

Study on the Relationship between Collegiate Sports Culture and College Students' Psychological Health

Wang Hao

Sports Department, Northeast Petroleum University, No. 199, Fazhan Road, Daqing City, Hei Longjiang Province, China, Postal Code: 163318

***Corresponding Author:**

Wang Hao

Email: wanghao0459@163.com

Abstract: Physical quality and psychological states of the college students lay the foundation to adapt to the society. Collegiate sports, an important part of higher education, are the guarantee to improve college students' psychological health. This paper discusses the influence of collegiate sports culture on college students' unhealthy emotions. It concludes that the connotation of collegiate sports culture is profound and it can solve psychological problems, regulate the emotions and foster college students' adaptability towards society.

Keywords: physical quality, psychological states, collegiate sports culture, higher education, psychological health, psychological problems

The concept and connotation of collegiate sports culture

The concept

Collegiate sports culture, by definition, is "A certain sports culture atmosphere rendered within the particular range of colleges and also the aggregation of spiritual and material wealth created in the process of sports teaching, scientific research and practice[4]. That is to say, it refers to the spiritual and material wealth, and sports ideas and consciousness formed and possessed by collegiate teaching staff and students in such activities as physical education, fitness exercises, sports competitions and construction of sports facilities[1,2]. Collegiate sports culture, which focuses its main content on extracurricular sports culture activities, and situated in campus, led by teachers, based on students, and featured by campus spirits, is a community culture." The particular cultural atmosphere relates itself to the educational objectives, the ethos and principle, and the lifestyle of certain college. Campus sports culture makes a unique cultural phenomenon with its profound connotation and extensive denotation, and it constitutes a campus culture group in the combination of moral, intellectual and aesthetic education culture, which by the same token makes up a sports culture group in the general sense, with competitive sports culture and mass sports culture[3].

The connotation

Collegiate sports culture is a fusion of campus culture and sports culture and it plays its role in social culture. As a salient branch in sports field, campus

sports contain three major functions---body fitness, education and recreation. What's more, campus sports is situated in a given surroundings and has its particular receiver group, so its educational function stand out to be an indispensable and key one that campus sports conduces to the construction of socialist spiritual civilization and the creation of favorable campus atmosphere in the consolidation of collegiate sports culture construction, thus molding students' world view and sense of value to be proper and achieving the aim of improving their physical and psychological qualities[3-4].

Psychological status of the contemporary college students

College students are now right in the third "weaning period", that is the psychological weaning period, where they have initiated their world view and sense of value with certain plasticity, and they are in the ambivalence between pride and inferiority, and between the urge for sense of belonging and respect and the poor endurance on frustration. College students are vulnerable to psychological imbalance caused by the intense changes on living environment, cognitive competence and social communication scope, and a series of psychological problems subsequently occur. For the increasing social pressure, the changes of living environment, habits and social communication scope, and the bewilderment in the process of physical changes and psychological maturity, psychological problems become a serious challenge to college students' integrated development on moral, intellectual and

physical aspects and to their healthy growth, which entails such psychological barriers in college students, as confusion, anxiety, cowardice, aloofness, apathy and irritability. To be specific, the following are potential expressions: inability on self-care and self-reliance; autism, superciliousness and aloofness in disposition; incompetence to the inter-personal communication and a lack of sense of belonging and satiation. It is self-evident that what kind of aftermath would face the colleges students, the ones who are about to step into society while without a positive mentality and nice psychological preparation[5-6].

There is an ascending trend in recent years as to the rate of college students' physical and psychological problems derived from psychological barriers. And college students' psychological health problems have drawn extensive social attentions and concerns that national colleges and different social sectors endeavor to explore applicable and effective ways to solve the social problems. In such case, to promote college students' healthy psychological development via the construction of collegiate sports culture has now become nouveau method.

Positive effects on college students' psychological health by collegiate sports culture

Collegiate sports culture plays its positive role in college students' psychological health mainly by way of mutual regulation of physical and psychological states. Physiologically speaking, body motion contributes to the maintenance of a vigorous and of high spirit state. Physical health lays the foundation of psychological health, and vice versa. Psychological health is of importance in the keeping of physical health in that a healthy psychological state is able to maintain one's normal emotional and physical condition, and to accommodate oneself to the stimulation provoked by environmental and various social changes. Education and teaching in colleges prompt students to participate in sports activities positively and properly. In the process, not only the comprehensive physical qualities of the students get enhanced, but the psychological states of the students matured and toughened in the physical exercise[5].

To establish positive attitude towards life

The core content of collegiate sports culture lies in the recognition by teaching staff and students for the sports-valued idea. In sports competition, there usually exist strict norms to demand the obedience to rules of competition by all the sportsmen and coaches. Competitions are held on the principle of justice and equity, and solidarity and friendship, which also place the expectations and wishes on the students that they not only obey the rules and principles in the competitions, but also extend them to the social environment, being law-and-discipline-abiding, and being of solidarity and friendship and cooperative,

whether with teammates or others in a community. This is conducive to the tendency on benign competition and law-ruling ambience in social development. The Olympic spirit, "Higher, Faster, Stronger" should be strongly advocated; to foster students' spirit of being fearless of dangers, difficulties and formidable enemies; to arouse students' confidence and fighting will to forge ahead and challenge themselves; to make students go beyond themselves in sports, manifest their ego-value, help them establish positive attitude towards life and dispel students' psychological confusion and gloom.

To regulate unhealthy emotions

College students have not yet developed into psychological maturity and thus have relatively high emotional fluctuation. Students can experience varied emotional states in sports exercises. So the unhealthy emotions are regulated like that to replace the timidity in imitating the movement with the sense of achievement after mastering it; to replace the inferiority of clumsy hand with confidence in the skilled hand; to gain respect and belonging with every lit bit triumph in the competition field; to remember the gains and sufferings in every sweat drop. Thus, every college students can roam in the ocean of collegiate sports culture, to experience the joy, anger, sorrow and happiness therein, to regulate and control their emotions in view of those experiences; to pour out the depression, release the psychological tension and duly express one's own emotions in sports activities. And finally to reach an ideological level of understanding and recognizing sports, cultivating both the appearance and inside, and possessing both presence and spirit[5].

To cultivate college students' volitional quality

Collegiate sports culture contains practicalness and competitiveness. Some sporting events involve fierce physical confrontation and athletic events generally require relatively high physical load. Therefore, college-student sportsmen should equip themselves with not only the sturdy physiques and mastery of skills, but also the firm volitional qualities. The physical overdraft in the last minutes on the football field, the last struggle on the distance-running on the track field, and whether the formidable opponent or the fatigue of overdraft and injury have ever confronted nearly all the participants in sports activities. And these adverse factors need to be conquered and surpassed by the powerful volitional qualities established in inner beings. In the continuous experiencing of adversities and overcoming of difficulties, impregnable volition, positive and courageous life attitude and crave for success are stimulated and established for the college students. All these extreme hardiness and bitterness, fatigues and injuries, and strains and fierceness in sports culture activities would help them surmount all sorts of barriers in study and life, and withstand sterner ordeal and

baptism. Hence, they would gradually turn out to be positive towards life[5]

To foster college students' adaptability towards society

Colleges act as the experimental establishments before the students entering into society, and offer them more opportunities of participating in social activities. As for collegiate sports culture, it includes certain activities which conduce to the action competence and mode required in the accommodation to social life, and to their socialization. Seen from the social-culture perspective, sports actions, in fact, is a simulation of social production and life, and every individual take his place in the activities and plays a certain role in society. Just like in social activities, individuals also entail interactive relationships in sports activities. And if one can found good collaboration with others, realize mutual respect with teammates and opponents in sports activities, he is of course able to establish nice interpersonal relations with others and to win respect. As far as ones who obey the competition rules is concerned, law-and-discipline-observing and complying with the social norms is a matter of course. People who cherish the sense of responsibility on the team, the sense of group honor and team spirit, would also possess the moral of social responsibility. So, to participate in sports culture activities correctly and properly should be regarded as a process where good social morals and adaptability are developed[6].

CONCLUSION

Thus, it can be seen from the above that to initiate and participate in collegiate sports culture activities can help to regulate college students' unhealthy emotions, set up a positive attitude towards life, cultivate the tenacious and courageous volitional quality; to offer a socialized platform for the students to realize self-expression, self-education and self-improvement; to reach the educational aim of overall progress on college students' physical and psychological qualities and consequently, more excellent talents be fostered for our nation.

REFERENCES

1. Liu Zhigang; Cultivation of Lifelong Sports Consciousness in Collegiate Sports Culture. *Great Master*, 2010; (19): 127.
2. Liu Yingjie; Researches on Physical Education at School Implementing University Students Mentality Health Education. *Journal of Xi'an Institute of Physical Education*, 2002; (4): 19.
3. Liu Zheng; Study on Campus Sports Culture. *Sports Culture Guide*, 2001; (4): 20-23.
4. Peng Xuehan; On Collegiate Sports Culture. *Journal of Fuzhou University*, 2004; (4): 107-111.
5. Tan Hong, Chen Zhonglin; Analysis on Character and Tendency of Sports Culture in Campus. *Journal of Xi'an Institute of Physical Education*, 2004;

(2):109-111.

6. Zhang Ying; Campus P.E. Culture at Colleges and Universities and Undergraduate's Psychological Health. *Journal of Binzhou University*, 2007; (3):13-14.