

Research on Proper and Appropriate Physical Exercise to Prevent Teachers' Negative Emotions

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Abstract: The physical education teacher plays an important role in the whole physical education teaching activities, the physical education teacher's emotion, the psychology will affect the student's performance, but at present, the physical education teacher in the teaching, the life negative emotion is more significant, which shows that the physical education teacher has some psychological problems. Completed on time in order to better in the sports teaching body and health curriculum teaching goal, task to ensure students can complete sports, sports teachers need timely find their own problems, pay attention to adjust their mood, actively adopt various methods to keep a good mood, with a good attitude to face the students.

Keywords: Sports; Prevention and control; The teacher; Negative emotions

1 The introduction

Emotion refers to a person's reaction to the relationship between external things and self-needs, and an attitude reaction to external objective things. The expression of emotion will have a certain emotional color, sometimes positive, sometimes negative. This kind of personal subjective experience is emotion. For physical education teachers, positive emotions can maintain a good relationship between teachers and students, promote students to complete physical exercise in time, and promote teachers to successfully complete the teaching work. However, at present, the negative emotion of physical education teachers is obvious, which seriously affects the smooth development of physical education teaching activities, so it is necessary for schools to prevent the negative emotion of physical education teachers effectively through timely and appropriate physical exercise.

2 First, physical education teacher negative emotion causes

2.1 The influence of traditional educational concepts

The traditional physical education only pays attention to the training of students' physical ability and constitution. In the daily physical education, teachers only train students' physical skills, which leads to the students' belief that physical education is only a subject to exercise the strength of limbs and muscles. Therefore, there is a lack of recognition and trust between teachers and students. Most schools in conducting physical education teaching activities, under the influence of exam-oriented education, knowledge, practice, attaching too much importance to other subjects teaching, and often take sports teachers' teaching time, to a certain extent, lead to physical education teachers, physical education teachers to decline, prone to discontent in sports teachers. The unreasonable physical education curriculum and the neglect of physical education discipline directly lead to the situation that physical education teachers are slack, lazy and irresponsible in teaching^[1].

2.2 Physical education teachers own professional quality is not high

Currently, too many physical education teachers pay attention to their own sports skills of ascension, to own thought quality, behavior consciousness, professional quality, not value, in the life, teaching met upset things, often exposing yourself bad mood in the classroom, the student to vent their bad mood, through abuse, corporal punishment, alienated from the student to vent. Some teachers are too serious even before they start to teach, which leads to the whole teaching atmosphere is tense and full of oppression. Students can directly feel the indifference of teachers from their expressions and words. This status quo will lead to physical education teachers emotional disorders, instability, psychological problems, not only will affect the normal physical education teaching activities, but also lead to the relationship between teachers and students fozsized.

3 Second, measures to prevent and cure teachers' negative emotions

3.1 Attach importance to the role of physical exercise in relieving anxiety, and stimulate the interest of physical education teachers in participating in physical activities

General sports teachers when meeting the negative life events, and produced some negative emotions, are often through the work, and rest, or other means to transfer their attention, defuse negative emotions, and this method can't effectively solve, so the teachers can timely deal with their negative emotions through sports. Studies have found that physical exercise has antidepressant effects, and scholars have found that physical exercise can treat psychological diseases through practical studies. Therefore, physical

education teachers can eliminate their negative emotions by participating in a variety of sports activities,so that they can divert their attention and focus on exercise.Timely adjustment of negative emotions to bring about some mental problems such as disturbance,irritability,depression.Exercise can improve people's mood by regulating physiological muscle energy and relieving emotional tension through physiological functions^[2].

3.2 Timely exercise,grasp the best period of emotional regulation

The solution of any problem has a fixed processing time,so physical education teachers exercise in real time,grasp the best period of emotional regulation.Physical education teachers in teaching,it is easy to produce negative emotions,so the emotional accumulation is also long-term formation,in order to effectively regulate emotions,eliminate negative emotions,it is necessary for physical education teachers to pay more attention to their own emotional initial state.And adopt appropriate methods to adjust their emotions in time,so as to promote themselves in the later more and more negative events can constantly resist their negative emotions,to avoid the production of mental diseases.In this regard,teachers need to grasp the best period of emotion regulation from these aspects.First,establish a scientific concept of sports.Only with a positive concept of sports,physical education teachers can calm down and actively deal with the unpleasant events.The concept of physical education also needs to be changed in time and constantly changes with social development and cognitive awareness,so as to arouse the happiness of physical education teachers.Second,exercise should be timely.When teachers encounter some bad events,if they still have negative emotions in the later stage,they need to adjust their negative emotions through physical exercises in time to avoid their behavior deviation.Teachers also need to reflect on whether their methods to deal with negative emotions are scientific in time,so as to let themselves be relieved in time^[3].

3.3 Appropriate exercise to resolve negative emotions in time

First of all,teachers need to choose exercise items appropriately.Many physical education teachers'negative emotions are mainly caused by the characteristics of sports projects themselves,such as the richness,interest,training function,exercise intensity,exercise duration,etc.,so physical education teachers need to choose sports projects according to their own strengths and teaching objects.If your personality is intense and too conceit,you need to choose some gentle and slow projects,such as Tai Chi,yoga and other small exercise intensity,you can adjust the breath of the project.When the physical education teacher suddenly produce negative emotions,you can choose boxing,running,football and basketball and other sports with high intensity,you can vent your emotions.In addition,physical education teachers in the choice of sports projects,but also need to choose according to their own physical conditions,personal height,body shape,physical strength and so on will be affected by the movement,so physical education teachers need to choose their own suitable for the operation of the project,according to their real needs,do not try to be brave.And physical education teachers can also choose their favorite sports according to their own interests and hobbies.Choosing sports on the basis of interests and hobbies can stimulate their own vitality and potential,so as to maintain a certain degree of excitement,which can reduce the incidence of negative emotions.For example,tall people can choose basketball or football,while short people can choose table tennis.Secondly,teachers need to keep a moderate amount of exercise.As is known to all,sports is hard,and requires a certain strength,is the summer and winter sports,in particular,you also need to bear the impact of the weather,as a result,teachers also need to constantly improve their endurance during the daily training,proper planning and training time for oneself,avoid counterproductive,affect their way of life.Finally,the physical education teachers need to keep the appropriate exercise intensity,can let a person in a certain intensity,maintain a high degree of centralism to keep enough energy,to get a feel for the thrill of sports bring,mood letting a person is cheerful,relax,for physical education teachers,appropriate exercise intensity can timely catharsis of negative emotion,let oneself mood is comfortable,Let the sad things disappear,so as to return to the positive moment.

4 Conclusion

In short,tasks and activities are a long-term process,which need to be carried out in real time.For sports,it is more necessary to carry out physical exercise in a timely and appropriate manner,so as to achieve a certain effect.Therefore,physical education teachers need to actively reflect on their own life,work,take the initiative to control their emotions,understand emotions which influence on themselves,to learn to properly carry out sports,rich in his career at the same time,also can let yourself get more happiness and a sense of accomplishment,eventually get self-confidence,active life.

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