

# Research on the Application of Mental Health Education in Students' Physical Training

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**Keywords:** Mental health education; Physical training; Application

**Abstract:** Physical training can guide students through different physical exercises and sports games, help them find more effective channels to relieve their emotions, and enable them to effectively release all kinds of negative emotions and grow up healthily. Integrating mental health education into students' physical training is beneficial to students' mental health growth and can achieve the teaching goal of comprehensively improving students' quality. Physical education teachers can cultivate students' love for sports through excellent environment and teaching methods, and lay a good foundation for their psychological healthy development. This topic tries to closely combine the characteristics of physical training of physical education students to carry out relevant practical research, in order to make a breakthrough in physical education and seek specific measures and forms for the application of mental health education in physical training of students.

## 1. Introduction

Physical training is closely related to mental health education. Physical training promotes mental health education, and mental health education lays a good psychological foundation for the development of physical training. Physical training is closely related to students' mental health education. The teaching value of physical training is not only reflected in teaching students some basic motor skills and enhancing their physical health quality, but also in debugging students' mental health state [1].

Faced with the fierce competition in the 21st century, the position and role of psychological quality are becoming increasingly prominent, and the research on the positive role of physical education in mental health is getting more and more attention and deeper understanding. This topic tries to closely combine the characteristics of physical training of physical education students to carry out relevant practical research, in order to make a breakthrough in physical education and seek specific measures and forms for the application of mental health education in physical training of students.

## 2. The value of psychological education in students' physical training

In students' physical training, students' moderate participation in sports exercises under the organization of teachers can effectively relieve the learning pressure of cultural classes and release the accumulated negative emotions in their hearts, so as to regain happiness, calm their mood and put themselves into their future life and study with a more optimistic attitude [2-3]. Physical training can guide students through different physical exercises and sports games, help them find more effective channels to relieve their emotions, and enable them to effectively release all kinds of negative emotions and grow up healthily. Students can deeply understand the content of mental health education in the process of practice, which truly reflects the role and value of modern physical training in the cultivation and development of students.

In the application process of students' mental health education, teachers should pay attention to whether students can manipulate their bodies to exercise and make more detailed movements. Therefore, in the physical education class, teachers need to pay attention to the coordination and accuracy of students' limbs, so that students' bodies can be better developed. Therefore, the physical education teacher needs to help students establish a good mentality according to the cognitive

ability of the students in the class, and can help students understand new things through various means such as persuasion and inspiration, while removing the psychological barriers of students, so that the cognitive ability of students can be further strengthened [4]. Physical education teachers can also let students watch some sports videos in class. When watching videos, students will have a lot of feelings, which will strengthen students' psychological quality and make students' psychology develop healthily.

### **3. The disadvantages of students' physical training**

#### **3.1. Physical training arrangement is not scientific and reasonable enough**

In the actual physical training teaching process, physical education teachers do not follow the relevant requirements and standard actions of physical training, and effectively carry out physical training teaching, which fully embodies the "liberalization of human nature" in the classroom [5]. The situation that physical training and students' quality can't be deeply integrated has become increasingly prominent, which seriously threatens the health of students' groups. Especially, the "spurt" increase in the number of students with poor physical quality has brought a heavy burden to the reform of students' physical training, and even led to the group health crisis of students. At present, most of the sports management mechanisms in China are not standardized, the physical training facilities are outdated, and the physical training equipment is in short supply, which can't meet the individualized needs of students' sports behaviors and form a benign closed-loop interval.

#### **3.2. Physical training is not highly valued**

At present, students' physical training is not highly valued, which is manifested in the following aspects: First, the interpretation of physical connotation is not clear enough [6]. For physical education teachers, the understanding of the connotation of physical fitness is not very comprehensive. Most teachers think that physical fitness is physical strength, and it is difficult to carry out effective training. Moreover, even in the physical education classroom, teachers do not realize the importance of physical training itself, and misunderstand the content of physical training, which leads to some basic courses as a kind of physical training instead of effective physical training in the physical education classroom, which leads to the development dilemma of physical training.

#### **3.3. Teaching methods have drawbacks**

At present, most universities in China adopt the physical training mode: first, let students run twice on the playground, then do some preparatory exercises, and then carry out selective training. At the same time, physical training in most universities is taught in large classes, with dozens or even hundreds of people in a class. This kind of physical training method has many drawbacks in essence, and it can't achieve the desired effect of physical training, which makes the physical training in universities stay in formalism, with no substance at all [7]. Students can only participate in training mechanically and passively. Students can't appreciate the value of physical training and the psychological and physical pleasure it brings, and their interest and enthusiasm in participating in training disappear.

### **4. Application strategy of mental health education in students' physical fitness training**

#### **4.1. Strengthen the awareness of mental health education**

Teachers should follow the principle of "people-oriented", first of all, they should regard students as living beings with growth potential. The purpose of teaching is to develop students' potential, drive students' subjective development mechanism and promote their growth. While making efforts to improve college students' psychological quality, college physical education teachers should also pay attention to the improvement of their own psychological quality. While they have rich mental health knowledge and relevant theoretical level, they should enhance their

awareness of mental health education. It is necessary to give full play to students' subjective initiative, innovate the current student training mechanism based on their own development needs, further strengthen the reform of physical fitness training and teach students in accordance with their aptitude. Pay attention to students' individual differences, and set corresponding assessment objectives in combination with students' physical fitness status, so that all students can get corresponding training achievement.

For students, compared with static and single teaching methods, dynamic learning is easier to promote the secretion of related hormones, and also helps them to prepare for physical training [8-9]. Physical education teachers must have the awareness that students are the main body of teaching in teaching activities. Teachers should assist students' development, guide and train them according to their needs, so that students can have the awareness of independent training in the training process, and then develop physical fitness training into a good awareness of lifelong sports. Therefore, in the process of junior high school physical training, teachers must pay attention to the creation of a good teaching atmosphere, and timely apply mental health education in the teaching process to lay a good foundation for students' future development.

#### **4.2. Excavating the factors of mental health education in physical education textbooks**

Games are very interesting, which can help students transfer their unpleasant consciousness, emotions and behaviors, reduce their anxiety level, get rid of troubles and pains, and make direct mental health adjustment. In fierce competition and a long period of time, a kind of sports that skillfully score and finally beat the opponent with the total score is typically manifested in two aspects: "competition" and "cooperation" in team competition.

Through the teaching materials of equipment gymnastics and supporting jumping, students can experience the successful feeling of "overcoming equipment, completing movements and making the impossible possible", satisfy their desire for self-expression, and thus build up self-confidence and develop the will quality of courage to overcome difficulties. Excavate the characteristics of swimming textbooks to gradually improve students' ability to adapt to the water environment, and cultivate students' sports confidence.

In the process of organizing physical training, teachers tell students about mental health through various forms, so that students can know that health is divided into physical health and mental health. Teachers should infect students with the personality strength composed of good psychological qualities such as perseverance, optimism, self-confidence and open-mindedness, and help, inspire and guide students from the height of educating people.

In the process of physical training, we should control the training intensity. That is, before starting training, teachers should have a relatively comprehensive and full understanding of students' physical fitness, so as to formulate targeted training strategies based on individual differences and exert the effectiveness of physical fitness training. Teachers and students should use positive relationship to bring positive emotions, physical education teachers should create a good interpersonal atmosphere, have a cooperative and supportive attitude and keep a good emotional state, which will promote the improvement of teaching effect.

#### **4.3. Improve teachers' self-construction**

In order to better promote the integration of physical training and mental health education, physical education teachers must constantly improve their own health cultivation. First, teachers should actively strengthen their own study, master basic psychological knowledge, be strict with themselves in teaching activities, and enhance their self-control and physical and mental adjustment ability. Second, teachers should update their teaching ideas.

Teachers should study students' actual psychological development, physical education teachers should update their educational concepts, get out of the strict teacher state, realize that teachers and students are just different in roles, keep equality with students in ideological level, and narrow the psychological gap with students [10]. Create competitive sports games suitable for students, let students participate in the games in the form of groups or individuals, and learn to unite and compete in the games, which reflects the value of integrating students' mental health education into

physical training.

#### 4.4. Strengthening students' successful experience with encouraging evaluation

In this study, the teaching experiment method is adopted, and the adolescent physical training system is applied to practice. Through the specific implementation of training contents and means, it is verified whether the adolescent physical training system is effective for a long time, and it is systematically improved continuously in practice. As can be seen from Figure 1, there is a very significant difference in the detection rate between the two classes, indicating that the students with moderate or above mental health problems in the experimental group are higher than those in the control group in changing to good mental health.

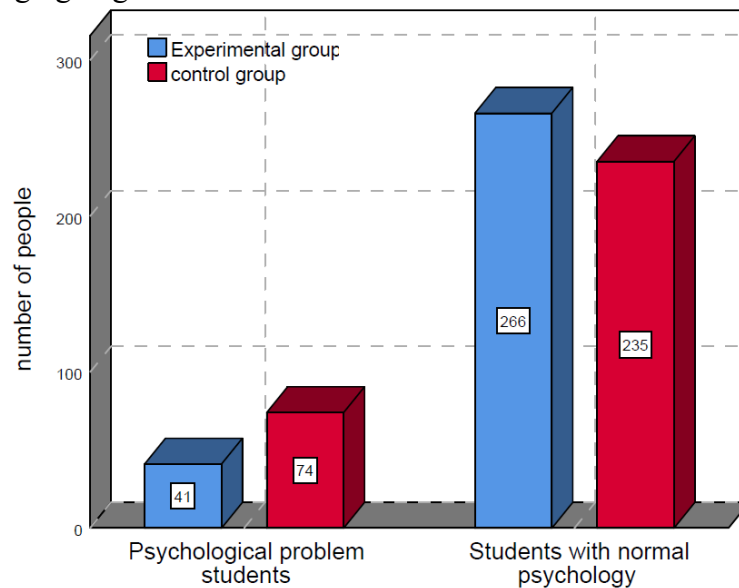


Figure 1 Psychological test control chart

Experience stimulates motivation more than experience of failure, especially for students with poor foundation. Physical education is greatly influenced by innate factors, so students with poor physical ability should be encouraged and praised, and then the teaching difficulty should be appropriately reduced to increase their chances of success.

Due to the conscious introduction of mental health education into physical education classroom, students' bad psychological problems such as fear, rebellion, inferiority, jealousy, impulsiveness, rejection, poor self-control and psychological endurance have been alleviated, while their self-confidence, courage, perseverance, unity and cooperation have been cultivated. While guiding students, we must also pay attention to their own mental health, influence and educate students with sound personality, and promote the sustainable development of students' physical and mental health.

From the test results in Table 1, it can be seen that there is a significant difference between the two classes in sports performance, which indicates that the implementation process of mental health education has a good effect and improves students' sports performance.

Table 1 Average score statistics

Group	Before experiment	After the experiment	t	P
Control group	77.36±8.83	80.25±7.96	2.03	P<0.05
Experimental group	77.68±7.39	82.57±6.67	5.44	P<0.01
t	1.53	3.06		
P	P>0.05	P<0.01		

Physical education teachers should go deep into the students, participate in various sports activities with them as much as possible, and create a new and harmonious relationship between

teachers and students, which will help students keep a happy mood. Teachers should be clear about students' dominant position, fully consider students' understanding, and carry out targeted training. In this way, the stability of the program can be ensured to the greatest extent, and the training content is more in line with the actual needs of students, achieving good training objectives and strengthening students' physical fitness.

## 5. Conclusions

Physical training is closely related to students' mental health education. The teaching value of physical training is not only reflected in teaching students some basic motor skills, enhancing their physical health quality, but also in debugging students' mental health. In the application process of students' mental health education, teachers should pay attention to whether students can manipulate their bodies to exercise and make more detailed movements. In the actual teaching process of junior middle school physical education, teachers must attach importance to the organic combination of physical training and mental health education. While improving students' physical health quality, they should also strengthen students' mental health education.

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