

# The Role of Marxist Ideology Theory in the Construction of Students' Sports Psychology

Mengzhe Ji<sup>1</sup>, Hairuo Bai<sup>2\*</sup>

## Abstract

This study aims to investigate the impact of Marxist ideological theory on the development of students' sports psychology. This study introduces intermediary variables such as self-efficacy, subjective well-being, and subjective exercise experience, constructs and verifies the research on the psychological mechanism of physical exercise promoting college students' mental health under the influence of Marxist ideology theory, using literature research, data, and other methods. The correlation coefficient ranged between -0.755 and -0.153 between mental health and physical activity, subjective exercise experience, general self-efficacy, and subjective well-being. Practically, the student's performance is crucial. Still, their mental health can boost their learning if their parents urge them to adopt a regimen of physical activity to promote their mental health. Students and their parents can work together to improve the mental health of students, according to the findings of the study. Research in the literature has addressed students' sports psychology, but these earlier studies did not incorporate Marxist theory and ideology. This original study explains the impact of Marxist ideological theory on the sports psychology of students.

**Keywords:** Marxism; Sports psychology; construct; students sports; sports performance; physical exercise

## 1. Introduction

University is a transitional stage that lays a solid foundation for the future society and a crucial step in college students' physiological and psychological development (Wang & Zhang, 2021). Therefore, developing college students' worldviews and values during this time is crucial. Physical education is a requirement for all college students. Moderate physical activity can maintain people's physical health, and this study aims to determine the effect of physical activity on mental health (Gao & Liu, 2021). Marxist ideological discourse has become a reputable ideology based on the interpretation of social development due to society's constant advancement and development. People's lives have become inseparable from mobile phone media, network media, and other communication and consulting platforms since the advent of the digital era (Lyu, Tang, & Yang, 2022). With the aid of the characteristics of these platforms, such as rapid information distribution and free expression, people's living styles and value identities are also shifting, posing substantial threats to the survival of Marxist ideology (X. Zhang, 2021). Figuring out how to better integrate the discursive force of Marxist theory with the new media is crucial. The scientific concept and value of Marxist ideology must also be clarified. The Sinicization of Marxism is currently

a prominent topic in China's academic community. China's current development realities must be carefully integrated with its historical process and era-specific characteristics. Currently, the issues affecting the mental health of young athletes are diverse and complex, and the entire society pays special attention to this difficult issue. Based on an investigation of the existing college student sports mental health issues Based on the Marxist ideology theory, this study introduces intermediary variables such as self-efficacy, subjective well-being, and subjective exercise experience to construct and validate the psychological mechanism model of physical exercise promoting college students' mental health, which can provide new ideas and methods for the exploration of the value of physical exercise and the education of college students' mental health.

With the march of state power creation, the ideology of traditional Chinese society is implemented from the top down, which is doomed to result in useless preaching in modern society, where objective conditions have changed (Yang, Dai, & Miao, 2021). Real-life demonstrates that people's statements and actions are inconsistent. State-recognized ideology standards are frequently ridiculed in people's everyday lives (Song, 2020). The Marxist ideological theory serves a vital purpose. In actuality, it endorses the

<sup>1</sup> School of Marxism, Nanjing University of Finance&Economics, Nanjing, China

ORCID: 0000-0001-8777-6116. Email: [mengzheji@126.com](mailto:mengzheji@126.com)

<sup>2</sup> School of Marxism, Linyi University, Linyi, China

ORCID: 0000-0001-6564-2889.

Corresponding Author's Email: [hairuob@126.com](mailto:hairuob@126.com)

principle of bottom-up ideology formation. It proposes restoring the right to know history and society to the people and mandates that they actively participate in and critique history and society. When this concept of participation and criticism is internalized in the individual's psyche, the individual's will to choose within the social structure will be established (Zhang, 2020). If there is no condition of psychological identity in modern society, then there will be no modern people and no modern civilization. Ultimately, the emblem of contemporary civilization is not an independent economic indicator.

This study aims to investigate the impact of Marxist ideological theory on the development of students' sports psychology. This research identifies a vacuum in the literature because no significant study has addressed this relationship. Therefore, this study is predicated on innovative student sports psychology-related variables. This study is both theoretically and practically significant. This work has theoretically contributed to the sports psychology literature by introducing the role of Marxist ideology theory in the model of student sports psychology. In the meantime, this study has introduced fresh implications for practice to enhance the students' mental health and sports psychology. In addition, our study has revealed further gaps in the literature that will be addressed in the future.

## 2. Literature Review

"People are the purpose" is the objective that a typical modern society should follow and is also a measure of social growth (Sulikowski, 2020). The sport combines the cultivation of knowledge, abilities, interests, spirit, and social adaptability. It can improve not only students' physical health and social humanistic qualities but, most significantly, their psychological qualities. Figure 1 depicts the exercise and psychological arousal testing.

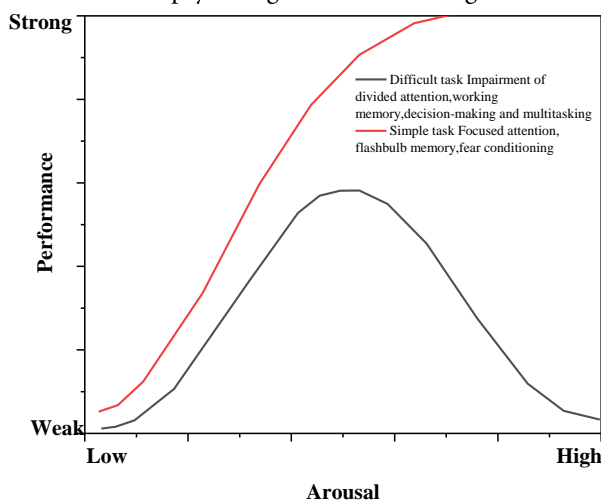


Figure. 1 Psychological arousal test

Marxist ideology theory has answered the question of how to approach modern society positively, which has unquestionably positive significance and far-reaching effects on the modernization of traditional Chinese culture. Mental health is crucial to an individual's future (Horlachuk, 2021). Establishing a scientific perspective on life and values helps establish a correct life value orientation and provides correct guidelines and psychological adjustment ability in work, life, study, and interpersonal interactions (Curini, 2022). Marxism is not only a theoretical idea but can also be applied to real-world situations. The subject's subjective will and internal motivation is the search for life's meaning. Individuals' mental health is essentially impacted by the extent to which this want may be realized, despite variations in pursuit (Sun, 2021). The book "Pain of Meaningless Life" describes the experience of meaninglessness encountered by modern people and asserts that people in affluent cultures must find meaning and value in their own life; failing to do so will result in several psychological issues. These opinions are derived from societal surveys, and the sad events sparked by the mental health status and psychological problems of many young students in society also support these opinions (Yuanmeng, 2021). Marxist ideology provides a scientific definition of "human essence": the total of all social relationships. Marxism may satisfy people's quest for the meaning of life by beginning with a thorough development of essentially human traits and social attributes. It can be utilized extensively during various social and historical development stages to solve practical human issues. Its conjunction with mental health and other difficulties enables mental health growth, hence ensuring individuals' mental health (Lv, 2021). Marxism is a scientific theoretical philosophy that explains the interaction between people and the objective world in a meaningful way. Young students' confidence in Marxism should not be limited to the two dimensions of theory and practice. Still, it should also widen their Marxist perspective and deepen their lifelong understanding and appreciation of Marxism (S. Zhang, 2021). Marxism discloses the objective rule of human social evolution, highlights human social function and value pursuit, focuses on the self, others, and society, and upholds human social labor and the significance of labor to existence (Ricci et al., 2021).

The field of sports psychology examines the psychological phenomena and laws that govern athletic training and competition. It aids athletes in comprehending the general statutes and influencing aspects of the development of sports talents, as well as mastering the adjustment techniques necessary to overcome the tension and anxiety

induced by competition. Maintaining a healthy competitive psychological state is a crucial requirement for winning a competition under a diminishing gap between the competitive levels of contemporary sports. Every nation pays greater attention to the psychological preparation of its athletes. Figure 2 outlines the components of a sports psychological crisis. The primary objective of sports psychology is to study the psychological process when people participate in sports, such as the characteristics of feeling, perception, representation, thinking, memory, emotion, and will, as well as their role and significance in sports; To study the characteristics of people's character, ability, and temperament when they participate in various sports, as well as the influence of sports on their personality characteristics; To study the psychological characteristics of people who participate in sports, such as the characteristics of feeling, perception, representation, thinking, memory, emotion, and will; State of mind before the competition, psychological preparation of sportsmen, etc.

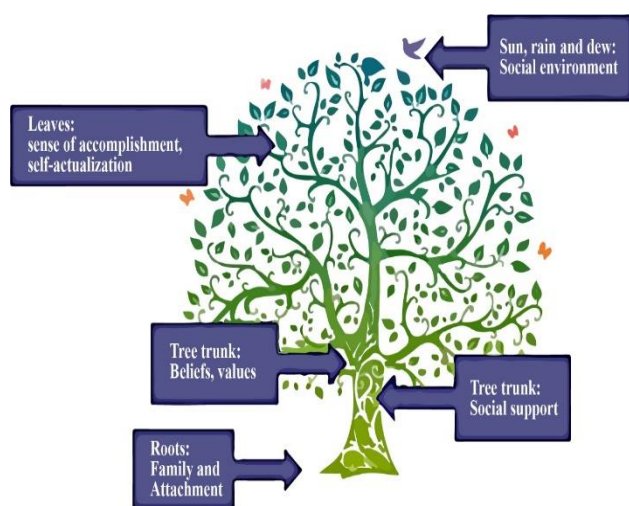


Figure. 2 Sports psychological crisis

Xi Jinping, from the grand historical background of realizing the "two centenary goals" and the Chinese dream of the great rejuvenation of the Chinese nation, asked, "what theory to use to Armed the party, what kind of values to lead the party" as a guide, proposed a series of new ideas, new ideas, and new strategies to strengthen and imbue the Chinese Communist Party with a new sense of purpose and direction (Fang, 2020). Xi Jinping's analysis of recent historical characteristics, new requirements, and new arrangements for the nature, orientation, functions, and development goals of ideological work for promoting the development of socialist ideological theory with Chinese characteristics and effectively preserving our nation's consciousness in the new era (Galygina & Galygina, 2020). Xi Jinping

stated, "Only when the construction of material civilization and spiritual civilization is well completed, the country's material and spiritual strength is strengthened, and the material and spiritual lives of the people of all ethnic groups in the country are enhanced can the cause of socialism with Chinese characteristics advance smoothly." Consistently adhering to the economic building as the focal point is the essential solution to all of China's challenges in the present day (Chan & Kwan, 2021). The Order of Discourse once equated discourse power with ideological "conflict" and defined "real discourse" as "discourse exercising power." Some domestic scholars also hold this view Ideology is a form of ideological power, also known as discourse power. The ruling class employs discourse hegemony to dominate the ideological landscape and provide a justification for its control ". Ideology is inextricably linked to the discourse power resulting from the coupling of a certain discourse system and power (Hedegaard & Lyberth, 2020). In the process of interest differentiation, an ideological discourse system is a discourse system that reflects and serves the dominant organizations or social groupings.

### 3. Methodology

A survey was administered to 1200 college students from six universities, and 996 valid questionnaires were collected, including 484 male and 512 female responses. The recovery rate is 83%, as indicated in Table 1.

Table 1

Number of experimenters

Category	Number of people	Proportion
boy	484	48.6%
girl	512	51.4%

#### 3.1 Research tools

##### 3.1.1. SCL-90 Symptom Self-Measurement Form

The Self-report Symptom Inventory (SCL90) consists of 90 assessment items, each of which is scored on a five-point scale. These items assess the status quo and existing problems of 10 factors, including somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, fear, paranoia, psychosis, and other sexuality-related issues (Martin et al., 2021).

##### 3.1.2. Physical Exercise Rating Scale

The scale assesses the quantity of physical exercise from three perspectives: the intensity of physical exercise and the duration and frequency of one activity, and measures

the level of physical exercise participation based on the amount of physical exercise. Exercise quantity score = intensity (time - 1) frequency. Each factor is graded on a scale from 1 to 5 points. Physical activity has a maximum score of 100 points and a minimum value of 0. The criterion for the quantity of physical exercise is as follows: the score for a little amount of exercise is 19 points or less, the score for a medium amount of exercise is 20-42 points, and the score for a large amount of exercise is 43 points or more. The scale's test-retest reliability was 0.821%.

### 3.1.3. General self-efficacy scale

Schwarzer and others developed the General Self efficacy Scale (GSES) to analyze its reliability and validity. The results showed that GSES had good reliability, its internal consistency coefficient Cronbach A=0.87, retest reliability  $r=0.83$  ( $p<0.001$ ), and split reliability  $r=0.82$  ( $n=401$ ,  $p<0.001$ ). GSES has only one dimension (Olga, 2021).

### 3.1.4. Subjective Exercise Experience Scale

The scale consists of three subscales: positive well-being, psychological distress, and weariness. The 7-level Likert integration approach is utilized, with scoring ranging from 1 very inconsistent to 7 very consistent. Add the scores for each subscale together. The greater the score, the more intense the pleasant happiness experience and the greater the level of anxiety and weariness. In this investigation, the reliability of the scale's internal consistency ranged from 0.850 to 0.975%.

## 3.2 "Logic History" Analysis Method

In essence, the "logic history" analysis approach integrates the law of thinking and the form of thinking; that is, it unifies the subjective and the objective. Under certain historical conditions, the Marxist ideological theory is generated and developed. Marxists use it to analyze objective historical phenomena like capitalist and socialist societies. From the standpoint of historical analysis, "ideological issues are anchored in life and practice, and the ability to grasp and comprehend them is contingent upon one's worldview and technique." Consequently, research must summarize the experience and investigate laws from the historical process of the theory's birth and growth. From the perspective of logical analysis, Marxist ideology theory has an inherent rigid logical structure (Zhang & Sun, 2021). The study of modern Chinese Marxist ideological theory must therefore employ "abstract force" to comprehend. The "abstract force" in this context is a scientific and rigorous process of logical examination. Ideology is frequently concealed by complex social and historical processes and embodied by religion, literature, art, and other

disciplines. If there is no logical progression from the abstract to the concrete, it is challenging to comprehend the law of intellectual movement. In the history of the socialist movement, the Marxist doctrine had overt and hidden manifestations. It permeates the evolution of Marxist philosophy, whether in covert or overt form. This necessitates seeing and analyzing it in light of the two analytical indications of history and logic.

## 3.3 Literature research method

Reading the literature about Marxist ideology and sports psychology, we can comprehend the concept and research state of life-oriented biology teaching and curriculum materials. Based on earlier research, we should consider the challenges that require more investigation and create actionable research programs and methods.

# 4. Results and Discussion

## 4.1 Current situation of college students' sports mental health

Table 2 reveals that the average score for college students' mental health ranges between 1.5 and 2.5, indicating that the subjects have mild to moderate symptoms. Different dimensions have distinct scores. The somatization score is 21.6, which is less than 24 but greater than 12, suggesting that individuals have apparent bodily discomfort, which is frequently accompanied by headaches, muscle soreness, and other symptoms; The score for obsessive-compulsive symptoms was 24, which exceeded 20; The score of interpersonal sensitivity is 17.8 points, which is less than 18 but greater than 9, indicating that the individual is more sensitive to interpersonal relationships, has a strong sense of inferiority in interpersonal communication, and is accompanied by behavioral symptoms (such as restlessness, withdrawal, etc.); The depression score of 26.2 indicates that the individual is severely depressed, lacks sufficient interest in life, lacks sporting vigor, and in extreme circumstances may have suicidal thoughts. The anxiety score is 16.4, between 10 and 20, indicating that individuals are more prone to anxiety, irritability, restlessness, and uneasiness, which may lead to panic attacks in extreme circumstances. The hostility score is 9.4, less than 12, and greater than 9, indicating that people tend to exhibit hostile ideas, feelings, and behaviors. The terror score is 12.6, less than 14, and greater than 7, indicating that individual panic feelings are more pronounced and frequently manifest as social, square, and mob phobia.



**Table 2**

*Overall Situation of College Students' Sports Mental Health*

	N	Minimum	Maximum	Mean	St. Deviation
Somatization	996	13.0	33.0	21.6	6.6
Obsessive-compulsive symptom	996	13.0	34.0	24.0	7.0
Sensitive interpersonal relationship	996	11.0	26.0	17.8	5.6
depressed	996	14.0	42.0	26.2	9.1
anxious	996	10.0	25.0	16.4	5.0
hostile	996	6.0	13.0	9.4	2.7
terror	996	8.0	19.0	12.6	4.4
Paranoia	996	8.0	17.0	11.8	3.0
mental disease	996	11.0	28.0	20.6	6.2
other	996	7.0	17.0	13.0	4.2
Total score	996	101.0	250.0	173.3	50.2
Total score/project	996	1.1	2.8	1.9	0.6
Valid N(listwise)	996				

The paranoia score was 11.8, less than 12, and greater than 6, suggesting that the subject exhibited paranoid symptoms and was likelier to be suspicious and hostile. The psychotic score was 20.6, implying that the subject displayed more pronounced psychotic symptoms.

**4.2 The influence of physical exercise on college students' mental health under the Marxist ideology theory**

Physical activity plays a significant part in boosting the mental health of college students, and as the level of physical

activity improves, so does the mental health of college students. Table 3 shows that in terms of the total score of mental health, somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, and psychosis, moderate physical activity is more effective than low physical activity in promoting the mental health of college students. This research demonstrates that physical exercise can improve the mental health of college students and that the amount of physical activity affects

**Table 3**

*Effect of physical exercise on college students' mental health*

	Grading of exercise	N	Mean	SD	Std.(2-tailed)
Somatization	1.0	797	22.2	7.2	.00
	2.0	199	19.0	.00	
Obsessive-compulsive symptom	1.0	797	24.7	7.6	.00
	2.0	199	21.0	.00	
Sensitive interpersonal relationship	1.0	797	19.2	5.4	.00
	2.0	199	12.0	.00	
depressed	1.0	797	27.0	10.0	.00
	2.0	199	23.0	.00	
anxious	1.0	797	17.2	5.3	.00
	2.0	199	13.0	.00	
hostile	1.0	797	9.5	3.0	.02
	2.0	199	9.0	.00	
terror	1.0	797	13.7	4.2	.00
	2.0	199	8.0	.00	
Paranoia	1.0	797	12.2	3.2	.00
	2.0	199	10.0	.00	
mental disease	1.0	797	21.5	6.6	.00
	2.0	199	17.0	.00	
other	1.0	797	14.0	4.1	.00
	2.0	199	9.0	.00	
Total score	2.0	199	9.0	.00	.00
	1.0	797	181.4	53.1	
	2.0	199	141.0	.00	
Total score/project	1.0	797	2.0	0.6	.00
	2.0	199	1.6	.00	

Note: 1 refers to the low amount of exercise; 2 is medium exercise

### 4.3 Psychological mechanism model of physical exercise promoting college students' mental health under Marxist ideology theory

SpssForWindows16.0 was used to perform Pearson correlation analysis. According to Table 4, there was a significant correlation between college students' mental health and physical exercise, subjective exercise experience, general self-efficacy, and subjective well-being, with correlation coefficients ranging from -0.755 to -0.153; there is also a significant correlation between physical exercise, subjective exercise experience, general self-efficacy, and subjective well-being, with correlation coefficients ranging from -0.714 to 0.661.

**Table 4**

*Psychological mechanism model of physical exercise promoting mental health under Marxist ideology theory*

		mental health	Physical exercise	General self-efficacy	Subjective exercise experience	Subjective well-being
mental health	Person Correlation	1	-0.33**	-0.76**	-0.18**	-0.15**
	Std.(2-tailed)		.00	.00	.00	.00
	N	996	996	996	996	996
Physical exercise	Person Correlation	-0.33**	1	0.12**	-0.20**	-0.16**
	Std.(2-tailed)	.00		.00	.00	.00
	N	996	996	996	996	996
General self-efficacy	Person Correlation	-0.76**	0.12**	1	-0.71**	0.66**
	Std.(2-tailed)	.00	.00		.00	.00
	N	996	996	996	996	996
Subjective exercise experience	Person Correlation	-0.18**	-0.20**	-0.71**	1	-0.59**
	Std.(2-tailed)	.00	.00	.00		.00
	N	996	996	996	996	996
Subjective well-being	Person Correlation	0.15**	-0.16**	0.66**	-0.59**	1
	Std.(2-tailed)	.00	.00	.00	.00	
	N	996	996	996	996	996

\*\* . Correlation is significant at the 0.01 level (2-tailed).

It is believed that cultivating a positive sports mentality is to consider everything from a positive and positive perspective, which is conducive to improving people's physical and mental health because the emotional feelings associated with a positive sports mentality are typically positive, optimistic, and hopeful. Hope and optimism can significantly enhance health. A positive outlook on the New Year helps protect against disease. Positive emotions stimulate the production of "endorphins" in the brain, allowing individuals to maximize their potential while experiencing a pleasant and comfortable emotional state. A positive sports mindset facilitates overcoming obstacles and setbacks. If you view the problem positively, you can envision an end to the crisis and hope in the challenges, assisting individuals in overcoming a psychological crisis. A

### 4.4 Cultivate a positive sports mentality

For mental health, it has been demonstrated that cultivating a good sports mentality is of considerable importance. Positive and negative thinking have distinct psychological consequences on individuals. The evolution of contemporary psychology has also validated this assertion. Positive psychology is a novel discovery in the field of psychology. In contrast to traditional psychology, it focuses primarily on people's negative psychological inclinations. It takes positive psychology and its relevance as the research direction, demonstrating the significance of positive psychology and positive thinking in a meaningful way.

positive sports attitude facilitates the development of positive interpersonal interactions, which are vital to mental wellness. Positive thinkers frequently create "external attributions" for each other in interpersonal conflicts, look to themselves for explanations, and treat others kindly.

Present-mindedness is an important mental health concept. Suppose a person can clearly differentiate between the past, present, and future, comprehend the significance of the present, and focus on the current process. In that case, he will devote himself to living in the moment. Presently, popular culture is highly prevalent in the lives of young students, and certain negative parts of popular culture are detrimental to their mental health and require enough care. We should forcefully resist certain negative information, in reality,

educate young students to be grounded in reality, immerse ourselves in real life to gain experience, and continuously reinforce young students' unwavering faith in a brighter future. Marxism promotes the unification of ideality and actuality and emphasizes beginning with the real world. This strategy is also quite beneficial for guiding one's personal life. It not only cultivates individuals' realism-based optimism but also constructs their realism-based values.

#### **4.5 Improve the ability of individuals to understand and transform the world**

Young children should get conscious mental health education and Marxist-related theoretical instruction. To strengthen Marxist education for young pupils, it is necessary to implement ideological and political education for them and integrate important mental health subsystem content. Regarding the link between individuals and society and between persons and the world, Marxism emphasizes the importance of society to individuals and eliminates excessive individualism. Young students on campus, whose psychological age is insufficiently developed, can be encouraged to fully understand the community, life, reality, and other contexts, improve their psychological level constantly, and be guided in the appropriate direction of their growth. Marxism holds that humans are not passive participants in the world but can actively comprehend and modify it. This emphasis on the initiative of human subjects is consistent with human autonomy, an essential component of mental health. Strengthening the conviction in Marxism can promote mental health and increase human autonomy. Autonomy is a necessary element for achieving mental wellness. First, autonomy motivates individuals to pursue "truth, good, and beauty actively." Since ancient times, seeking "truth, goodness, and beauty" has been a human endeavor. The active search for beauty by humans is primarily the external manifestation of mental wellness. Humans have long sought "spiritual beauty," which is associated with "mental health." It is common knowledge that mental health is crucial in modern society (Stoyel et al., 2021). Second, autonomy holds individuals accountable for their actions, decisions, emotions, and changes. These are the signs of mental health and maturity in a person. Young pupils should be adept at connecting Marxist scientific theories with mental health and cultivating their own positive and healthy mental state to acquire knowledge. Thirdly, autonomy can boost self-esteem. The expression of a person's sense of value should be through deeds. It empowers people to act with

courage. Positive and effective behaviors can bolster a person's feeling of self-worth. The revelation of a sense of self-worth can also boost an individual's self-confidence and improve their mental health.

## **5. Conclusion**

The findings of this study indicate that college students have varying degrees of sports psychological difficulties, and their symptoms frequently include the following: headaches, muscle pain, and other symptoms are frequently accompanied medically; OCD is more evident; interpersonal relationships are more delicate; the severity of sadness is high; the symptoms of social phobia were evident; the symptoms of paranoid were evident; psychotic symptoms were more evident. Physical exercise plays a crucial role in boosting the mental health of college students, according to the Marxist ideology hypothesis. The mental health of college students improves as the number of physical activity increases. Physical exercise allows college students to release their cares and anxieties so that their psychology can be shaped. The SCL-90 Symptom Self measurement Scale, Physical Exercise Rating Scale, General Self efficacy Scale, Subjective Exercise Experience Scale, and College Students' Subjective Well-being Scale introduced in this study have been tested. Their reliability and validity are relatively satisfactory, which will play an important role in further investigating the relationship between physical exercise and college students' mental health following the Marxist ideology theory.

## **6. Theoretical and Practical Implication**

This discovery has major theoretical implications for advancing the mental health and physical fitness literature. Since there is a binary relationship between these two factors, the study has emphasized the significance of the role of students' well-being on their mental health. The study also contributed to the body of knowledge by introducing the significant association between self-efficacy and mental health. The research has developed a model of mental health and the well-being of pupils following the light Marxist theory. This study's incorporation of Marxist theory is an important contribution to the body of knowledge, as previous research rarely explored this theory in the context of mental health. Physical activity directly affects students' mental health, which has a bearing on their psychology. The relationship developed by this study greatly contributed to the growth of the literature, and these relationships extend the theory.

On the other hand, this study has significant practical implications crucial for enhancing student mental health. The study proves that physical exercise is the best approach to prevent kids from developing mental health issues. Therefore, students should be encouraged to participate in physical activity. This aspect of the study has practical ramifications, and the government and other society stakeholders should improve students' living conditions for a more effective learning approach. Indeed, the student's performance is crucial. Still, their mental health can boost their learning if their parents encourage them to establish a regimen of physical exercise to improve their mental health. Students and their parents can work together to improve the mental health of students, according to the findings of the study. In addition, students must be literate in mental health to be conscious of their mental health, which will facilitate their learning and mental health progress. Thus, the students' mental health would be enhanced by engaging in physical activity.

## References

- Chan, W. W. L., & Kwan, J. L. Y. (2021). Pathways to word problem solving: The mediating roles of schema construction and mathematical vocabulary. *Contemporary Educational Psychology*, 65, 101963. <https://doi.org/10.1016/j.cedpsych.2021.101963>
- Curini, L. (2022). What you seek is who you are: An applied spatial model of newspapers' ideological slant. *The International Journal of Press/Politics*, 27(1), 96-119. <https://doi.org/10.1177/1940161220973174>
- Fang, Q. (2020). State council: strengthen the construction of public fitness venues and facilities to develop mass sports. *China City Planning Review*, 29(4). <https://www.cnki.com.cn/Article/CJFDTotal-CSGY202004006.htm>
- Galygina, I. V., & Galygina, L. V. (2020). Features of construction of individual learning paths while learning disciplines of the natural scientific cycle at higher education institution (on the example of computer science). *Pedagogy and Psychology of Education*, 1, 68-77. <https://doi.org/10.31862/2500-297X-2020-1-68-77>
- Gao, J., & Liu, H. (2021). Problems existing in the network practice teaching of university ideological and political theory course in the context of internet. *Journal of Physics: Conference Series*, 1852(4), 042075. <https://doi.org/10.1088/1742-6596/1852/4/042075>
- Hedegaard, M., & Lyberth, N. (2020). Construction of a Scale for Investigating Pre-School Children's Social Situations of Development: Focusing on Activities instead of Abilities. *Cultural-Historical Psychology*, 16(2), 25-32. <https://doi.org/10.17759/chp.2020160204>
- Horlachuk, M. A. (2021). Critique of Methodological Aspects of the Study of Value and Price in the Light of the Actualization of Marxist Theory. *Innovative Economy*, (1-2), 39-50. <https://doi.org/10.37332/2309-1533.2021.1-2.6>
- Lv, F. (2021). Research on Evaluation of Teaching Quality of Marxist Theory in massive open online course Based on Artificial Intelligent. *Journal of Physics: Conference Series*, 1915(2), 022050. <https://doi.org/10.1088/1742-6596/1915/2/022050>
- Lyu, T., Tang, L., & Yang, Z. (2022). Psychological Capital on College Teachers' and Students' Entrepreneurial Performance and Sports Morality Under Social and Political Education. *Frontiers in Psychology*, 13, 810626. <https://doi.org/10.3389/fpsyg.2022.810626>
- Martin, H., Mohan, N., Ellis, L., & Dunne, S. (2021). Exploring the Role of PPE Knowledge, Attitude, and Correct Practices in Safety Outcomes on Construction Sites. *Journal of Architectural Engineering*, 27(4), 05021011. [https://doi.org/10.1061/\(ASCE\)AE.1943-5568.0000501](https://doi.org/10.1061/(ASCE)AE.1943-5568.0000501)
- Olga, P. (2021). Experimental modeling of snow action on unique construction facilities. *Architecture and Engineering*, 6(2), 45-51. <https://doi.org/10.23968/2500-0055-2021-6-2-45-51>
- Ricci, F., Bravo, G., Modenese, A., De Pasquale, F., Ferrari, D., Bello, M., Favero, G., Soddu, S., & Gobba, F. (2021). Risk perception and ethnic background in construction workers: results of a cross-sectional study in a group of trainees of a vocational school in Italy. *European journal of investigation in health, psychology and education*, 11(1), 96-109. <https://doi.org/10.3390/ejihpe11010008>

## 7. Future Directions

This study has produced major discoveries about the mental health of pupils. Indeed, the prior literature also covered a variety of topics about the mental health of pupils. Therefore, this study contains future directions for investigating emerging areas of knowledge. First, this study suggests that future research examines the effect of instructors' leadership behavior on students' mental health. Future research should also assess the impact of social support on students' mental health. Future research should evaluate student behavior's effect on students' mental health. Future research should examine music therapy's impact on pupils' mental health.

## Acknowledgments

The work was supported by the National Natural Science Foundation of China (Grant: 111578109).



- Song, S. (2020). On the Educational Function of Ideological and Political Education and Its Realization Research for Military Theory Course in Local Colleges and Universities. *Advances in Higher Education*, 4(9). <http://dx.doi.org/10.18686/ahe.v4i9.2645>
- Stoyel, H., Delderfield, R., Shanmuganathan-Felton, V., Stoyel, A., & Serpell, L. (2021). A qualitative exploration of sport and social pressures on elite athletes in relation to disordered eating. *Frontiers in Psychology*, 12, 633490. <https://doi.org/10.3389/fpsyg.2021.633490>
- Sulikowski, A. (2020). The return of forgotten critique: Some remarks on the intellectual sources of the Polish populist revolution. *review of central and east european law*, 45(2-3), 376-401. <https://doi.org/10.1163/15730352-bja10009>
- Sun, L. (2021). Research on the Integration Model of Information Technology and Agricultural College Students' Ideological and Political Theory Course Teaching. *Journal of Physics: Conference Series*, 1744(3), 032153. <https://doi.org/10.1088/1742-6596/1744/3/032153>
- Wang, Y., & Zhang, Z. (2021). Social and Psychological Mobilizers of Attitude towards Activity Sports: A Multi-Theory Perspective. *Revista de Psicología del Deporte (Journal of Sport Psychology)*, 30(1), 112-128. <https://www.rpd-online.com/index.php/rpd/article/view/294>
- Yang, X., Dai, B., & Miao, Y. (2021). Dimensions of Coach Work Passion and Sportsman Performance: An Empirical Study on Psychological Attributes of Athletes in China. *Revista de Psicología del Deporte (Journal of Sport Psychology)*, 30(1), 162-175. <https://mail.rpd-online.com/index.php/rpd/article/view/297>
- Yuanmeng. (2021). On practice and dilemma of artificial intelligence in collaborative teaching of the ideological and political theory course in colleges and universities. *Journal of Intelligent & Fuzzy Systems*, (5), 1-12. <https://doi.org/10.3233/jifs-219166>
- Zhang, S. (2021). Construction of Sports Recognition System Based on Sports Visual Image Technology under the Background of Information Technology. *Journal of Physics: Conference Series*, 2066(1), 012065. <https://doi.org/10.1088/1742-6596/2066/1/012065>
- Zhang, X. (2021). The construction of urban public sports service from the perspective of public health. *Revista Brasileira de Medicina do Esporte*, 27, 69-72. [https://doi.org/10.1590/1517-8692202127012020\\_0104](https://doi.org/10.1590/1517-8692202127012020_0104)
- Zhang, X., & Sun, L. (2021). Application of big data technology in the teaching model of ideological and political theory course in agricultural and forestry colleges. *Journal of Physics: Conference Series*, 1744(4), 042048. <https://doi.org/10.1088/1742-6596/1744/4/042048>
- Zhang, Y. (2020). Research on Ideological and Political Education of College Students from the Perspective of System Theory. *Frontier of Higher Education*, 2(2), 1-17. <https://doi.org/10.36012/fhe.v2i2.2764>