

# The Formation and Mode Realization of College Students' Physical Education Psychological Quality

Di Wu

Sports Department, Zhejiang University of Finance and Economics, Hangzhou, Zhejiang, 310018, China

**Abstract:** College students' psychological quality is a comprehensive expression of psychological quality closely related to their study, physical exercise and life practice. Sports psychological quality is not only closely related to psychological quality, ability, personality, mental health and creativity, but also has great differences. The construction of College Students' sports psychological quality should be based on the law of human brain development, the law of College Students' psychological development, and the combination of sports psychological quality, theoretical thinking and empirical research.

**Keywords:** College Students' physical education; Psychological quality; Construction

Today, with the continuous development of society, knowledge updating is more rapid and information transmission is more convenient. It puts forward higher requirements from the knowledge model and personal innovation consciousness of college students. It also requires college students to have positive personal consciousness, the ability to bear problems, the sense of competition, the ability to cooperate with others, and the ability to manage personal emotions, This requires college students to have a higher psychological quality. The main function of physical education is to cultivate students' healthy psychological ability, so it puts forward higher requirements for physical education.<sup>[1]</sup> After the research and Discussion on the development of education, we realize that the psychological quality education of physical education, as an open and developing system, can promote the all-round development of students' psychology and the psychological education of students, and is conducive to the better establishment of students' psychological quality.

## 1. On the model of College Students' physical psychological quality

As the subjective initiative of fully mobilizing students' cognition and practice through heredity and environment, sports psychological quality can promote students' psychology and physiology, develop their personal cognitive ability and intelligence better, and establish a healthy psychological quality. Physical education psychological quality mainly depends on congenital or genetic, so as to get the characteristics of nervous system and sensory organs, which plays a vital role in the development of College Students' psychological quality.

### 1.1 The basic elements and characteristics of sports psychological quality

The basic elements of sports psychological quality are mainly shown in the following aspects: first, need system. Based on the potential of demand, which includes personal physical fitness, sports psychology, personal beliefs and other rational and systematic needs. Second, cognitive ability. Based on procedural potential, which includes observation, memory, thinking, imagination and comprehensive ability, its main core is psychological and personal thinking ability. Third, the ability of cooperation. Based on the potential of people's psychological interdependence, which includes the identification of roles in physical education, mutual assistance between students and so on. Fourth, the subject of the pledge. The whole potential basis is taken as the basis, including personal consciousness, survival consciousness, sports adaptability, responsibility consciousness, sensitivity and so on.<sup>[2]</sup>

The characteristics of sports psychological quality are as follows: first, relative stability and sustainable development. As one of the individual psychological characteristics, sports psychological quality is not the performance of individual behavior and psychology, nor the embodiment of behavior and psychology in a period of time. But the psychological quality of physical education has been developing continuously during the University, and has the ability of self extension. Second, comprehensive.<sup>[3]</sup>

### 1.2 The effect of sports psychological quality education on College Students' psychological development

First, the process of sports psychological quality education is to find and solve the psychological obstacles of students. The teaching process is mainly manifested in the imparting of knowledge and skills, and at the same time, it can make students feel successful emotionally. The concrete manifestation of mental health is emotion. A person's emotion shows his behavior, emotion and consciousness in the process of learning and physical activities, which is a very real reflection. Therefore, we can find students with psychological barriers in this process; second, the physical education teaching process is the main way to cultivate students' good psychological quality. Physical education is usually carried out outdoors. Students can not only feel the test brought by nature.

Through sports competition, students can challenge themselves, surpass themselves and feel the result of competition by using the method that everyone affirms. No matter whether they succeed or fail, students can feel the meaning of their existence. This promotes the ability of cooperation between students, know how to care about others, and establish a good sense of collective.

## **2. On the construction of College Students' Sports Psychological Quality**

A series of problems, such as the evaluation system of College Students' sports psychological quality, the training of specifications and the implementation of the program, are closely related to the research on the structure of College Students' sports psychological quality. As the main component of a person's overall quality, sports psychological quality is not only the foundation and carrier of the whole social and cultural quality, but also the main intermediary of the external environment's influence on human behavior and the interaction between the whole social and cultural quality and physical quality. From this we can see that sports psychological quality plays a very important role in the development of individual psychological quality. In the process of carrying out quality education, a very important theoretical basic work is to investigate the psychological quality structure of every college student. We can take this work as the fundamental starting point of cultivating quality education and psychological quality.

## **3. The construction of College Students' sports psychological quality education mode**

As the material basis of students' psychological development, the learning environment and sports training of college students affect the development of the brain. At present, the main object of education is people, and the main development goal is also people. Human development is also the development of the brain, which is closely related to the acquired learning environment, teaching methods and sports. Intelligence is not the only factor that determines a person's success or not.

### **3.1 Sports psychological consultation**

The ways of sports psychological consultation include interview, telephone, e-mail, etc. The problems in students' life, the troubles in their growth and the psychological pain brought by their parents in the family are difficult to solve in the daily psychological class, life and learning process. Therefore, we should let students participate in sports, and feel the sense of success and failure in the process of sports, so as to reduce the psychological burden of students, and also conducive to sports psychological counseling. In the process of sports psychological consultation, we should keep secrets for students, make friends with students and really solve problems for them.

### **3.2 Establish sports psychological archives**

Some psychological tests, such as emotional stability test, personal emotion test, personal consciousness test, are carried out on students when they first enter the university campus. According to the results of the test, the basic situation of students and individual differences to do an understanding, similar to the establishment of student status in the form of establishing a sports psychological file for students. According to the results of the test, the students with unstable mood, extreme personality, psychological depression and low personal consciousness are selected to give them special education to help them solve their psychological problems.

### **3.3 Establish a psychological cooperation group**

If the group members have some problems that are difficult to solve, they can ask the PE psychology teacher for help. Group members help each other to guide each other. There is no cut-off point for the topic of communication between members. Students can communicate freely and openly in their own way, so as to solve everyone's psychological problems.

### **3.4 Change teaching methods**

The combination of health education, psychological education and physical education requires adding appropriate class time in the process of physical education, increasing class time for teaching related aspects of mental health, and improving students' understanding of health education and psychological education.

In a word, the main goal of physical education psychological quality education is to develop students' sound personality psychological quality. Sports psychological quality education is of great significance to college students' personality development, personal physical and mental health, future career development and the whole life. It also adapts to the actual needs of the current society for new talents, is conducive to the construction and development of students' psychological quality, and promotes social progress. In addition, in the process of physical education psychological quality education, including a broader social significance, which exceeds the school physical education, to achieve the education for the whole society. The future sports psychological quality education should change the traditional school physical education mode like the basic health education or the basic quality education, apply the sports psychological education to the education, and play its due role.

## **Reference**

- 
- [1] disorders in college preparatory students: associations with emotional factors, parafunctional habits, and impact on quality of life. *Cien Saude Colet.* 2018 Jan;23(1):173-186. Portuguese, English.
- [2] Aziz Y, Khan AY, Shahid I, Khan MA, Aisha. Quality of life of students of a private medical college. *Pak J Med Sci.* 2020 Jan-Feb;36(2):255-259.
- [3] Shen B, Luo X, Bo J, Garn A, Kulik N. College women's physical activity, health-related quality of life, and physical fitness: a self-determination perspective. *Psychol Health Med.* 2019 Oct;24(9):1047-1054.