

Study on the relationship between psychological status and sports habits of Law College Students

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Abstract

This study aims to examine the relationship between psychological status and exercise habits of law college students. This study used literature to develop a theoretical foundation, and a questionnaire survey was carried out for data collection. Furthermore, this study used a statistical tool to analyse the collected data. Thus, this study investigated the relationship between college students' mental health and physical exercise by using a survey. Students majoring in law colleges mainly participate in physical exercise 2 ~ 3 times a week. Most college students exercise between 16 and 45 minutes each time. The physical exercise load of college students is mainly of medium intensity. The main factors affecting college students' participation in physical exercise are insufficient stadiums, no time and no organisation. Physical exercise is closely related to college students' mental health. Long-term physical activity is conducive to improving College Students' mental health levels.

Keywords: Legal major; Psychological condition; Exercise habits

Introduction

With society's rapid expansion and increasing social rivalry, college students are confronted with increased opportunities and various social pressures, which can easily result in a variety of psychological ailments. Relevant surveys show that 24.5% of college students in China have different degrees of mental disorders, of which 12.1% are biased. The number of people who drop out of school, drop out of school, even commit suicide and commit crimes due to mental illness is increasing every year (Ala et al., 2020). College Students' mental health Gaiotto et al. (2022); Kresovich (2022); Sontag-Padilla et al. (2018) has become the focus of family, school and society. College physical education is an integral part of higher education. Physical exercise is an essential means to achieve the purpose of college physical education. Due to its competitiveness, exercise and entertainment elements provide unmatched benefits for enhancing college students' mental health in other fields. Therefore, the research on the relationship between College Students' mental health and physical exercise is a critical task entrusted by the times to College Physical Education (Sarmah, 2020).

Problems existing in the psychological status of law students

First, the legal language has the characteristics of preciseness, accuracy, professionalism and emphasis on words. After entering the law major in Colleges and universities, the brain needs to go through the thinking process of "translation thinking retranslation", resulting in obstacles in memory and understanding and loss of initiative in learning. Second, although China is a legal

system country, it is also constantly learning from common law in China's legal system construction. This is reflected in the relevant teaching contents of international economic law, applicable English professional terms and cases, and English materials required for access and translation, making students who lack English feel heavy and frustrated (Ning et al., 2020). Third, the high admission scores of law majors each year form a sharp contrast with the great difficulty of employment, which puts students under tremendous psychological pressure. At the same time, the judicial examination, known as the "world's largest examination", virtually makes law students feel hardship and pain. From a psychological point of view, "people have no will and no supervision after repeated practice", and "spontaneous and stable physical exercise behaviour" can be called physical exercise habit, "that is," psychologically, the cognition, emotion and practice of exercise are very clear and firm ". From the sociology perspective, the habit of physical activity is a particular behaviour orientation or social fashion that is gradually formed and difficult to change at the moment, with a high degree of consciousness, rationality and life. From the above definitions, it can be seen that physical exercise habits have four characteristics: acquired, stable formation, labour-saving function and enthusiasm for behaviour (Li & Boulanger, 2020). Most of the survey results show a small number of college students with physical exercise habits. There are significant differences in exercise habits among students of different genders and grades; boys' exercise habits are better than girls, and the exercise habits of lower grade students are better than those of higher grade students.

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For example, the standard rate of physical exercise habits of college students in Jiangxi Province is 46%, while the standard rate of physical exercise habits of non-sports majors is even as low as 17%.

According to Chinese scholars' research on college students' physical activity habits (Lobelo et al., 2009; Romero-Blanco et al., 2020), regardless of whether students have physical activity habits or not, and irrespective of the criterion used to evaluate them, a few students in regions and schools fall short of the standard. The higher the threshold, the fewer students who meet it, and only a few locations and institutions have healthy physical activity habits among college students. However, the above standards only involve the time, intensity, frequency and time of physical exercise, and there is no exact definition to judge whether they have the habit of physical exercise (Luan et al., 2020).

Lemon and others have made a hierarchical, organised, and systematic understanding and analysis of physical exercise habits from the explanatory structure model in the system structure modelling technology. They believe that the second layer is decisive to whether they have physical exercise habits, which shows the essence of physical exercise habits. The author agrees to model the concept of physical exercise habits and determine whether students have developed physical exercise habits based on the constituent elements to more effectively investigate the current state of College Students' physical exercise habits (Lemon et al., 2020). Mental Health Diathesis is a new research idea based on the reflection on traditional mental health research. There are controversies around the definition of mental health, standard principles and basis, influencing factors, evaluation objects and measurement tools. This is essentially due to differences in the formal setting and evaluation of mental health quality. Mental health is fundamentally based on the healthy and harmonious development of the body and is a good state manifested by the mutual coordination of "knowledge, emotion, intention and action" adapted to the social environment. In this case, the research on mental health quality can be regarded as a new attempt to study mental health problems. It is also convenient to have a clearer understanding of the structure of mental health; on the other hand, compared with mental health status, mental health quality has more robust stability and sustainability, so it has more practical significance for research. Because of the inconsistency between testing instruments and operational definitions of the effects of physical exercise on personality and mental health, the findings of reviews in this field are also inconsistent.

From the academic setting of mental health quality, mental health quality is affected by various factors such as intrinsic physiological factors, environmental factors, educational factors, social factors and self-cognition. Practical activities may have an impact on the mental health of individuals. With long-term participation in physical activities or physical exercise, often in the atmosphere of an exercise environment, their mental health quality will change accordingly.

In the current research on physical exercise and mental health, many researchers focus on the improvement benefits of physical activity on emotions, and a large number of studies focus on exploring mental health from a local, short-term, and negative perspective. It is imperative to seek mental health quality standards. The discussion of mental health quality is based on constructing positive psychological quality to develop the level of mental health, emphasising the influencing factors that can produce long-term, positive and stable effects on mental health.

From the conceptual analysis of mental health and mental health quality (Ramin et al., 2020; Shaw et al., 2006), mental health quality is the basis for maintaining an excellent psychological state and plays a crucial role in the level of mental health. An individual's mental health status results from his mental health quality adapting to the external environment under the combined action of physiological and social factors. The relationship between mental health and mental health quality has not been studied too much in current research. Moreover, many studies confuse mental health, mental quality and mental health quality. This study will further examine their relationship.

Research object and method

Research object

Ten universities were chosen using college students of 2012 in a province as a research subject, and a random sample of 100 college students from each university was used.

Research methods

(1) Questionnaire survey method. The mental health level test adopts the symptom checklist 90 commonly used at home and abroad. A self-made physical exercise questionnaire is compiled by consulting the literature and materials related to sports and physical exercise. The main contents include the number of physical exercises per week, the time of each exercise, and the exercise load. The physical exercise scale selects the physical activity level scale revised by the Institute of physical education to determine the amount of physical exercise by the exercise intensity \times exercise times \times

exercise time (Chen et al., 2021). For 1000 college students selected by colleges and universities, one questionnaire was distributed to each person, 1000

questionnaires were distributed, and 976 valid questionnaires were recovered, including 525 boys and 451 girls, with an effective rate of 97.6%.

Table 1

Mental Health Quality Questionnaire

Dear classmate:

Hi! Thanks for taking the time out of your busy study life to answer questions. This is a questionnaire about the mental health of college students. The purpose is to understand the understanding of the mental health quality of college students. Please answer the questions according to your actual situation. There are no right or wrong answers, and the answers are strictly confidential. Your answer will be of great help to our research.

school () major () gender () age () grade ()

1 What do you think is mental health?

2 What do you think mental health includes?

3 What do you think is a mental health quality?

4 What do you think mental health quality includes?

5. What do you think is the relationship between mental health quality and mental health?

6 What do you think are the manifestations of good mental health?

7 What do you think can lead to an excellent mental health quality?

(2) Documentation method. Through the Xinxiang University and China Journal Network library, more than 20 books and academic papers on College Students' mental health were consulted to provide a theoretical basis for establishing the structural framework of this paper.

(3) Data statistics. Spss17.0 is used for routine statistical processing of the recovered effective questionnaire to provide a factual basis for demonstrating relevant problems.

The Research Status of Mental Health in College Students

Many Chinese scholars have researched college students' physical exercise habits and have achieved specific results. From the perspective of research methods, most of the research on college students' physical exercise habits in China adopts the questionnaire survey method. There are relatively few studies using experimental and empirical methods; from the perspective of the research content, it includes the current situation and countermeasure analysis of college students' physical exercise habits, influencing factors and the relationship with physical exercise habits, the formation process, intervention, and cultivation. Most are the first two. When investigating the status quo of college students' physical exercise habits, most scholars use exercise frequency, time, duration, and intensity as indicators to study college students' physical exercise habits in different regions, schools, grades, and genders. The markers of physical activity habits vary; also, some researchers have examined the exercise items and locations associated with physical activity habits.

Most scholars use the standard of sports population to judge whether there is a physical exercise habit or not; that is, according to the standard of judging whether it is a sports population, that is, the frequency of participating in physical exercise is greater than or equal to 3 times per week, lasting more than 30 minutes each time. The exercise load is greater

than or equal to moderate based on one's physical constitution and the exercise program performed. Students with physical exercise habits include the participating group (having exercise habits but not meeting the standard) and the non-participating group (never participating in physical exercise). Most of the results show that college students with physical exercise habits are in the minority, and the exercise habits of students of different genders and grades are significantly different. The exercise habits of boys are better than those of girls, and the exercise habits of lower grade students are better than those of senior students. At this stage, the research on the status quo of mental health, I see from the research object and content, there are many Chinese. It tests the psychological quality and mental health status of non-sports college students in various regions and schools, quantity and evaluation. From the perspective of research methods, different psychological scales and questionnaires are mainly used. Including the symptom self-rating scale (SCL-90), Eysenck Personality Questionnaire (EPQ, adult version), UP questionnaire (University Personality Inventory College Student Personality Questionnaire), Brief Mood State Profile (Simple POMS), Chinese College Student Psychological Stress Scale, Chinese College Student Mental Health Scale, Chinese College Student Adaptation Scale, Chinese National University Student Personality Scale.

Definition of mental health quality

From the logical sequence of "quality-psychological quality-mental health quality", mental health quality is the psychological quality related to people's mental health. It is a part of the overall structure of psychological quality and determines the psychological characteristics related to people's health and behavioural characteristics. The research on mental health quality is a new idea based on traditional mental health research. Some scholars have noticed that about 95% of the research on human emotions is about negative feelings, among which depression, anxiety and prejudice are the main research contents. The researchers discovered that the ratio of publications with positive and negative emotions as research objects was 1:14 in the current psychological literature. The prevention and treatment of negative emotions are the main areas of concern for scholars, while the cultivation of positive emotions and their formation is ignored. Based on this reality, foreign scholars developed the concept of "positive psychology," which emphasises the importance of people's

inherent abilities, the development of people's potential and energy, the cultivation of people's positive emotions and qualities, and the enhancement of one's personality to avoid negative emotions. Contagion is not just passive treatment following the onset of mental illness.

Positive psychology has inspired the study of mental health quality. The research on mental health quality and the trend of thought of positive psychology have the same goal and have become new ideas in mental health research. Domestic researchers believe that mental health quality is some inherent and relatively stable psychological quality formed by individuals under the combined action of heredity and environment. Quality affects or determines the individual's psychological, physical and social functions involving the individual's mental health status. This concept was adopted by the "Adolescent Mental Health Quality Research Group", which carried out a series of studies with Chinese adolescent students as research objects, and initially constructed a mental health quality model. The mental health quality model is shown in Figure 1.

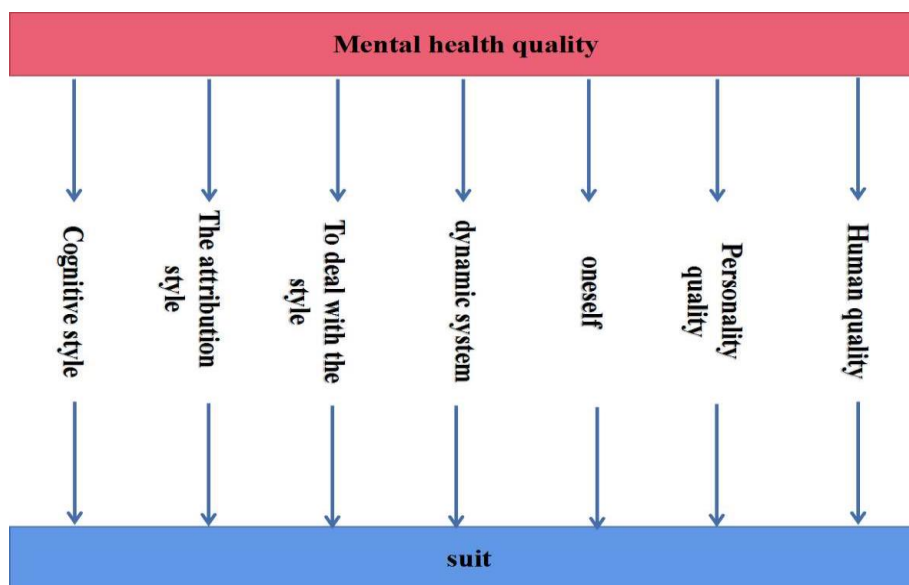


Figure 1. Structural diagram of mental health quality

The study believes that mental health quality includes seven dimensions and one state: cognitive style, attribution style, coping, dynamic system, self-dimension, personality quality, interpersonal quality, and adaptive state.

Results and Discussion

Analysis of the characteristics of College Students' mental health level in a province

The survey shows (Table 1) that the factors of body, depression and anxiety of legal college students in a province are significantly higher than those of national college students, and there is a significant difference between the two ($P < 0.05$). In the factors of compulsion,

interpersonal, hostility, terror, paranoia and psychosis, the average score of college students in a province was higher than that of national college students, but there was no significant difference ($P > 0.05$).

Influence of fibre hybridization on pore pressure development

Figure 5 shows the pore pressure development of hybrid fibre reinforced SCC. Compared to Figures 4b, 4c and Figure 5a, it can be observed that the hybridization of steel and micro PP fibre further reduces the maximum pore pressure at all depths, which presents a noticeable positive hybrid effect in pore pressure reduction. The inclusion of

steel and macro PP fibre results in a slightly lower pore pressure of 0.75 MPa than 0.9 MPa measured in mono-macro PP fibre-reinforced SCC at a depth of 30 mm. The positive hybrid effect in pore pressure reduction of steel and micro PP fibre is better than that of steel fibre hybrid macro PP fibre-reinforced SCC. From Figure 5c, it can be observed that the addition of steel fibre, micro PP fibre and

macro PP fibre don't present a further pore pressure reduction compared to steel fibre hybrid micro PP fibre-reinforced SCC. This likely indicates that micro PP fibre plays a more critical role in reducing the pore pressure of SCC during fire exposure. Table 2 shows the comparison and analysis of SCL-90 test results of college students in a province and similar indicators in China.

Table 2

Comparison and analysis of SCL-90 test results of college students in a province and similar indicators of college students in China

SCL - 90 categories	College students in a province (n=976)	College Students majoring in law (n=976)	p
The body	1.68±0.5	1.56±0.5	<0.05
Forced	1.62±0.5	1.61±0.6	>0.05
Interpersonal	1.71±0.6	1.66±0.6	>0.05
Depression	1.65±0.5	1.49±0.6	<0.05
Hostile	1.46±0.6	1.45±0.4	>0.05
Terrorist	1.23±0.4	1.23±0.5	>0.05
Paranoid	1.42±0.5	1.41±0.5	>0.05
Psychotic	1.29±0.5	1.30±0.5	>0.05

Number of college students in a province participating in physical exercise every week

According to the survey (Table 3), the majority of college students exercise twice (18.9%) or three times per week (32.8%). Boys participate in physical activity at a

considerably higher rate than females, while boys and girls participate at a lesser rate (Laurie,2021). This is far from the requirement that school students participate in physical exercise every day stipulated in the regulations on school physical education. Table 3 shows the times of physical exercise for college students in a province every week.

Table 3

Times of physical exercise for college students in a province every week

	0 times n%	Once n%	2 times n%	3 times n%	4 times n%	5 times n%	6 times n%	7 times n%
Male	323.5	7300.2	11606.5	23623.2	9001.4	556.7	516.1	414.7
Female	506.5	658.1	12410.1	20720.1	7400.1	587.7	405.1	323.8
Total	835	13010.1	25107.8	44421.7	16400.8	1147.2	952.6	744.3

Time for college students in a province to participate in physical exercise each time

The survey shows (Table 4) that the time for college students to participate in physical exercise each time is mainly 16-30min (25.8%) and more than 30-60min (33.8%). The time for boys to participate in physical exercise each time is significantly longer than that of girls.

Generally speaking, only when the time of each exercise is more than 30 minutes can it cause a change in physical function and the enhancement of physique. However, 49.4% of girls and 31.8% of boys take part in physical exercise within 30 minutes each time, which is challenging to achieve the effect of exercise (Ma et al., 2021). Table 4 shows the time for college students in a province to participate in physical exercise each time.

Table 4

Time for college students in a province to participate in physical exercise each time

	Following 15min	16-30min	31-45min	46-60min	Above 60min
	n%	n%	n%	n%	n%
Boy	90 12.5	138 19.1	254 35.3	149 20.7	85 12.0
Girl	108 16.2	220 33.0	216 31.9	80 12.1	41 6.2
A combined	200 14.4	355 25.6	469 33.6	230 16.5	127 9.1

Grade of physical exercise amount of college students in a province

The survey shows (Table 5): The physical exercise level of college students is mainly medium exercise (46.54%), of which boys are mostly medium exercise (53.71%) and extensive exercise (35.62%); Girls are mostly medium (37.47%) and a small amount of exercise (50.78%). Table 5 shows the level of physical exercise per week of college students in a province.

Table 5

The level of physical exercise per week of college students in a province

	Boy			Girl		
	Big	Middle	Small	Big	Middle	Small
N	187	282	56	53	169	229
%	35.62	53.71	10.67	11.75	37.47	50.78

Table 6

Analysis of variance of SCL-90 test results of college students in a province with different exercise groups

SCL - 90 categories	The significant physiological load of exercise	The moderate exercise	A small amount of exercise	F	p
The body	1.53±0.5	1.69±0.5	1.61±0.5	7.8	<0.05
Forced	1.58±0.5	1.61±0.6	1.61±0.6	12.0	
Interpersonal	1.58±0.6	1.66±0.6	1.71±0.6	14.4	<0.05
Depression	1.60±0.5	1.67±0.6	1.69±0.4	16.7	<0.05
Hostile	1.41±0.6	1.41±0.4	1.42±0.4	1.7	
Terrorist	1.21±0.4	1.23±0.5	1.24±0.5	2.4	
Paranoid	1.37±0.5	1.41±0.5	1.67±0.8	8.6	<0.05
Psychotic	1.29±0.5	1.30±0.5	1.30±0.4	1.8	

Discussion

Physical exercise can overcome psychological obstacles and promote mental health, as reported in previous studies (Biddle & Asare, 2011; Maugeri et al., 2020; Rodriguez-Ayllon et al., 2019). Sports can help students improve their physiques and help them learn specific knowledge and skills, but they can also help students nurture positive psychological qualities and enhance their mental health. When individuals engage in particular sports activities and moderate physical activity while experiencing a negative psychological state, they can divert the cerebral cortex's excitement, allowing the motor centre's excitement to take precedence, thus serving as a means of diverting attention and relaxing nerves. Enhance students' physique and enable them to master certain knowledge and skills. Suppose people participate in particular sports activities and do some moderate physical exercises when they are in a bad psychological state.

Analysis of variance of SCL-90 test results of college students in a province with different exercise groups

According to the survey (Table 6): The results of the SCL-90 test in different exercise groups of college students in a province showed that there were significant differences in physical, interpersonal, depression, anxiety and paranoia ($P < 0.05$). There were substantial differences in interpersonal, depression, anxiety and paranoia between the large exercise group and the small exercise group ($P < 0.05$); There were significant differences in interpersonal anxiety and paranoia between the middle exercise group and the small exercise group ($P < 0.05$). Table 6 shows the analysis of the variance of SCL-90 test results of college students in a province with different exercise groups.

In that case, depression, anxiety and other adverse psychological states can be suppressed, psychological pressure can be reduced, and an excellent psychological condition can be maintained (Nlida et al., 2021). Kirkcaldy and others have pointed out that "physical exercise" has been used to treat mental diseases (including chronic depression, interpersonal sensitivity, and anxiety). According to the data analysis results in Table 3, we can conclude that active and adequate physical exercise habits play an essential role in regulating the mental health level of art majors. Active participation in sports activities improves people's physical appearance and self-esteem, promotes psychological activities, cultivates people's consciousness qualities such as courage, tenacity, and self-confidence, and helps people maintain an energetic, relaxed, and vigorous psychological state. Through interviews with health psychology experts and college students, an open-ended questionnaire was compiled to investigate the structure of college student's mental health

quality. According to the overall mental health quality scores of the tested college students, there are disparities in the mental health quality of college students across demographic characteristics such as gender, urban-rural differences, subject differences, and grade differences.

In terms of overall scores, male college students are significantly higher than female college students. The three dimensions of cognition, emotion and adaptation reached significant levels, but there was no significant difference in the personality dimension. The reasons may be the inherent psychological and structural differences between men and women, social role differences and traditional cultural influences. Physiological and psychological studies have shown that the transformation of the two hemispheres of the male brain is more significant than females and is more potent than that of females in terms of extraordinary intelligence and other aspects. Abandoned by modern civilisation, but in reality, there is still the soil for this concept to exist. Under the subtle influence of this concept, it will inevitably impact the gender roles of men and women and further affect their mental health. There are still significant urban and rural differences in the mental health quality of college students. The mental health quality of urban students is significantly higher than that of rural students.

The differences in cognition, personality and adaptation dimensions have reached extremely significant levels, and the emotional dimension also reached a generally significant level. The reason may be related to material factors and educational factors. Due to the dual structure of the social system formed by the staged and unbalanced economic development in my country, the urban students are relatively superior in terms of material conditions, and their living standards are generally better than those of the rural students. Therefore, they face material-related problems. The psychological threat is less than that of rural college students; on the other hand, urban education conditions are far more developed than in rural areas. Urban areas have complete educational facilities and more vital teachers. College students from urban sources are better from childhood. It is also an important reason why their mental health quality is higher than rural students.

Regarding campus sports cultural atmosphere, we should vigorously publicise the importance of developing good physical exercise habits and cultivating lifelong physical ability, and improve the students' awareness of physical exercise participation. We should conduct vigorous extracurricular sports activities relevant to students' lives, empower students with healthy physical activity habits to organise and lead other students to exercise, and encourage students to participate in physical activity to the

fullest extent possible. In terms of curriculum and physical education, we should add additional courses that students enjoy and modify the way public physical education is taught. In terms of school policy and administration, we should develop a reward and punishment system and solid administrative measures that will effectively dismantle some kids' lethargy and encourage them to engage in physical activity and persevere. Nonphysical education instructors should take the initiative, set an example, and actively participate in and lead pupils in physical activity; physical education teachers should enhance their professional quality and comprehensive competence. In teaching, they should strengthen the learning of students' basic sports knowledge and skills, guide them to formulate scientific and practical exercise plans according to their characteristics, communicate well with students, help them obtain successful experience, and improve their self-confidence and enthusiasm for College Students to participate in physical exercise. As for students, they should overcome their inertia, seriously study the basic sports knowledge and skills, select appropriate exercise items according to their physical condition, hobbies and time, formulate their exercise plan, make full and effective use of campus venues and facilities, persevere and practice repeatedly, and finally form good physical exercise habits. In schools, mental health education has been strengthened to encourage students to pay close attention to their mental health, enhance the effectiveness of psychology and other courses by regularly holding psychological lectures relevant to students' lives, popularise and expand college students' mental health knowledge and skills, so that students can perform self-diagnosis and self-treatment, enhance the university's psychological counselling and counselling facilities, enhance the professional ability and quality of psychological counsellors, perform regular evaluations of students' mental health, and undertake dynamic research on test results, consolidate campus culture development and foster a healthy, civilised, civilised, and good school environment and mental health milieu (Lyons et al., 2020).

Conclusion

Under the new situation of rapid development of society, accelerating pace of life, quick change of people's ideology and increasing psychological pressure, it is essential for a group of college students with high quality and high education. Students' mental health education is a critical component of school talent development to enhance students' psychological quality, fully developing their potential, enhancing their ability to cope with setbacks and environmental adaptability, focusing on the cultivation of

individual psychological qualities, moulding a perfect and perfect personality, promoting students' overall development, and actively promoting quality-oriented education. In general, legal college students in a province have worse mental health than national college students. There were significant differences in body, depression, anxiety and factors. In a province, college students majoring in law exercise primarily twice a week; most college students exercise for between 16 and 45 minutes each time. College students' physical activity is mainly of moderate intensity. The primary barriers to college students participating in physical activity are a lack of stadiums, a lack of time, and organisation. The mental health level of law majors in a province is closely related to their physical exercise behaviour. College students' overall mental health level who often participate in physical exercise is higher than college students who do not often participate in physical exercise. There are significant differences in body, interpersonal relationships, depression, anxiety and paranoia among college students in different exercise groups.

In terms of schools, in terms of hardware facilities, it is necessary to increase financial investment, pay attention to the construction, planning and effective use of sports venues, equipment and facilities, and provide primary conditions for students to exercise; Good physical exercise habits, the importance of cultivating lifelong physical ability, improve students' awareness of participation in physical exercise, carry out a variety of extracurricular sports activities that are closely related to students' lives, and allow students with good physical exercise habits to organise and lead other students Exercise to allow students to actively participate in physical exercise to the greatest extent; in terms of curriculum setting and physical education, more physical education courses that students are interested in should be set up, and the teaching mode of public physical education should be reformed; in terms of school policy and management, it is necessary to formulate a reward and punishment system and Strong administrative measures have deeply disintegrated the inertia of some students, urging them to take physical exercise and persevere.

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Theoretical Implications

Psychological status is most important to study in academic institutions because it directly affects students' performance in various learning activities. Therefore, this study contributed to the literature by considering the most significant part of the literature. Primarily, this study addressed the relationship between psychological status and sports habits. Although previous studies addressed, psychological status is scarce concerning sports habits. Furthermore, this study extends the body of knowledge by considering the relationship between psychological status and sports habits among law college students. Previous studies addressed various corporations' psychological status and sports habits, but these variables are ignored in educational institutions. Hence, this study has vital theoretical implications for law college students' psychological status and sports habits.

Practical Implications

This study proved that; physical exercise is closely related to college students' mental health. The improvement in physical exercise of the college students can improve the college students' mental health. Therefore, the management of law colleges should enhance students' mental health by promoting physical exercise. The practitioners can boost students' performance with the help of promoting physical exercise activities. Most importantly, the management of law colleges is required to promote long term physical exercise, which may lead to better mental health improvement. The promotion of mental health with the help of physical exercise can lead to higher learning performance among law college students.

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