

## Research on the Interaction between Systematic Sports Training and College Students' Psychological Problems

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### Abstract

**This paper mainly describes the interaction between systematic sports training and some common serious psychological problems of college students, because in the training of the system, in the process of mastering physical skills, it is also necessary to treat psychological problems during the exercise. Through systemic sports training, it plays a role in the study of college students' psychological problems.**

### Keywords

**System, sports training, college students, psychological problems.**

### 1. Introduction

Through the system of physical education to provide an effective environment for college students, so that college students from the sports process training excellent psychological quality, learning general mental health knowledge, and access to sports practice skills.

### 2. Organization of the Text

Sports can not be ignored in the entire education process of students and is a very useful tool. Sports is indeed an important value of intrinsic education. Education is about theoretical development and practical knowledge about the development of rationality. This development is crucial to the education process. In this sense, sports can serve basic educational goals, that is, learning theory and theoretical practice. Because sports can provide some valuable educational experience, in addition, a good sports background can allow students to experience success and self-confidence, and through the feeling of success, master a new sport, team friendship, victory, and improve the sense of physical fitness.

#### 2.1 General Knowledge

The logic of developing good psychological habits and techniques in sports and psychological qualities is similar. Therefore, sports provide an important resource that can be effectively applied to the process of mental health education. When sport is correctly understood as the practice of a particular type of person, has its own integrity, and is characterized by its rules, it can play an important role in the formation and cultivation of good psychological qualities. Sports provide an important background for the practice of good psychological quality. Practice can be closely applied to the process of mental health education. This is the process of acquiring good psychological habits and skills in psychological reasoning. In our daily life, recognized psychological habits. We recognize these good psychological habits and how we use them. In the course of sports, it forms so-called good psychological habits and techniques. For example, acquire a skill (or practical knowledge) in sports to show how to learn it. Sports learning is related to the possibility of psychological education. The significance of developing good psychological habits should be to help students grow into psychologically mature people and demonstrate good psychological qualities. In other words, mental health education is to help students become independent people. In this way they can act in accordance with the so-called normal values recognized. In society, when they face pressure and psychological dilemma, they can rely on their own strong anti-stress mentality to succeed. Therefore, in a sense, sports can play this role and play a more effective role in practice.

Therefore, sports can play the most important role in these aspects, and educators are responsible for providing a convenient environment. Mental health knowledge is practical. Knowledge is mainly because it is to achieve a specific action. Perhaps nowhere else in the school curriculum is more prominent than the knowledge of sports practice. The unique characteristics of physical education and physical education have proven that there are logical similarities in the process of acquiring good psychological qualities and skills. The practical knowledge of sports and the acquisition of knowledge of good psychological qualities are, to some extent, considered by some as sports. The study is commensurate with the development of good psychological qualities. Therefore, it is completely unreasonable to think that sports provide only a kind of exercise. The resources used by physical education in the process of psychological health education are extremely rich in resources.

## 2.2 Mastering Skills

Physical education involves teaching and acquiring practical knowledge or "know how" to perform various motor skills. The theoretical knowledge of sports and sports is skill rules and etiquette rules. The question of the principle of physical education is obviously the practical knowledge is the concept of skills. Physical education involves the actual acquisition of knowledge or knowledge of "how" in the form of skills. The practicality of achieving a certain minimum standard by enhancing skills through participation in sports or sports activities. The skills involved in physical education are not blind training or student behavior patterns that blindly emulate learning. On the contrary, it implies deliberate actions and examples, which in turn include compliance with the rules of procedure and supervision. In short, skills are a special form of practical knowledge, such as tennis, a sport with high mobility and skill. Involving a ball, some special skills are used in the game. Forehand, backhand, volley, head spiking and so on. At this point, we appreciate how the players use these technology games wisely in their progress, although the skills themselves are still important. It is not enough for the player to fully master the game skills throughout the game. Playing tennis has an ever-changing advantage in other sports or games. Players must also know when and how to make the right decision. Use these skills to gain advantages. A skilled player not only has certain basic skills, but also has the ability to sense what needs to be done. Under unpredictable circumstances, complete within a given time and react and perform complex actions. Acquire practical skills that have been maintained on the basis of sports. Only by practicing an action can we obtain a good psychological quality. Let students repeatedly perform swimming, which means that students will automatically act in the same way because the future situation will be like this. To some extent, for example, conditions differ from early ones. When it is carried out on rivers, seas and lakes, it changes continuously, and students adapt to changes in mindset through this conditional change. Knowledge is primarily a method of learning how to do it, and recognizes complex situations and how to deal with it. Skills are examples of practice acquired through participation in sports or sports activities. Explaining the meaning and know-how of "knowing how" includes not only performing operations correctly or successfully learning, skills are not just training or repeating a behavioral pattern. Instead, it involves thinking and intelligent practice. Therefore, as mentioned above, what students learn is not blind swimming training and playing tennis, nor is it a behavior of a special learning model. It implies thoughtful actions and mental wisdom exercises. In other words, students learn not only the skills of performing swimming, but sports have evolved into a training for success. They are also a technique for how to distinguish the source of legitimate psychological fear. By analyzing how situations use critical analysis critically, make a special decision. In short, the final student gains the skills of reasoning and how to deal with the psychological and cognitive skills needed in new situations.

## 2.3 Developing Habits

Students develop a habit through sport, a specific behavior or tendency to respond. This kind of knowledge is practical, not theoretical. It is a skill or a kind of "deafness." The acquired psychological knowledge becomes an important part of the mind. The goal of mental health education should be to help young people master general psychological knowledge and principles, rather than to convey the decision of the document. "Good psychological habit" refers to the tendency to perform this behavior

in similar situations by doing the same. If a similar situation will occur in the future, people will now tend to take appropriate action. In short, having a good psychological quality means having a positive willingness to act in a certain way. As individuals learn and practice psychological values, they are preparing. In this case, they must arouse the same reaction, therefore, cultivate or develop good psychological quality habits. In this sense, people involved in sports must constantly decide what to do and how to act in an instant. If good psychological qualities are consistent, students' parents and teachers instill in them during their lifetime. It is likely that they will practice in sports competitions. In fact, good psychological qualities may even benefit students for life. In other words, good psychological qualities become habits in action. When a person is always faced with a situation requiring good psychological qualities, this person is unlikely to be in too much of a dilemma. Instead, he or she will simply react. This means that students can quickly learn this ability. Recognize the proper use of good psychological quality values. As a practical concept, sports has always been considered as inherently concerned with good psychological quality values, and sports are full of opportunities to learn good psychological qualities. The good psychological qualities of sports and other areas of life are also about the same. They share good psychological qualities such as fairness, fairness, optimism, resistance to pressure, sympathy, positiveness, courage and determination. Because sports is a practice. It is determined by basic principles, rules and rules. It provides students with an ethical basis for good psychological quality. Therefore, a person's good psychological qualities can be cultivated in sports. Teaching sports is a valuable form of special education because it provides an unusual education. It helps students to learn theoretical knowledge and practical knowledge. Enable them to practice healthy psychological behaviors and cultivate good psychological qualities. In the beginning, the sport not only needed to master physical skills, but also needed to master good psychological qualities. Students have reached the level of ability to generalize cognitive development, and their good psychological qualities will be able to pass through sports. Sport needs not only to learn some basic skills but also to gain ability. Understand what needs to be done at a particular moment and react and perform complex things. Actions taken in response to unpredictable circumstances. In other words, sports provide participants with a situation in which they can learn psychological and psychological. Identify cognitive skills in a variety of complex situations. They can express correct judgments based on a reasonable assessment of the situation and take action. Satisfactory is that when new situations arise, sport does provide students with opportunities to learn and learn. Of course, there are obvious differences between sports and other activities. There are many overlapping areas between them. Psychological experience is concentrated in sports. If students can be taught and motivated to act in a certain way, through different environmental sports and sports activities and show how to cope, there is no reason not to let them not do so under similar circumstances. However, this does not mean that students need it. They can learn from bad sports. They have the opportunity to reflect on the negative psychological state. Therefore, it is okay to actually help children participate in the development and judgment of sports. Children learn to be responsible for their actions and learn how to fight for the right things.

### 3. Several Issues Research

Does learning exercise really enable students to learn, and in a particular environment, acquire a skill to express the correct psychological judgment Can sports instill the good psychological qualities that children need to grow? When students participate in sports, it seems that they mainly learn how to play? Sports cannot directly instill good student psychological habits. No one thinks that good psychological habits can only be obtained through sports, and then can be used to other aspects of life. This is definitely an unfounded view. The development of sports and good psychological qualities, for their relationship, each person's understanding will be different in breadth and depth. From one society to another, from one period to another. However, despite these changes, I believe that the most rational people will reach an agreement on the basic issues. Therefore, the sympathy, generosity and generosity of the stadium are not only widespread. Recognized as a sports star, but also psychologically praised. Although no known empirical research can be used to demonstrate the best

training methods in sports or sports fields to learn or develop good psychological qualities. There are reasons to suggest that sports provide people with an exceptionally good fostering practice and a good psychological environment. It is possible to use and appreciate good psychological qualities in the real-life environment on the sports arena. Participating in sports and good psychological quality are educationally acceptable activities. There are not many educational activities in schools that can provide a more conducive environment. Providing practical knowledge or practical reasoning ability from sports activities. The quality needed in sports. Maybe we don't have anything else. First of all, sports play at least when it needs to acquire knowledge (including theory and knowledge). It is a valuable educational activity. Second, there is a logical similarity between the two. Get practical knowledge and get psychological knowledge in sports. Finally, physical education provides an important resource that can be applied closely to this process. Psychological education acquires good psychological habits and psychological skills for developing skills in psychological reasoning. Therefore, school physical education can and should be considered as a valuable subject. This can help students to achieve psychological self-determination, shape the good psychological character in the sense of helping students through the field of games that students like.

#### 4. Conclusion

The benefits of sports include the development of positive personality traits, the need to endure strict physical training, and the commitment to the principles of fair competition in sports, including the willingness to adhere to the conventions in accordance with the rules; it is also necessary that a certain degree of altruism is often necessary for the success of teams. Sports often involve special elements. Competitors encourage and applaud each other. Participating in sports competitions provides students with a fair and legal social structure experience. Just as the rules of sports games seem to provide the ideal environment for instilling healthy psychology. The most important thing is that sport is essentially a fair value concept based on psychology.

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