habits is the result of many factors. Personal factors, individual interest in sports is the primary motive force for individuals to participate in physical exercise. Individuals will actively participate in physical exercise for the reasons of maintaining physical health and good psychological state. Family factors, parents' correct awareness of physical exercise and good economic basis can make teenagers better physical exercise behavior; school factors. On the one hand, the school's emphasis on physical education, good sports facilities and high-quality education level can promote the formation of teenagers' physical exercise behavior; on the other hand, policy factors, the support of the state for sports undertakings has a certain guiding role in the formation of teenagers' physical exercise behavior. The state should strengthen the management of sports undertakings and improve the current situation of physical education from the basic level.

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