

# The Influence of Physical Education Management on the Psychological Quality of College Students

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## Abstract

The research conducted to check influence of physical education management on the psychological quality of college students. To get this objective, total of 90 students from 2020 and 2021 general courses at a certain city's University of Political Science and Law were selected as the research subjects. We have developed an expert questionnaire on the relevant content of this topic, and conducted interviews and questionnaire surveys with experts and scholars from 7000 provinces and cities across the country. There are two natural teaching classes for students in the 2020 and 2021 general courses, respectively, randomly divide the samples into an experimental group and a control group, with 45 participants in each class. The technical evaluation test adopts a "single blind method", and the main participant independently scores according to a unified standard without understanding the other groups of the test subjects. The testing standards are based on the teaching standards of the corresponding teaching stage of the experimental group. Using literature review, classroom teaching, discussion, and logical reasoning methods for research. (1) The teaching content should adapt to social needs, meet students' individual development, value creativity, and master and apply knowledge, technology, and methods. Update the content as needed. (2) The teaching forms are diverse and in line with the physical and mental characteristics of students, emphasizing the combination of psychological development laws and intellectual and non-intellectual factors. (3) Teaching organizations should use flexible grouping based on students' mastery of knowledge and psychological characteristics, and pay attention to individual differences and level differences. Flexible and diverse organizational forms create a relaxed, lively, and happy learning atmosphere. (4) The teaching method mainly focuses on inspiring and inducing lectures, emphasizing the mentality and feelings during the learning process, and cultivating practical and creative abilities. In short, through physical education teaching, students can fully enjoy the fun brought by sports, achieve healthy physical and mental development, truly understand the significance of fitness, and prepare for future adaptation to the needs of society.

**Keywords:** Physical Education; College Student; Psychological Quality.

## Introduction

The psychological health of college students refers to a functional state of their psychology, which is an ideal state that enables them to fully utilize all their psychological potential (Cilliers & Flotman, 2016; Siddiqui, 2015). It has only been over a decade since the introduction of mental health education, but leaders at all levels of the Party and the state have given high attention and importance to it. In May 1999, in the "Decision of the Central Committee of the Communist Party of China and the State Council on Deepening Education Reform and Comprehensively Promoting Quality Education," it was emphasized that: Strengthen students' mental health education, cultivate their perseverance and spirit of hard work, and enhance their ability to adapt to social life (Dudgeon et al., 2014; Evers et al., 2020). So, how to provide timely and effective mental health education for college students is the key to modern education and an urgent task faced by educators.

The guiding ideology of "establishing health first in school education" proposed by the Central Committee of the Communist Party of China has a great promoting effect on promoting quality education, it is more conducive to improving the overall quality of students. The quality of students includes physical fitness, ideological fitness, and cultural fitness, which is the unity of morality, intelligence, and physical fitness. Among them, physical health includes the healthy development of both the body and mind, which are physiological and psychological aspects. The United Nations Health Organization points out that: Health is not only the absence of physical disabilities, but also the complete physical, psychological, and social adaptability. The teaching of physical education is a closely organized and disciplined collective activity, which should be based on the physical and psychological characteristics and changing patterns of students throughout the entire teaching process to achieve the goal of physical health, at the same time, enable students to master basic techniques

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and skills, further enhance their physical fitness, and improve their health level (Dyson & Casey, 2016; Freeman, 2013; Rasberry et al., 2011). How to enable students to master certain correct skills as soon as possible within limited class hours, and improve their physical and psychological qualities on this basis, this is an important issue in physical education teaching. The formation and improvement of sports techniques have a significant impact on the improvement of physical and psychological fitness (López-López et al., 2021).

The Central Committee of the Communist Party of China proposed that "school education should establish the guiding ideology of health first" to promote the implementation of quality education, more conducive to improving the overall quality of students (Wang, 2019; Zeng & Shao, 2013). Students' quality includes physical quality, ideological quality, cultural quality, That is, the unity of morality, intelligence and physical aspects. Physical health includes the healthy development of body, heart, physiology and psychology. The United Nations Health Organization points out: "Health is not only the lack of physical disability, But also have a complete physical, psychological state and social adaptation ability ". Physical education teaching is a well-organized, disciplined collective activity, In the whole teaching process, according to the students' physical and psychological characteristics and changes, To achieve the physical health purpose, At the same time, let the students master the basic skills and skills, Further enhance the physical fitness, Improve your health level. How to make the students in the limited class to master the correct technology as soon as possible, and on the basis of improve the students 'physical quality and psychological quality, this is an important problem in sports teaching, the formation of sports technology and improve the improvement of the physical quality, psychological quality has a greater influence. After a lot of research survey found that China's college students 'psychological common problems, some even serious, psychological problems will seriously affect the future development of college students, even ruin their own life, so the relevant state departments pay special attention to college students' psychological condition. According to the survey, the proportion of psychological problems among Chinese college students is gradually increasing. From this aspect, it can be seen that how to solve the psychological problems of college students has become a key problem faced by ordinary colleges and universities (Eisenberg, Golberstein, & Gollust, 2007). As a part of the teaching of ordinary colleges and universities, physical education plays an important role in solving the psychological problems of college students (Amina, 2022; Wright, Burrows, & MacDonald, 2004). Because physical education is rich and

colorful, it can environment the psychological pressure of students. In addition, many competitions in physical education can exercise people's body and mind, and then improve the psychological quality of college students. It has also been shown that,

Like sports college students, mentality is better, can bravely face the problem, so for ordinary universities, in the specialized course teaching at the same time, also want to pay special attention to the physical education teaching, because the whether from the body or psychological, physical education can really play a role, as long as the related sports teachers reuse a variety of teaching methods, let the students better into the physical education, get happiness from sports, temper.

With the needs of modern physical education, new era requirements have been put forward for physical education work, its urgent task is to cultivate qualified sports talents for the modern sports education industry, based on the particularity of sports teaching, the teaching ability of physical education teachers is composed of many factors, and a prominent issue is to strengthen the cultivation of physical education teachers' teaching ability, especially to change traditional thinking methods, approaches, and other means to study various methods of this ability, and improve the quality of physical education teachers' teaching. These factors have an impact on the teaching ability of physical education teachers, so the evaluation of physical education teachers' teaching ability should adopt a comprehensive evaluation of multiple factors. As an important part of school education, physical education teaching in schools has profound significance in improving and enhancing people's physiological and psychological aspects (Deuster & Silverman, 2013; Gallahue & Donnelly, 2007). In physical education teaching, college students not only need to engage in a large amount of physical activity, but also accompanied by a large amount of psychological activities, producing rich psychological experiences, therefore, for physical education teachers, teaching is not only about cultivating students' physical activity abilities, but also about planning and arranging various exercise forms and amounts, it is also necessary to pay attention to the impact of physical education teaching on the mental health of college students. Because these psychological phenomena of students are subjective and objective reflections of physical education teaching on students, these reflections in turn affect teaching activities and affect students' behavior. Therefore, we must master and be familiar with human psychological characteristics and their impact on human activities, and teach according to the laws of psychological activities (Yih & Silver, 2021). As shown in Figure 1:



Figure 1. Physical Education Management on the Psychological Quality of College Students.

**The value orientation of contemporary college students is diversified, paying attention to the development of individuality and enhancing the consciousness of competition**

- Ideological and moral mentality is reversed, and the pursuit of ideals is diluted
- Inflated sense of self, life behavior anomie
- Public morality cognition and public morality behavior split
- The idea of civilized quality is not exactly consistent with the action

Thus, based on previous discussion, research aimed to check influence of physical education management on the psychological quality of college students. This objective was further divided into four sub objectives,

1. Analysis of physical education impact on Students' Psychological Health.
2. Analysis of physical education impact on students' cognitive development.
3. Analysis of the impact of physical education on students' emotional development.
4. Analysis on the Influence of physical education on student's will quality development.
5. Analysis the impact of physical education on students' personality.

The study is significant and will make useful contributions to kids' overall development as well as physical education. According to research on the impact of physical education on students' psychological health, students' attention, mood, and willpower are all favorably impacted by physical education sessions that have an acceptable psychological load. This discovery is significant because it offers guidance to educators on how to create physical education programs that support children' mental health, resilience, as well as self-discipline. The study on how physical education affects kids' cognitive development also emphasizes the value of physical activity in boosting cognitive skills including perception, observation, and memory. This information can help teachers include cognitively engaging activities into physical education sessions, which may enhance students' cognitive abilities and academic achievement. The examination of how physical education affects students' emotional growth also highlights the range of emotional experiences that students have when participating in physical education activities, which can promote a variety of good feelings as well as social awareness and self-esteem. This knowledge may be

used by teachers to provide an emotionally stimulating learning environment that inspires students and improves their emotional health. Last but not least, the research on how physical education affects students' development of will power emphasizes the importance of physical activity in fostering self-awareness, decisiveness, and self-control. By acknowledging this, educators can structure physical education classes to build students' willpower and character, empowering them to overcome challenges and achieve their goals effectively. The study was divided into five chapters, introduction which discussed main issue of study, literature review where discussed the literature review from both of theoretical and empirical perspective. Third chapter covers the research methodology where main tool and sampling technique is discussed, forth chapter consist of data analysis and interpretations. Last chapter consist of discussion and future directions where main results discussed and future directions for further research discussed.

## Literature Review

College students are not yet fully mature mentally. Many college students have just entered the university, so they are truly independent, and most of them were buried in the books to study hard before, and this state has been lasting for more than ten years. Most of the things are parents, especially the only child, parents too spoil, make it has been in a privileged state of life, plus, college students special age, mind itself is not fully mature, setbacks, heart often cannot afford, and then parents want to let its independence, in this state of contradiction, college students are very prone to psychological problems and Poor communication. Today's college students are more self-centered and not good at communicating with each other, so there is a general problem of not being good at regulating



interpersonal relations. Before entering the university, many college students were studying hard and rarely communicated with the people and the environment around them, which led to communication barriers. According to the survey, college students who are not good at communication are relatively introverted and far away from the group. Even if they need help, they do not know how to ask for help, so that the group will become more and more far away from them, making them more and more withdrawn, and finally forming psychological barriers and psychological problems. Some college students are excellent themselves, but they are always self-centered. No matter what they do, they ask others according to their own standards. This principle of doing things makes the group members gradually stay away from them, making them produce psychological pressure, and eventually cause psychological problems of employment (Lazarus, 2020; Zhao et al., 2007). Employment is the primary problem faced by modern college students (Bogatyreva et al., 2019; Britt et al., 2017). Although almost every ordinary institution of higher learning is expanding the enrollment, so that more students have the opportunity to receive higher education, but also because of this, the employment mode has also changed. Traditional college students' employment mode is package distribution, college students won't for employment problems, too much pressure, but the modern society is talent competition, even college students also need to have knowledge to get a satisfactory job, plus, enterprise demand more and more talents, new graduate college students lack of experience, no more life experience, so the employment is very difficult, the difficulty caused the psychological pressure of college students, over time has become a psychological barrier, and even mental illness. According to the research problem, Xu (2021) under the background of Internet information technology, college student management work not only to cultivate professional talents needed in all walks of life, more to use education heart education idea and responsibility, cultivate comprehensive development of inter-disciplinary talents, the current university student management work put forward higher requirements. The Internet + environment are based on the Internet, which analyzes the necessity of precision education. Secondly, the paper studies the current situation and existing problems of university student management under the background of Internet +. Finally, under the background of Internet, the construction strategy of accurate education system for college students based on data analysis (Xu, 2021). Qi, Li and Zhang (2021) adopts the network-based physical education teaching auxiliary system to conduct intelligent

management of physical education courses. The multi-layer design system provides convenience for health and PE teachers and students. The data layer collects input data from the user, the decoder compiled transmission to the storage layer.

On the other hand, further study indicates that Physical education extensively studied in relation to its effects on various aspects of students' overall development. Numerous studies have looked at how it affects students' mental health, emphasizing the benefits of regular physical exercise for lowering stress, anxiety, and melancholy (Griban et al., 2019). Activities related to physical education have been linked to enhanced mood, self-esteem, and general wellbeing, which help to produce better mental health results. The relationship between physical education and kids' cognitive growth has also been studied by academics, and they have shown that regular exercise helps improve cognitive abilities including memory, attention, and executive function, which eventually results in greater academic achievement. Studies have also looked at how students' will qualities are shaped by physical education, highlighting how engaging in physical activities may promote self-control, inspiration, and perseverance (Kane, 2015). This thus encourages more drive and focus in achieving academic and personal objectives. Additionally, the effect of physical education on students' personality qualities has been investigated. The results show that consistent physical exercise might have an advantageous effect on personality traits including resilience, friendliness, and emotional stability. The literature collectively demonstrates that physical education plays a vital role in promoting students' holistic development by improving psychological health, cognitive abilities, will quality, and personality traits, making it a crucial component of any comprehensive education curriculum. However, further research is warranted to explore specific mechanisms and long-term effects to better understand the comprehensive impact of physical education on students' overall development (Nicaise et al., 2007).

## Methodology

There are 90 students in the 2020 and 2021 general courses of a certain city's University of Political Science and Law. We have developed an expert questionnaire on the relevant content of this topic, and conducted interviews and questionnaire surveys with experts and scholars across the country. Statistical processing was conducted on the questionnaire results, adopting the majority principle and analyzing the actual situation of general education and

literature materials, the project development plan and steps were determined, and the teaching experimental plan was also determined. There are two natural teaching classes for students in the 2020 and 2021 general courses, and the samples are randomly divided into an experimental group and a control group, each class has 45 students in both the experimental and control groups. The control group was taught using conventional methods, while the experimental group was taught using strategies that focused on cultivating the cognitive, emotional, and willpower qualities of college students. The teaching content is based on the general physical education textbooks of universities (Zhang, 2021). All experimental courses are taught by myself. The start and end times of each corresponding experimental group's experiments are consistent, except for inconsistent teaching methods, other conditions such as teaching progress, teaching content, teaching hours, and the main examiners and standards for technical evaluation tests should be consistent. The technical evaluation test adopts a "single blind method", and the main participant independently scores according to a unified standard without understanding the other groups of the test subjects. The testing standards are based on the teaching standards of the corresponding teaching stage of the experimental group. Using literature review, classroom teaching, discussion, and logical reasoning methods for research (Liu & Zhuang, 2022).

## Results and Analysis

### (1) Analysis of Physical Education on Students' Psychological Health

The psychological burden of physical education class refers to the psychological burden that students bear in physical education class. The psychological load of physical education mainly includes three aspects: attention, emotion, and will. Therefore, it plays a positive role in promoting the cultivation of students' attention, emotion, and willpower

qualities; At the same time, it is also necessary to ensure the smooth progress of physical education teaching and improve teaching effectiveness, through observation, according to the psychological load test standards, it can be seen that suitable external stimuli (such as muscle sensation, speed sensation, orientation sensation, etc.) can make students focus more, have stable and happy emotions, have strong willpower, have the courage to overcome difficulties, and have too strong or too weak external stimuli, students' attention is relatively scattered, their emotions are not high, and their willpower is weak. Therefore, the higher or lower the psychological burden borne by college students will affect their mental health. Reasonable psychological load is of great significance for enhancing students' physical fitness, mastering and improving sports skills, and preventing injury accidents.

For the anxiety of college physical education students, research has found that moderate learning anxiety is a stimulus and internal drive, which has an activating effect on students' physical education learning, cognitive activities, and behavior, it can help students maintain psychological balance, enhance their sense of security, strengthen self-awareness and positive emotions, and is most effective in unleashing the potential of physical education activities; The level of anxiety is too low, the activation level of the organism is low, and the brain and limbs are unable to obtain enough energy to engage in sports learning activities, resulting in low activity effects; A high anxiety state can resist students' thinking activities and physical movements, reducing their self-control ability in motion perception, loss of motor coordination, confusion of motor imagery and action concepts, resulting in a comprehensive decrease in the efficiency of information processing. High anxiety state, due to the consumption of a large amount of psychological energy, can increase students' psychological load and lead to a decrease in their psychological activity function. As a result, academic performance has decreased. As shown in Table 1:

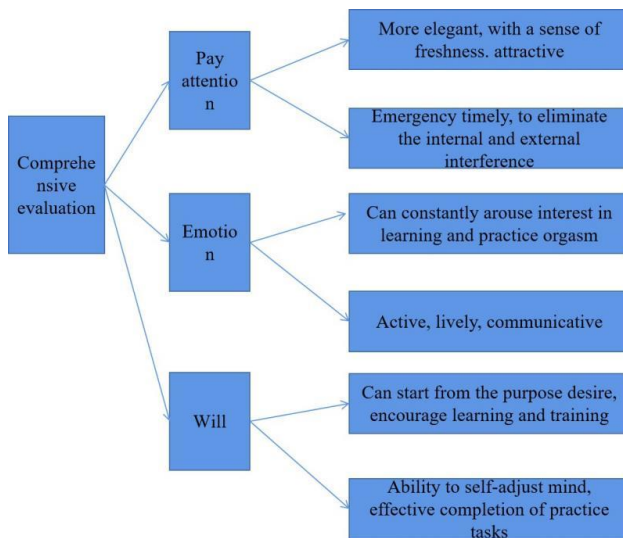
Table 1

Comparison of Academic Performance Between the Experimental Group and the Control Group

Round	Technology Projects	Experimental Group	Control Group	T	P
First Round	Athletics	86.49±4.08	75.26±7.08	2.04	<0.06
	Basketball	88±5.52	75±8.52	2.12	<0.06
	Overall Review	86±3.72	74±7.72	2.25	<0.06
Second Round	Athletics	86.23±6.92	76.26±6.09	2.36	<0.06
	Basketball	85.23±6.94	74±5.52	1.62	<0.06
	Overall Review	85.73±6.91	74.23±7.96	2.15	<0.06

In terms of student psychological load assessment, the psychological load of students attending physical education

classes is mainly influenced and constrained by their emotional, attention, and willpower activities. (See Figure 2).



**Figure 2.** Comprehensive Price Chart of Psychological Activities for College Students.

## (2) Analysis of the Impact of Physical Education on Students' Cognitive Development

The cognitive process refers to various psychological phenomena that human's exhibit in the process of understanding objective things. Many of the problems that students exhibit in the classroom belong to cognitive problems, such as a lack of correct understanding of technical essentials, incorrect practice methods, or a lack of necessary auxiliary exercises, resulting in a lack of correct perception, inability to recognize the regularity of the movement, and the inability to master this technique well during movement, as well as uncoordinated movements. In physical education teaching, it is not only necessary to abide by the basic laws of human activities, but also to pay attention to enlightening students' thinking and cultivating their cognitive abilities (Li, Zhang, & Zhao, 2021).

In college physical education teaching, college students' sense of balance, posture, position and speed must rely on skin, muscle, position sense, pressure sense, heart rate, blood, vital capacity and other sensory organs to receive stimulation, then, through the brain's comprehensive feedback, analysis, and adjustment of various stimuli and information, the motor organs are commanded to move. During this process, students' perception, observation, image memory, and action memory abilities are fully developed and improved.

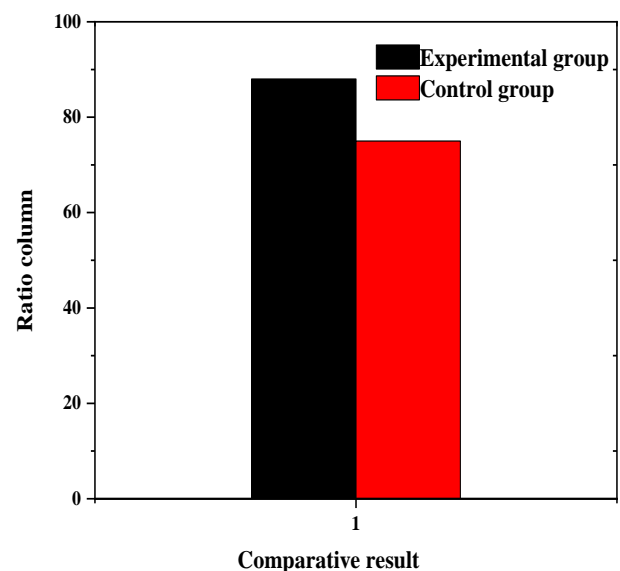
## (3) Analysis of the Impact of Physical Education on Students' Emotional Development

When people understand objective things, they always need to show an attitude towards them and experience their own experiences, which is called people's emotions. The emotions generated by students in physical education

teaching can be both positive and negative. In physical education teaching, teachers should take targeted measures to cultivate and stimulate students' emotions based on the distinct, strong, complex, diverse, and variable characteristics of emotional experiences. More importantly, it is to help students establish lofty ideals and stimulate their advanced emotions.

The diversity, attractiveness, complexity, aesthetics, and variability of college physical education teaching content can enable students to experience various levels of emotional experiences, such as fear, depression, pressure, anxiety, tension, love, liveliness, satisfaction, happiness, joy, excitement, etc. Mutual assistance and learning among students in physical education teaching activities can inspire students' social awareness, enhance self-esteem, confidence, and sense of responsibility. So through physical education teaching, it can stimulate students' initiative, inspire people's will, and make various emotional experiences more profound (Adamakis, 2021).

As shown in Figure 3:



**Figure 3.** Comparison of the Assessment Results of Learning Attitudes Between the Two Groups.

## (4) Analysis the Influence of Physical Education on Student's Will Quality Development

Will is the psychological process of consciously determining goals, controlling and regulating one's actions, overcoming various difficulties, and achieving predetermined goals. Many exercises and activities in physical education teaching have certain difficulties, risks, or require considerable physical exertion, if students do not exert enough willpower during these activities and exercises, it is impossible to achieve the expected results. Developing students' willpower and character based on various characteristics such as "danger", "difficulty", and

"fatigue" in physical education teaching is beneficial for overcoming various difficulties and completing teaching tasks. So, the process of physical education teaching is the process of realizing willpower actions, which can develop students' good willpower qualities such as self-awareness, decisiveness, and self-control.

**(5) Analysis of the Impact of Physical Education on Students' Personality**

In the teaching process, one dimension is to enhance students' thirst for knowledge and confidence, and to promote their spirit of overcoming timidity and difficulties. Teachers should teach students to think independently in their teaching, and even wrong ideas should not be completely rejected. Instead, they should provide correct guidance and positive encouragement, this relieves students from their fear of mistakes, allowing them to have imaginations and bold thinking in their future studies. Two dimensions are: In order to stimulate students' desire for innovation, innovation, and progress, while also promoting the cultivation of thinking habits and the development of thinking qualities. Teachers should first encourage students' creative behavior and provide them with more time for thinking and exploration, secondly, make clear requirements for the practice. Three dimensions are: Teachers should create opportunities for every student to frequently switch roles in teaching activities, each to their best, think boldly, and not stick to certain directional conclusions when dealing with problems, they should help students actively seek diverse learning goals and methods, and actively accepting and adopting students' opinions can help cultivate students' innovative awareness. As shown in [Table 2](#):

**Table 2**

*Correlation Coefficient between 3D Scoring and Technical Scoring*

Team That One Belongs To	First Round	Second Round
Number Of People	45	45
Correlation Coefficient	0.856	0.864
P-Value	<0.01	<0.01

**Discussion**

In physical education teaching, we attach importance to students' emotional experience, and realize the fundamental change from "let students adapt to physical education" to "physical education adapt to students (Daniels & Davies, 1965; Piletic & Davis, 2010; Winnick & Porretta, 2016)". To make the physical education classroom to adapt to the students, let the students love physical education, cannot simply in order to facilitate the

teaching of teachers and colorful physical education into boring content, single form of training class, stimulate, cultivate students' interest in sports, so that the lifelong benefit. Physical education classroom teaching should innovate the teaching methods. The class forms are diversified, and the content setting of physical education class needs flexibility... Carrying out independent learning by combination can effectively promote students' mutual help and communication. Let the students clear the purpose of physical education, learn to exercise scientifically, enhance physical fitness, develop the habit of adhering to exercise to meet the interest and hobbies. Physical education teachers should use the "heart" to manage the physical education class. Physical education teacher is the leader of physical education, executor, is the cultivation of student ability, is the builder of classroom teaching, developers, is the researchers of education teaching, plays an important role in a class, so the teacher's own teaching attitude, their own quality, professional dedication, moral level has a direct influence on students. Physical education teachers should actively and timely give affirmation and help to every student for every progress (DeCorby et al., 2005; Yang & Dong, 2017). Of course, naughty students and students who do not love to practice will certainly have, the important thing is that teachers should have a good attitude to face it. As long as you still come to your physical education class explanation can still be educated, more patience, a little progress to the students to be a little more encouragement. There are no bad students, only teachers who can't teach. For the underachiever must do hand in hand to teach him, so that students have the power to progress, to feel the teacher's concern.

Physical education classes in universities have a positive effect on the psychological function of college students, which can be summarized from the previous text. The specific impact is as follows:

(1) Promote the joint development of physical and psychological well-being among college students. Most physical education classes are outdoor activities, and the direct impact of these activities is to improve the physical fitness of college students. And sports activities are rich and colorful, and many require unity and cooperation. In this process, college students will learn the importance of unity; There are also some sports activities that have a positive effect on exercising people's willpower, such as long-distance running. Without certain physical and psychological qualities, few college students can persist. If teachers engage in targeted activities and develop lesson plans in physical education classes, the results will be very good, and students should also develop good habits of



regular exercise. Most modern college students do not like outdoor sports and have a closed mind. If they can exercise regularly and strengthen their bodies, they can also open up their closed mind and better integrate into the surrounding living environment, moreover, this can also improve the competitiveness of college students themselves, college students with good physical fitness and mental health are often the most popular in society. The advantage of physical education teaching is that it can coordinate the two and develop together (Barrett-Brown, McGrowder, & Ragoobirsingh, 2021).

(2) It is more beneficial for universities to do a good job in the mental health work of college students. Due to the high proportion of psychological problems among modern college students, almost all universities attach great importance to the mental health work of college students, solve various psychological problems of college students through various channels, and universities can fully utilize physical education teaching to achieve this goal. Firstly, physical education teaching is usually conducted outdoors, with an open space rather than a closed one, this way, college students will have a broader perspective and a much more relaxed mood compared to teaching in class, making it easier for them to interact and communicate with others, and laying down their inner defenses; Secondly, sports activities are usually open-ended activities, and the main characteristic of these activities is the need for group collaboration and joint completion, during this process, college students can feel the importance of trust and unity among group members; Finally, some competitive sports activities can better cultivate students' willpower and character, so that they are not afraid of difficulties, and even if they win, they will not be arrogant or complacent, nor will they complain about their failures, this kind of character is what modern college students should possess.

Therefore, higher education institutions should incorporate physical education teaching into the system of cultivating good psychological qualities of college students, making it an important part of the system, this can not only exercise the physical fitness of college students, but also cultivate their good psychological qualities. Physical education is not a simple course, it has an important impact on improving the psychological quality of college students, so university leaders should pay attention to the teaching of physical education in universities.

Through the discussion of the above issues, it is believed that in order to better carry out physical education teaching work, the following points must be done well: (1) The teaching content should adapt to social needs, meet students' individual development, value creativity, and

master and apply knowledge, technology, and methods. Update the content as needed. (2) The teaching forms are diverse and in line with the physical and mental characteristics of students, emphasizing the combination of psychological development laws and intellectual and non intellectual factors. (3) Teaching organizations should use flexible grouping based on students' mastery of knowledge and psychological characteristics, and pay attention to individual differences and level differences. Flexible and diverse organizational forms create a relaxed, lively, and happy learning atmosphere. (4) The teaching method mainly focuses on inspiring and inducing lectures, emphasizing the mentality and feelings during the learning process, and cultivating practical and creative abilities. In short, through physical education teaching, students can fully enjoy the fun brought by sports and achieve healthy physical and mental development, truly understand the significance of fitness, and prepare for future adaptation to the needs of society (Dhawan, 2022).

## Conclusion

In order to better understand the psychological quality of college students, the author proposes a study on the impact of sports management on their psychological quality. A total of 90 students from 2020 and 2021 general courses at a certain city's University of Political Science and Law were selected as the research subjects. We have developed an expert questionnaire on the relevant content of this topic, and conducted interviews and questionnaire surveys with experts and scholars from 7000 provinces and cities across the country. There are two natural teaching classes for students in the 2020 and 2021 general courses, respectively, randomly divide the samples into an experimental group and a control group, with 45 participants in each class. The results show that: There are indeed certain problems with the psychological function of college students, especially when encountering problems and not being able to overcome them, they often hesitate, in response to this situation, physical education teaching in universities can effectively solve this problem, exercise the psychological quality of college students through various sports activities. (1) The arrangement of psychological load in the teaching process of college physical education should be based on students' psychological quality and observation of sports function teaching, and the body should be reasonably stimulated and adjusted with psychological load. (2) By conducting cognitive teaching in physical education classes for college students, their perceptual ability, observation ability, image memory, and action memory can be significantly developed. (3) In the teaching process,



teachers often set up various levels of emotional experiences, which can cultivate students' ability to learn to learn, learn to be a person, and learn to handle things. (4) Through physical education teaching, encourage and help students establish a personality spirit of confidence, self-improvement, self-esteem, and self-love. In short, through physical education teaching, students can fully enjoy the fun brought by sports, physical and mental healthy development, really understand the meaning of fitness, for the future to adapt to the needs of the society. In the evaluation of physical education results, physical education teachers should change the traditional method of only paying attention to technical evaluation in the past, pay attention to the progress of students in the learning process, and pay attention to the evaluation of students in ideological and moral character and personality quality. Mobilize the enthusiasm of those students who are general, but the learning attitude is very hard. The new curriculum of physical education advocates diversified evaluation, diversified subjects and diversified methods. Physical education evaluation has become an effective means to promote students to better study sports and actively participate in sports activities. The evaluation of sports learning emphasizes trust and respect, and conveys the care and encouragement of teachers for students. The study has still some limitations, First limitation is the small sample size, which may impact the generalizability of

the findings to a broader population of university students. Expanding the sample size and including participants from diverse backgrounds and educational institutions would enhance the external validity of the results. Additionally, the study mainly focused on the impact of physical education on psychological health, cognitive development, will quality, and personality without considering other potential influencing factors, such as socio-economic status or prior physical activity levels. Future research could explore the interplay between these factors to gain a more comprehensive understanding of the relationship between physical education and student development. Moreover, while the study utilized an experimental group and a control group, it did not include a long-term follow-up to assess the persistence of the observed effects over time. Conducting longitudinal studies to track the long-term impact of physical education on students' development would provide valuable insights for educational policymakers and practitioners. In other words, research conducted on one country which results could not be generalize to other countries, therefore future research could be explored on other countries to know the variation in the results.

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