

Sports Psychological Environment and the Formation of Young People's Sense of Responsibility

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Abstract: Tolstoy once said: "if a person does not have enthusiasm, he will accomplish nothing, and the basic point of enthusiasm is the sense of responsibility. "Sense of responsibility is the core of healthy personality, the guarantee and motivation of high-quality personality, and a person's future foothold in society. It is the most important personality quality to achieve career success and family happiness. The new curriculum standard of "physical education and health" emphasizes not only sports participation, sports skills and physical health, but also mental health and social adaptation. It can be seen that physical education in schools should practice "mind" as well as "body". It is not only necessary to train students' healthy physique, but also to cultivate students' sound psychology and good ideological and moral quality. Therefore, in my daily physical education work, I grasp the personality psychological characteristics and ideological and moral status of contemporary children, and creatively explore the methods, strategies and skills of Ideological and moral education in Physical Education: consciously, daily and planned ideological and moral education for students, and cultivate students' sense of responsibility in Physical Education. Today's primary school students are all new human beings in the 21st century. They are all only children. They grew up under the careful care and love of grandparents, grandparents and parents, They are selfish, lack of responsibility, and don't know how to be modest. Therefore, how to cultivate students' sense of responsibility in school collective activities is very important and can't wait.

Keywords: Physical exercise; Teenagers; Sense of responsibility

Preface:

In the 16th century, a European missionary once recorded such a text: "Japanese Xiaoyong is a natural warrior. The Chinese, on the other hand, are addicted to ease, gentle and submissive, and do not know how to practice martial arts.^[1]Therefore, although China is big, it is easy to conquer. "Later Chinese history proved that this is a very insightful understanding. In fact, at all times and in all over the world, the real education, do not think: physical education, behavior education, spiritual personality and quality education, should be far more important than the "reading and reading" Education: a prominent feature of sports is strong competition, all competitions to win the championship, first, can cultivate students' fighting spirit and a high sense of responsibility, honor.^[2] Therefore, it is of great significance to carry out responsibility education in the physical education classroom for today's China to enhance the national quality and realize the Chinese dream.

1 Sense of responsibility

What is sense of responsibility, from the perspective of Chinese to understand: sense of responsibility when consciously proud of the task of good mood, also known as sense of responsibility. Modern psychology believes that the sense of attack contains the meaning of consciousness and spirit. Physical education is an activity under strict organization and discipline. Some sports require fast, some require long-term, some have complex and dangerous movements, some have varied exercises, and need collective cooperation. When a student is worried that the individual project performance will affect the collective performance or honor or disgrace, this is the sense of responsibility that needs to be cultivated in physical education.

2 The lack of sense of responsibility in contemporary middle school students

(1) Due to the influence of some bad culture, the language behavior habits of some junior high school students are becoming more and more vulgar; the aesthetic taste of the students is becoming vulgar, and the aesthetic taste is trapped in an embarrassing situation; the students' costumes are becoming more and more extreme, and even boast of "non mainstream": the contents of horror, murder, violence and pornography appear in the students' toys and accessories; the aesthetic taste of the students is becoming more and more vulgar; Some students even introduced me in this way: I, melon seeds dangerous, eyes insidious, image obscene, this is not responsible for the formation of their own values.^[3]

(2) The practical ability of contemporary middle school students is poor, they despise labor and are afraid of suffering. The cleaning of school and students' dormitory and the low self-care ability of students have become a heavy pain in middle school

moral education.^[4] It is not uncommon for students to be tired of and play truant. Schools are increasingly losing interest in attracting students. This is students' irresponsibility for their own study and life.

(3) The ability of students to bear the full discount is poor. For a long time, we can often see or hear reports in newspapers and TV stations that middle school students run away from home when they encounter a little control discount, while Yu chooses to commit suicide by jumping off a building. In fact, it is also the loss of the sense of responsibility for life, the indifference of emotion, and the indifference and trampling on Shengyu.

3 The reasons for the lack of sense of responsibility of middle school students

(1) Family. Because family education is carried out by families, and most of the implementers of family education, parents, do not have scientific knowledge of family education, so there are many misunderstandings.^[5]

(2) For social reasons, there are many carriers (including books, film and television works, game software, etc.) spreading pornography, homicide, violence, feudal superstition and pseudoscience in the market, network and mixed media. Due to the multi-channel and convenient ways and means of modern information acquisition, middle school students can "easily" obtain "harmful information".

(3) The reason of school is that some schools adopt compulsory "blocking" instead of persuasion, which arouses students' Rebellious Psychology and arouses students' aversion to school education. As a result, the phenomenon of "the more forbidden the school is, the more sensitive the student building is, and the more prosperous the drum is".

4 How to cultivate students' sense of responsibility in Physical Education

(1) Focus on the details, cultivate the sense of responsibility in the physical education class, students are more relaxed in the physical education class, and basically restore the students' ID. Sports are highly antagonistic. It's hard to avoid physical contact. At the same time, every gram of students' emotion is released in sports, some students will appear the phenomenon of "dirty" export, which can not be ignored by teachers.^[5] Teachers should stop this bad behavior in time to make students understand the importance of civilized language and the importance of maintaining their own civilized image, and pay attention to the methods when stopping it. It is necessary for PE teachers to make a clear choice.

(2) Enhance students' sense of responsibility by using "collective sense of honor". While I was teaching physical education, I was also the coach of the school basketball team. Because the students' basic skills are not strong as a whole, I arranged more basic skills in the early stage of training. At the beginning, the students practiced very seriously, but after a long time, the players got bored. They always asked to play. In this regard, they are required to establish a sense of being willing to bear hardships and a sense of responsibility to win glory for the school, and help them adjust their mentality and carry out their education

(3) Cultivate team spirit in sports games and enhance students' sense of responsibility. Sports game is a comprehensive sports activity that students like most. It can not only effectively develop students' physical strength and intelligence, improve students' mastery and application of sports knowledge, technology and skills, but also carry out moral education for students, cultivate their sense of responsibility and friendship with classmates.

(4) Strengthen the sense of scientific competition in sports competition to cultivate the sense of responsibility of inheriting sports spirit.

5 Epilogue

Physical education teaching has distinct collectivity from teaching content to teaching form. For example, taking the class as a whole, teachers organize activities in gender groups and natural groups according to the teaching content, and students live in a collective environment for a long time.

As a member of the collective, everyone has the responsibility to fight for the honor of the collective. In the activity, each student should do his or her own duty, make the best efforts to win the collective honor, experience the joy of victory in the collective honor police, and make the responsibility and inner needs perfectly reflected. In addition, through tug of war, collective relay and other events, Watson can understand that the amount of individual is limited, and must give play to the collective strength, unity and cooperation in order to achieve good results. So that students participate in sports activities into the collective, so as to enhance the sense of responsibility.

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