

Impact of Sports Culture Education on College Students' Psychological Tolerance

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Abstract

In order to better understand the impact of sports culture education on the psychological resilience of college students, the author proposes a study based on the impact of sports culture education on the psychological resilience of college students. A stratified random sampling method was used to select 160 students from the new campus group and 130 students from the west campus group from the 2020 level students of a certain normal college as the test group and control group, respectively. By using literature review methods, questionnaire survey methods, interview methods, and pre and post-test methods, the psychological health status of the research subjects was measured. The mental health questionnaire uses the Symptom Checklist 90 (SCL-90). The measurement time is from September 2020 to June 2022, which is two academic years. A comparative analysis was conducted on the relationship between the mental health level of college students and campus sports culture, and the relationship between the mental health level and campus sports culture was explored. The research results show that a good campus sports culture can create a huge psychological atmosphere, enabling students to have positive emotional experiences, develop a strong interest in sports, stimulate their strong learning motivation, and actively participate in physical exercise. There is an extremely close relationship between physical exercise and mental health, physical exercise has an undeniable positive effect on promoting the level of mental health in the human body, can cultivate their spirit of struggle, and can improve the overall mental health level of college students. Conclusion: A good campus sports cultural atmosphere has a certain positive significance and role in improving the overall mental health level of college students.

Keywords: Sports Culture, Psychological Health, University Student.

Introduction

College Sports Culture "A specific sports cultural atmosphere presented through sports activities within the specific scope of college learning and life. It is the sum of Sportsmanship wealth and material wealth created by teachers and students in the process of teaching practice. It is a cultural cluster of sports material, spiritual wealth, sports concepts and sports awareness formed and accumulated by teachers and students in sports teaching, fitness sports, sports competitions, sports facilities construction and other activities. It is a group culture with student activities as the main body, teachers as the leading role, sports and cultural activities in and out of class as the main content, campus as the main space, and Sportsmanship shaping on campus as the main characteristics. This specific cultural atmosphere is closely related to the school's training objectives, school discipline, and the learning and lifestyle of teachers and students. With its profound connotation and rich extension, it has become a unique cultural phenomenon, forming a campus

cultural group together with cultural communities such as moral education, intellectual education, and aesthetic education on campus, at the same time, it interweaves with competitive sports culture and mass sports culture to form a broad sports cultural group. University sports culture is carried by sports and integrated into campus culture, becoming a part of social culture. As one of the important branches of physical education, school physical education has three main functions: Fitness, education, and entertainment. Due to its unique environment and audience group, the educational function of school physical education has become an indispensable key function. By strengthening the construction of sports culture in universities, we can promote the construction of socialist spiritual civilization, create a good school atmosphere, shape students' correct worldviews and values, and achieve the goal of improving the physical and mental quality of college students (Demésy et al., 2022). Psychological health is currently a very active field in psychological research both domestically and internationally. As a special group, college students' mental

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health has received high attention from education experts and higher education managers. In recent years, there have been many new negative symptoms in the psychological condition of college students, such as anxiety, inferiority complex, and even the tendency to run away and commit suicide. Conducting some research on the environment and ways to protect the mental health of college students should be a valuable work. According to the theory of physical and mental interaction, there is a close connection between the body and mental health. Campus sports culture not only has a significant impact on the physical health of college students, but also has a special positive effect on their mental health. Campus sports culture is a subculture in a specific environment on campus, a branch of social culture called "culture". According to the authoritative definition of British anthropologist Taylor, it refers to "a complex whole that includes knowledge, beliefs, customs, art, law, morality, and various other abilities and habits acquired by people as members of society." According to the above interpretation, campus sports culture not only includes sports facilities and activities, appearance content such as sports competitions. It also includes the deep connotation of sports fashion, moral concept, Sportsmanship and value. It is the sum of sports material and spiritual products shared by the campus community in this specific environment. It should not be a simple summary of campus sports phenomena, but a cultural phenomenon centered on values (Alice & Cui, 2012).

In recent years, research has found that the psychological endurance problems of contemporary college students are increasing year by year. University sports culture, as the crystallization of material and spiritual wealth formed in college students' sports practice, has a subtle impact and regulatory role on students' physical and mental development through the infiltration of education, teaching, and even daily life. College sports culture is not only a means of regulating and improving the psychology of college students, but also helps to promote the formation of good ideological and moral literacy, develop healthy lifestyle habits, and a positive attitude towards life. It can also play a necessary supporting role in enriching the construction of campus culture. College sports culture has a positive effect on the mental health of college students, achieving two-way regulation by exerting influence on both the body and mind. From the perspective of Exercise physiology, exercise helps the human body maintain strong energy and fighting spirit. And physical health is the foundation of mental health; Psychological health is an important condition for maintaining physical health. A healthy psychology can maintain a person's normal emotions, maintain their normal physiological condition,

and adapt to the stimuli of various environmental and social changes. Through physical education, teaching, and extracurricular sports activities, universities not only help improve the physical fitness and physical development of college students, but also allow their psychology to grow and experience through physical exercise. College students tend to develop and mature psychologically, but their emotions still fluctuate significantly. Through campus sports learning and exercise, college students can experience a variety of emotions, such as overcoming the timidity of learning sports movements with a sense of achievement in learning sports movements, overcoming the inferiority complex that arises from unfamiliar movements with confidence in mastering movements and forming skills, experiencing the joy of success and a sense of collective belonging in the sports field, and allowing every college student to swim freely in the ocean of university sports culture, through the harvest and refinement of every drop of sweat, one experiences the joys, sorrows, and joys of sports culture, and learns to regulate emotions through these experiences. Through sports, one can eliminate depression in the heart, relieve psychological tension, and moderately express one's happy emotions. Understand sports at a higher level, recognize sports, taste sports, and then engage in both external and internal cultivation, combining form and spirit (Samur, 2021). As shown in Figure 1. To address this research question, Yang, Q. et al used a cross-sectional study design in which data were collected through questionnaires to design a Likert scale. We received 160 responses for the data analysis. Our main analysis uses partial least squares (PLS). The results showed that depression symptoms, novelty seeking, stress, and tobacco advertising acceptance were positively associated with college students. Smoking behavior: however, healthy behaviors have a negative effect on smoking behavior. Conclusion: Depression symptoms, novelty personality and stress play a major role in the smoking behavior of college students (Yang, Yang, & Zhang, 2022). Miller, P. K. Focusing on PE students in higher education, the example of immersion in competitive sports culture is widely regarded as excessive tolerance of risky behaviors related to pain. Sports students are highly immersed in competitive sports culture, both academic and (usually) practical, and also represent the key link for the cross-generation communication of sports itself. Their attitude towards pain that others should reasonably tolerate during a range of activities (sports or other activities) was assessed by direct comparison with their peers who are rarely immersed in competitive sports culture (Miller, Van Der Zee, & Elliott, 2022). Under the background of rapid economic and social development,

the country has put forward new requirements for the development of education and teaching, that is, relying on subject teaching to cultivate students' professional core quality and promote the comprehensive development of students. From the perspective of university physical education, its professional core quality should not only include physical skills and physical quality, but also include the psychological quality education behind physical education. This needs in the process of university physical education teaching, should carry out the content of psychological quality, and teach to students through a scientific way, to promote the mental health level of college students. From the perspective of the comprehensive development of college students, their own psychological quality plays a key role, which can support and guide college students to face difficulties bravely, explore ways to solve difficulties, and promote the improvement of college students' comprehensive ability. In the process of physical education at all levels in China, it has also focused on cultivating the mental health of college students through physical education and formed a good effect. Sports spirit is the core support of sports development, but also the key to mobilizing the enthusiasm of sports athletes and improving team cohesion. As a kind of consciousness, sports spirit is applied to the process of sports, which plays a role in guiding and motivating, and also contains rich psychological quality content. From the perspective of the promotion and cultivation of college students' mental health, it is mainly implemented through physical education teaching. In the specific teaching process, teachers guide college students from the perspective of physical education, which can make college students feel the charm of mental health contained in physical education more comprehensively, so as to guide them to cultivate positive psychological quality and improve their mental health level. First of all, physical education can cultivate students' tenacity. In the process of the development of college students, there will always be many difficulties, and the solution to these difficulties, on the one hand, need professional knowledge and skills, on the other hand, need to have a strong will to support. In physical education competitions, having a strong will is often the key to success. To a large extent, the cultivation and improvement of mental health level needs to constantly overcome difficulties and challenges. College students invest in the process of physical education and can form the correct consciousness and ability to treat themselves and conquer themselves through fierce competitions, teamwork, rules and constraints. In physical education, college students need to make great efforts for every further advance and every score. Therefore, long-term systematic sports training can effectively temper the tenacious will of college students.

Secondly, physical education can effectively cultivate the psychological quality of college students. School physical education has a rich and colorful content and forms, various sports rules, sports spirit contains a positive spirit, college students through the participation in physical education, can promote the formation of their own good psychological quality. In the process of physical education, teachers use rules to guide college students, on the basis of strengthening college students' skills and physique, making their goals clear in physical education, understanding the sports rules, sports spirit, cultivating their collectivism spirit, team cooperation spirit, enhance the ability of college students' mental health.

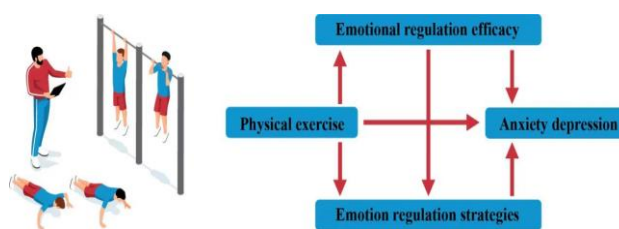


Figure 1: The Impact of Sports Culture Education on The Psychological Endurance of College Students.

Methods

Research Objects and Methods

Research Object

160 students from the new campus group and 130 students from the west campus group were identified as the test group and control group, respectively, among the 2020 students of a certain normal college who were randomly selected by stratified sampling (Deep Prakash & Majumdar, 2021).

Research Method and Time

Natural survey method, combined with literature review method, questionnaire survey method, interview method, is used to measure the psychological health status of the research subjects before and after the survey. The mental health questionnaire uses the Symptom Checklist 90 (SCL-90). The measurement time is from September 2020 to June 2022, which is two academic years. According to the specific situation of the survey, the west campus where the control group is located is seriously short of facilities due to its small area of Sports venue, and there are only 760 students in two majors. Campus sports are limited to physical education classes and very few students' extracurricular sports activities and can't talk about the construction of campus sports culture. The new campus where the survey team is located has two standard track and field fields, 15 Basketball court, 9 volleyball courts, and 6 tennis courts. During the

survey, a series of sports facilities and fitness squares such as stadiums, swimming pools, table tennis halls, and gate courts have been built, laying a solid material foundation for the construction of campus sports culture. The new campus has formulated detailed rules for the implementation of campus sports culture, and at the end of the academic year, various departments will be evaluated and awarded awards for the construction of campus sports culture. Each department has also determined corresponding programs, including various traditional sports competitions, sports knowledge lectures, sports knowledge competitions, and sports festivals focusing on fun and entertainment for all students, and has set up special columns on campus media such as campus network, campus radio, and campus newspaper for sports publicity. The new campus has strengthened the construction of campus sports culture from three aspects: spiritual, institutional, and material, and has reached a certain level in just one or two years (Chen, Liu, & Liu, 2021).

Results

Statistical Analysis of Pre-Test Data

Table 1

Comparison Table of Mental Health Level before Examination

Project	Survey N=160 Group X	Sd	Control N=140 Group X	Sd	P Value
Body	1.57	0.55	1.56	0.48	>0.06
Force	1.75	0.56	1.89	0.62	>0.06
Interpersonal	1.88	0.58	1.96	0.63	>0.06
Depressed	1.68	0.60	1.69	2.56	>0.06
Anxious	1.51	0.50	1.53	2.49	>0.06
Hostile	1.61	0.50	1.53	0.45	>0.06
Terror	1.42	0.58	1.47	0.52	>0.06
Paranoia	1.62	0.56	1.58	0.59	>0.06
Psychiatric	1.46	0.57	1.49	0.58	>0.06

From Table 1, it can be seen that there is no significant difference in various factors of the SCL-90 test between the **Statistical Analysis of Test Data After Testing**

Table 3

Comparison Table of Psychological Health Levels Before and After the Test and Control Groups

Project	Before The Inspection by The N=160 After			P Value	Before The Control N=140 After			P Value		
	Inspection Team X	Sd	Inspection X		Group Test X	Sd	Inspection X		Sd	
body	1.57	0.55	1.38	0.48	<0.01	1.56	0.48	1.55	0.52	>0.06
force	1.79	0.56	1.66	0.55	<0.06	1.89	0.62	1.88	0.58	>0.06
Interpersonal	1.84	0.58	1.46	0.46	<0.01	1.68	0.63	1.87	0.54	>0.06
depressed	1.68	0.62	1.48	0.54	<0.01	1.53	0.56	1.67	0.54	>0.06
anxious	1.51	0.48	1.36	0.47	<0.01	1.68	0.47	1.52	0.48	>0.06
hostile	1.61	0.64	1.47	0.48	<0.01	1.47	0.52	1.67	0.58	>0.06
terror	1.43	0.58	1.31	0.48	<0.06	1.58	0.54	1.44	0.46	>0.06
Paranoia	1.62	0.56	1.49	0.56	<0.06	1.54	0.56	1.56	0.43	>0.06
Psychiatric	1.46	0.54	1.34	0.52	<0.06	1.48	0.57	1.48	0.42	>0.06

test group and the control group during the initial enrollment period. The samples for this survey were randomly selected in a stratified manner, taking into account factors such as literature, science, gender, and urban and rural areas. Therefore, the mental health levels of the test group and the control group were comparable before the test.

Investigation and Analysis of Psychological Health Education in Colleges

In order to explore and demonstrate the relationship between campus sports culture and the mental health level of college students, we investigated the methods and measures of the college in providing mental health education to college students in various campuses. We found that the college has set up mental health consultation clinics in each campus, offered mental health education courses for first-year students, opened mental health columns in the college newspaper, and regularly held lectures, indicating that there are no differences between the college campuses (Ai, Liu, & Lin, 2021).

Table 2

Comparison Table of Mental Health Level after Examination

project	Survey N=160		Control N=140		P value
	Group X	SD	group X	mSD	
Body	1.38	0.48	1.55	0.52	>0.06
Force	1.65	0.55	1.88	0.61	>0.06
Interpersonal	1.59	0.46	1.69	0.62	>0.06
Depressed	1.48	0.54	1.52	0.48	>0.06
Anxious	1.36	0.47	1.67	0.58	>0.06
Hostile	1.17	0.58	1.43	0.45	>0.06
Terror	1.31	0.56	1.56	0.48	>0.06
Paranoia	1.49	0.54	1.57	0.25	>0.06
Psychiatric	1.32	0.52	1.48	0.57	>0.06

From [Table 2](#), it can be seen that there is no significant difference in the SCL-90 test between the test group and the control group at the end of the test, except for the paranoid factor. There are significant or very significant differences in other factors between the two groups. In addition, from [Table 3](#), it can be seen that there is no significant difference in the various factors before and after the test in the control group, indicating that although the college has provided students with a certain level of mental health education, it cannot effectively improve the overall mental health level of students. However, there were significant or very significant differences in various factors between the test group before and after the test, and the mean values of SCL-90 factors measured by the test group at the end of the test showed a significant decrease. The statistical results reflect that the overall mental health level of the test group was significantly higher than that of the control group at the end of the test, indicating that the measures to strengthen the construction of campus sports culture in the new campus have a significant effect.

We know that the spiritual essence of culture is human values, and the influence of culture can strengthen and change people's understanding of objective things. Campus sports culture, as a good cultural atmosphere, can have a subtle impact on students. From a psychological perspective, a school has formed a good campus sports culture, which can form a collective psychological set of the school. The majority of members in the collective will form a consistent attitude and common behavior through exposure and influence. Some studies suggest that there is a phenomenon of homogenization in human attitudes within groups, and individuals are influenced by others in the group, whether it is ideals, values, etc. Therefore, the attitude of the majority of people in schools towards sports is bound to become a huge force that affects all members and can even cause those who were previously indifferent to sports to change their attitudes. Once certain sports behaviors become a common behavior among the majority of people in schools, they will internalize their behavior through psychological mechanisms such as imitation, suggestion, conformity, and identification, in order to coordinate with the surrounding psychological environment.

Practice has proven that a good campus sports culture can create a huge psychological atmosphere, enabling students to have positive emotional experiences, develop a strong interest in sports, stimulate their strong learning motivation, and actively participate in physical exercise ([Rodesiler, 2021](#)). There is an extremely close relationship between physical exercise and mental health. Physical exercise has an undeniable positive effect on promoting the

level of mental health in the human body, and can improve the overall mental health level of college students ([Horky, Grimmer, & Theobalt, 2021](#)).

Discussion

The Positive Impact of Campus Sports Culture on The Psychological Health of College Students

The positive effect of campus sports culture on the mental health of college students is first achieved through the interaction between physical and mental health. Higher education institutions guide students in engaging in sports activities and physical exercise by imparting sports skills to them. On the one hand, students' physical fitness can be improved, allowing them to exercise in strength, endurance, speed, sensitivity, and other aspects, stimulating the body's load, and enabling coordinated and comprehensive development of body organs, thereby enabling students to experience the joy and strength of health. On the other hand, many students choose sports activities as one of the ways of entertainment and consumption, and fix it as a way of life, allowing the biological transformation of the body (i.e. organ movement and exercise) and psychological adjustment to be achieved in a healthy way; The physical movement of students can stimulate the central nervous system and increase their emotions ([Sas-Nowosielski & Kostorz, 2021](#)). The excitement of muscles and nerves, as well as the emotional experience in a good mood, enable students to maintain strong energy and fighting spirit, and is conducive to the formation of a healthy psychological state for college students ([He, Zheng, & Gong, 2021](#)).

The positive effect of campus sports culture on the psychological health of college students lies in the experience of setbacks in sports: The true significance of sports lies in conquering, from not being able to be able, from easy to difficult, from low to high, from near too far, all of which are varying degrees of conquering processes. Whether it's conquering oneself or conquering opponents, there can't be an eternal chance of victory. This is the challenge of sports, which is manifested in the fact that if you defeat one opponent, there will be more opponents. If you overcome a height, there will be higher heights ([Xie, 2021](#)). If you reach a goal, there will be updated goals. Even if you defeat all opponents in a game, new challenge goals will always exist. In this endless cycle of challenges and conquests, every participant can experience the temporary nature of success, and striving to conquer is eternal. Failure and victory are just processes and new starting points for sports. These failures not only motivate us to constantly strive, but also encourage us to dialectically think about

failure and victory, which is conducive to college students' rational and scientific treatment of life and social life; If there have been multiple experiences of failure and success, college students may not be filled with joy and sorrow due to the gain or loss of honor or the promotion of positions, nor will they be at a loss or run away due to learning difficulties, nor will they become bored and decadent due to disappointment or temporary family difficulties. Especially today, college students are almost all only children, with few experiences of setbacks and failures (Zhang, Wen, & Huang, 2021). The experience of overcoming difficulties and experiencing failure in sports competitions and activities can greatly benefit them (Zheng & Yao, 2021).

Campus sports culture provides a reasonable form of emotional relaxation for college students. College students in the ivory tower, despite their relatively single tasks, are facing increasingly fierce social competition. The pressure on college students to learn and choose careers is increasing, and the social choice of survival of the fittest drives every college student to strive to become the winner. At the same time, the reform of the school management system and the introduction of elimination mechanisms have made learning pressure an unavoidable problem for college students (Reyes, 2021). Many social problems, such as family disintegration, layoffs, and natural disasters, can also cause mental stress for some college students. The desire of college students from adolescence, as well as the troubles of love and breakup, also bring mental distress to some college students. Regardless of the cause of psychological anxiety, there needs to be a reasonable way to relieve it, in order to facilitate psychological adjustment and restore a healthy psychological state; Campus sports competitions, intense confrontations, fan gatherings, and even cheers for classmates' matches are all reasonable ways to vent the aforementioned negative psychological emotions; The significance of cultural sports forms for the mental health of college students lies in that they not only relieve the negative psychological emotions of college students, but also combine this relaxation with entertainment, leisure activities, and even appreciation of competitions (Kupfer & Anderson, 2021). This not only avoids the potential incidents caused by savage venting, but also allows participants to generate new positive emotions (or happiness or excitement) and cultivate spiritual sublimation (Kannykin, 2021).

Campus culture provides a good environment for college students' communication, which is conducive to cultivating open-minded and magnanimous psychological qualities. Sports activities or interactions make communication between college students and the outside world more direct and casual; This kind of interaction helps students expand

their knowledge and information exchange, reducing their sense of loneliness and allowing them to exercise in handling interpersonal relationships (Li & Feng, 2022). The success of communication will enhance friendship, increase intimacy and security, help college students overcome suspicion and distrust, and promote their individual socialization; The truth, goodness, and beauty in sports and cultural exchanges enable people to refocus on their essential life impulses, unconsciously opening up their hearts, which is conducive to overcoming narrowness and selfishness, and forming a good psychological quality of openness and magnanimity (Landy, 2022).

Campus sports culture inspires college students to cherish and love life. From a deeper perspective of sports culture, sports are an impulse for the self-preservation of living organisms and a form of vitality. This form is preserved through physical movement, strength, and courage (Lucas, 2022). Sports, this will to life, reaches its peak in youth. College students are at the pinnacle of their personal will to live, just as life only lasts once and there is only one pinnacle; The best form of cherishing life is to utilize its fundamental power, allowing life to fully demonstrate its power in social life, and providing more life enjoyment for oneself and other living entities; The loss of exercise is the end of life, and there is no way to talk about life. Any physical disability is a partial end of exercise and also a partial end of life. The purpose of sports is to make muscle activity, willpower, and strength stronger, and to make life more perfect. In this sense, no one should be tired of life, and college students should not neglect youth (Ventriglio & Ricci, 2023).

Conclusion

Sports facilities and venues are the essential material basis for students to take physical exercise. In the construction of cultural environment, material is the foundation, prerequisite, and guarantee. Schools carry out diverse sports and cultural activities, whether in class or out of class, whether organized by the school or spontaneous by students, all require material support. Therefore, it is very important to attach importance to the material environment and construction of campus sports culture, including the construction of sports venues, the addition of facilities, and the rational use of existing venue facilities and sports equipment. With the increasing enrollment of universities, the sports facilities in vocational colleges are far from those in other universities. But with the continuous development of society and the increasing economic level, we believe that the development of campus sports in vocational colleges will be increasingly valued, and sports facilities will be continuously improved.

With the continuous development and growth of sports, the sports culture on vocational colleges is also developing in a diversified direction. Fully understand and grasp the characteristics of campus sports culture, do a good job in the construction of campus sports culture, and enable college students to arrange their leisure time more scientifically, reasonably, and actively, and participate in campus sports and cultural activities. Let us not only enhance the physical fitness of college students, but also improve their psychological quality, ultimately promoting their comprehensive physical and mental health development.

(1) The research results indicate that there is an extremely close relationship between campus sports culture and mental health, and a good campus sports culture plays a significant role in promoting students' mental health level. (2) Research has shown that simply conducting mental health education, counseling, and lectures cannot significantly improve students' overall mental health level.

(3) The survey has proven that the formation of a good campus sports culture must be strengthened from the spiritual, institutional, and material aspects in the long term, and the impact on students' mental health also requires a process. In order to improve the mental health level of college students, we should spare no effort to take all effective measures, strengthen the construction of campus sports culture, cultivate the spirit of struggle and strong perseverance of college students through sports culture, and fully play the role of campus sports culture.

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