

The Application of Sports Mental Health Education in the Exploration of Party Construction and Ideological and Political Education in Higher Vocational Colleges

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Abstract

In the new circumstances, the reform and innovative practice of ideological and political education (PE) in colleges and universities have intensified, and various unique techniques and pathways have been created. This study examines sports mental health education (MHE) in investigating party building (PB), ideology, and physical education in higher vocational institutions. Using a questionnaire, the author surveyed 43 university shooting and archery team members. The results indicate that sports MHE considerably impacts party building, ideological education, and physical education. The findings of this study are innovative and have important theoretical and practical ramifications. The future directions of this research are crucial for researchers conducting additional research.

Keywords: Sports; mental health; Party building and ideological and political work; Higher vocational colleges

Introduction

As individuals continue to develop and people's living situations evolve, social pressure gradually increases. The sources of stress vary, but they all have a lot of harmful impacts on the mental health of ordinary people (Colangelo et al., 2023). the health of college students and, eventually, their future development. The Ministry of Education's proposal for higher vocational schools to train high-quality, trained professionals demonstrates that higher vocational colleges should provide students with skills and quality (Mountjoy et al., 2023). As a crucial component of higher-level vocational education, ideological and political education (PE) is favorable to assisting students in developing the three correct perspectives. Vocational and mental health education (MHE) is a fundamental training objective in higher vocational colleges.

The purpose of education in colleges and universities of the twenty-first century should promote proficiency in theoretical knowledge, practical application, correct behavior, and correct thought. It demands college and university students to increase their mental health research and develop their knowledge and skills (O'Connor et al., 2023). Students studying various disciplines can fulfill the new era's skill requirements and better respond to market shifts (Wang & Park, 2021). Since traditional educational philosophy and politics cannot solve the health problems of college students in the modern era, colleges and universities should be aware of the relationship between health education, ideology, and physical education, as well as the benefits of integrating health education with ideology and PE, to realize the significance

and conduct active research linking health education with ideology and PE to improve college students' health. Adults in today's advanced vocational schools are typically subject to psychological strain (Xue & Li, 2023).

Too much pressure will only result in psychological issues, which will have a detrimental effect on their moral character in terms of their worldview, viewpoint on life, and values, as well as their future development in other areas. Consequently, this research focuses primarily on analyzing MHE and the ideological and political work of adult education in higher vocational colleges. It also identifies appropriate methods to assist higher vocational colleges in enhancing the effectiveness of adult education's ideological and political work and elevating its ideological and political level. Figure 1 demonstrates sports MHE.

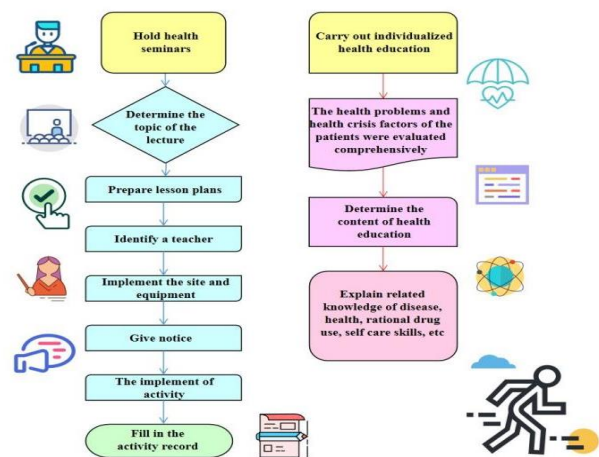


Figure 1. Sports mental health education

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Literature Review

In the era of reform and exploration in China, the social gains appear contradictory, and the old benefits and doctrines of party ideology and PE appear absent. Other strategies include interventions and benefits, such as emotional counseling for some college students (Colangelo et al., 2023). The party's construction operations began to impact construction thinking and work, which enhanced the effect of construction thinking, work, and work. "Improve the strategy and work of party building (PB), pay attention to the people's welfare and culture of thought, and properly regulate personal relationships" level, take care of people, play an essential role in the construction of the party, and give the leadership of the heart to create individual freedom and respect (Feng et al., 2020).

Ministry of Health, Ministry of Education In the Ministry of Health's aim to further support and improve health education among college students, the Youth League Sibdham highlighted the significance of strengthening and enhancing MHE among college students. Improve the quality of education through understanding the party's education policy." A master of 8 is crucial for maintaining and strengthening political research. The new situation is a significant means of promoting the health of college students and cultivating promising talents. A gathering of college students at a private residence ". Indeed, the MHE will play a more significant role in the ideological and political establishment of the party.

Mental health directly impacts physical health, and today's college students are the cultural creators of China and play a vital role in the country. Future growth, disposition, speech, and conduct will directly and indirectly, affect themselves (Xiaoyang et al., 2021). Despite this, there are still many psychological issues among college students. In the report of the 18th National Congress of the CPC, held in November 2012, the 3rd National Congress of the 18th National Congress emphasized the need to implement the party's education policy, stating that we must regard education as a critical responsibility to adhere to the education system of justice, strengthen the education of socialist values, and enhance the education of the best Chinese culture (Wynters et al., 2021).

The philosophy and work of PB are not founded on understanding, loving, and respecting people, utilizing their potential, and supporting their overall development. They do not meet the characteristics of the new period of Chinese psychological research, science, and behavior (O'Connor et al., 2023). However, it is insufficient to combine PB, ideology, political work, and scientific study on sports teams; to tackle the ideological problem of

athletes; and to conduct research on work ideas and work theory. The structure is relatively outdated. In psychology, personality refers to the features of emotional states that a person typically demonstrates in real life; such conduct depends on real-world circumstances. Athletes in different contexts frequently have varied qualities, and the more the athlete succeeds, the greater the significance of their traits (Xue & Li, 2023). It is crucial to investigate the mental health of college and university students, as it not only influences each individual's future development but also has consequences for philosophical and ethical thought. If a person has some emotional problem, loves to think emotionally, or has many bad thoughts, these affect people's views and morals. That person cannot solve these studies with traditional notions in ideological education, political process, and party training (Landy, 2020).

Therefore, mental health research has laid the groundwork for the professional and professional activities of outsiders in studying adults in higher education institutions, thereby contributing to improving ideology and physical education in schools and fostering an environment conducive to development. To promote the masters of ideological and political work at universities, mental health plays a crucial role in promoting the masters of ideological and political work.

Willer et al. (2021) said that the ideology and physical education of colleges and universities should be based on the party's education policy, and the teaching of progressive individuals and the people would result in the attainment of spiritual strength and political recognition (Simmich et al., 2021). To provide MHE and counseling to college students, psychologists must be knowledgeable about national laws, regulations, and current events, as well as national history, current events, ethics, and cultural issues, among other essential elements. Psychologists have discovered that it enhances determining and comprehension. It will influence the direction and outcomes of MHE and mental therapy in the areas of party formation, thinking and work, and social adaption of listeners, as human interactions and mental health cannot be separated. MHE, feedback, and audience interactions because human relationships cannot be divorced from the health elements nor the motives and values demanded by the social context. Mixing party ideology, political study, and mental health research is vital to understand a person's whole development and health.

Therefore study,'s frequently describes the use of MHE in mental work, the use of MHE in the activities of higher education institutions, emphasizes the relevance of MHE according to the philosophy, and identifies suitable means to promote MHE. Corrections must be made to health

education in psychology, adult education in college, and finally, the mindset and culture of buildings intended to create positive thinking among seniors and support their overall growth. Based on the above literature, the following hypotheses have been developed:

H1: Mental health education has an impact on party building.

H2: Mental health education has an impact on ideological education.

H3: Mental health education has an impact on political education.

Methodology

This study examined the reality of the school shooting and archery team in terms of practice tactics, performance at home parties, and the team's demands. This research developed the questionnaire by creating new instruments for each variable. This study operationalizes these instruments for data collection following the exploratory and confirmatory factor analyses. This study considerably accepts

these results. The composite reliability values and Cronbach alpha measures determine the validity of the scale items.

Nevertheless, factor loadings for each build were also taken into account during the creation of a valid scale. In addition, the face validity of the research items was evaluated in light of the findings of prior studies and published literature. College athletes practice house party concepts and activities via shooting and archery. The survey questions were delivered by questionnaires beginning on June 10, 2022, and questions were drafted before June 30, 2022.

Findings

The acquired research data by the students are examined for normalcy. The skewness and kurtosis approach is an essential indicator for testing normalcy. For statistical significance, kurtosis values more than -1 and skewness values less than +1 are acceptable (Royston, 1992). The information shown in Table 1 validates the normality of the research data.

Table 1

Normality Test

Items	No.	Missing	Mean	Median	Min	Max	Standard Deviation	Excess Kurtosis	Skewness
MHE1	1	0	3.247	3	1	7	1.505	-0.436	0.096
MHE2	2	0	3.251	3	1	7	1.797	-0.543	0.454
MHE3	3	0	3.52	3	1	7	1.869	-0.782	0.303
MHE4	4	0	3.471	3	1	7	1.908	-0.794	0.395
MHE5	5	0	3.537	3	1	7	1.731	-0.477	0.311
MHE6	6	0	3.489	4	1	7	1.823	-0.714	0.244
MHE7	7	0	3.489	4	1	7	1.833	-0.871	0.167
PB1	8	0	3.670	4	1	7	1.849	-0.751	0.198
PB2	9	0	3.683	3	1	7	1.872	-0.763	0.314
PB3	10	0	3.661	3	1	7	1.938	-0.783	0.359
PB4	11	0	3.559	3	1	7	1.896	-0.730	0.384
PB5	12	0	3.564	3	1	7	1.849	-0.622	0.361
IE1	13	0	3.595	3	1	7	1.901	-0.779	0.331
IE2	14	0	3.467	3	1	7	1.774	-0.443	0.448
IE3	15	0	3.515	4	1	7	1.913	-0.915	0.214
IE4	16	0	3.467	3	1	7	1.806	-0.613	0.316
IE5	17	0	3.643	3	1	7	1.756	-0.561	0.286
PE1	18	0	3.053	3	1	7	1.480	-0.091	0.606
PE2	19	0	3.159	3	1	7	1.502	0.477	0.896
PE3	20	0	3.211	3	1	7	1.439	0.846	0.938
PE4	21	0	3.141	3	1	7	1.453	0.477	0.775
PE5	22	0	3.106	3	1	7	1.385	0.536	0.690
PE6	23	0	3.189	3	1	7	1.506	0.330	0.710

The study examined convergent validity to confirm the reliability and validity of the data. The research has relied heavily on these indicators. Cronbach alpha values presented are more significant than 0.70, indicating that the convergent validity of the data is significant (Tavakol & Dennick, 2011). Similarly, composite reliability ratings greater than 0.70 are

reported (Raykov, 1997). The average variance extracted values are likewise reported as greater than 0.50, indicating that the data are significant (Valentini & Damasio, 2016). In addition, the study evaluated the factor loadings, which were found to be statistically significant because the results exceeded 0.60. (Shevlin & Miles, 1998). Table 2 outlines the convergent validity.

Table 2*Convergent Validity*

Variable	Items	Factor Loadings	Cronbach's Alpha	Composite Reliability	Average Variance Extracted
Ideological Education	IE1	0.894	0.942	0.955	0.811
	IE2	0.903			
	IE3	0.912			
	IE4	0.901			
	IE5	0.893			
Mental Health Education	MHE1	0.887	0.959	0.966	0.801
	MHE2	0.898			
	MHE3	0.893			
	MHE4	0.875			
	MHE5	0.898			
	MHE6	0.911			
	MHE7	0.902			
Party Building	PB1	0.894	0.947	0.959	0.825
	PB2	0.910			
	PB3	0.930			
	PB4	0.923			
	PB5	0.884			
Political Education	PE1	0.866	0.952	0.961	0.806
	PE2	0.902			
	PE3	0.907			
	PE4	0.902			
	PE5	0.896			
	PE6	0.912			

This study investigated the difference between the items representing a single variable for data collection to assess the discriminant validity. The discriminant validity of the cross-loading findings in Table 3 is examined. Cross-

loadings are significant when the results of items from one construct are greater than the findings of items from other correlated constructs. The cross-loading for this study is also noteworthy.

Table 3*Cross-Loadings*

Items	Ideological Education	Mental Health Education	Party Building	Political Education
IE1	0.894	0.825	0.871	0.558
IE2	0.903	0.816	0.851	0.545
IE3	0.912	0.872	0.877	0.601
IE4	0.901	0.826	0.830	0.611
IE5	0.893	0.808	0.807	0.600
MHE1	0.821	0.887	0.825	0.694
MHE2	0.821	0.898	0.823	0.584
MHE3	0.822	0.893	0.838	0.585
MHE4	0.823	0.875	0.845	0.654
MHE5	0.838	0.898	0.833	0.647
MHE6	0.825	0.911	0.846	0.637
MHE7	0.824	0.902	0.821	0.624
PB1	0.843	0.852	0.894	0.579
PB2	0.882	0.847	0.910	0.617
PB3	0.874	0.872	0.930	0.594
PB4	0.850	0.844	0.923	0.612
PB5	0.825	0.813	0.884	0.606
PE1	0.569	0.613	0.581	0.866
PE2	0.600	0.648	0.596	0.902
PE3	0.556	0.613	0.568	0.907
PE4	0.565	0.625	0.579	0.902
PE5	0.617	0.664	0.641	0.896
PE6	0.579	0.641	0.595	0.912

The data analysis with the structural model is utilized to validate the path findings. The study evaluated the pathological findings of H1, and the results revealed that MHE has a substantial effect on PB. Furthermore, the study analyzed H2 and concluded that the impact of MHE

on ideological education is significant. Similarly, the investigation of H3 revealed that MHE has a considerable effect on PE. Acceptable are p values less than 0.50 and t values more than 1.96 (Ringle, Da Silva, & Bido, 2014). However, the outcomes are shown in Table 4 and Figure 2.

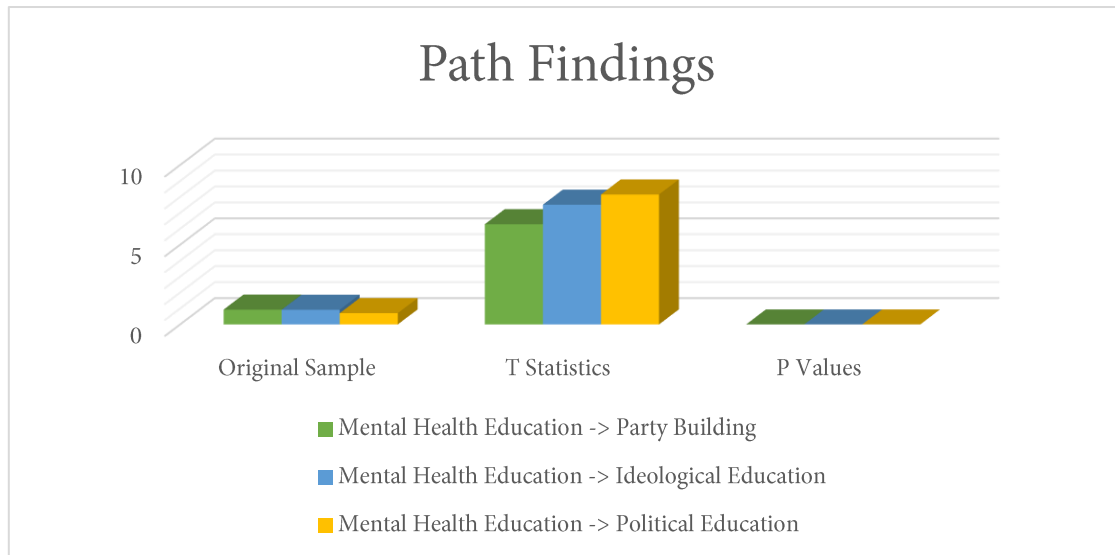


Figure 2. Path Findings

Table 4

Path Findings

Path Tests	Original Sample	T Statistics	P Values
Mental Health Education -> Party Building	0.931	6.289	0.000
Mental Health Education -> Ideological Education	0.922	7.513	0.000
Mental Health Education -> Political Education	0.707	8.154	0.000

Discussion

The purpose of this study has been met because empirical evidence considerably supports the confirmation of the hypotheses. According to the first hypothesis, MHE affects PB. Moreover, according to the second hypothesis, MHE affects ideological education. The study concluded by confirming the third hypothesis that MHE affects PE. Existing research within the body of knowledge provides empirical support for these conclusions. Nonetheless, these findings are interpreted in light of prior research findings.

Currently, under the influence of economic globalization, cultural and material exchanges between countries are increasing, which provides a broader environment for the ideological and political work of the PB in China. The current political environment not only determines the establishment of the system and norms of the ideological and political position of the PB but also becomes the determining factor for the successful implementation of the ideological and political work of the PB (Gouttebarge

et al., 2021). Through textual analysis of the ideological and political work environment of the PB of a university shooting and archery team, the initial concept of the economic environment includes the implementation of economic policies and the implementation of the national high-level reserve funds for sports; the initial concept of the social environment consists of the family environment and social identity; and the initial concept of the physical environment includes the implementation of economic policies and the implementation of the national high-level reserve funds for sports (Zhu, 2021). The cultural environment consists of supervising and inspecting cultural education, giving full play to the exemplary role of the cultural education of the athletes of the national team, strengthening the construction of office sports schools, strengthening the cultural education planning of the athletes, establishing the management mechanism of sports culture, formulating and preparing the educational materials, popular culture, sports team culture construction and formulating the educational materials (Chen, 2022). The political environment consists of the

team committee, discipline management, and enhancing the organization's leadership policy. The age range of the athletes in a university shooting and archery team is extensive, semi-closed control is implemented, the living environment and cultural differences between the members are significant, and the members' ideologies are also quite diverse, necessitating that the sports team carry out the PB and ideological and political work in a manner consistent with the athletes' characteristics (Jiao & Liu, 2021).

As modern culture evolves, so does our understanding of health, which encompasses physical health, mental problems, and health adaptations. In this manner, only a healthy body may be in an actual state of health. Physical education helps children become physically strong, have a nice body, and have a lot of energy. The development and maturation of pupils are highly apparent and experienced in other cultures (Rao, 2021). Since college students' emotional behavior can directly or indirectly impact their mental health, mental health is a topic that should be addressed by the entire community, including students, and not just fitness instructors (Zhang, 2021).

To incorporate the health of college students into college thought and politics, we must first examine the psychology of college students, comprehend their emotional qualities, and conduct ideological and political research based on their dynamic characteristics (Liu, 2021). Initially, adhere to college student criteria and learn to know them. Comprehension is the product of students' practices and social knowledge, and it is a progression from one understanding to the next that allows college students to retain knowledge and experience. Teachers at universities and colleges should examine the cognitive processes of college students in light of the ideology of new-age youngsters (Brown & Hohman, 2022).

In ideology and physical education, teachers must have a profound understanding of college students' requirements and transform them into a driving force to improve students' grades, shape their inner lives, and prepare them for college (Si, 2022). Moreover, ideological and PE teachers should adjust the balance between ideological and PE and MHE in their instruction, limit the language behavior of college students to the culture of research and policy in schools and fields, and promote the delivery of ideological and PE at a high level in colleges and universities (Nam-Gil & Mangan, 2002).

Ideological and physical education teachers at universities and colleges are always interested and sincere in their academic work. They sincerely help to cultivate the excellent character of boys and girls, remove negative thoughts and self-esteem of college students to play a

positive role in their life and studies, and guide students to continuously improve their thinking, improve their reality, set high goals and strive for them (Chen, 2021). Teachers of ideology and physical education should pay attention to the aspirations of college students, encourage university students to always have good learning through teaching and leadership, and foster in college students the attitude of independent study and hard work. Develop and practice a research and problem-solving culture, and acquire valuable social skills (Jing & Mingming, 2021).

Integrating MHE with the teaching of ideological and PE subjects in colleges and universities will permit the development, promotion, and promotion of educational projects based on the philosophical views and psychological conditions of college students and new demands in the society of the new age, as well as the advancement of learning management in colleges and universities in research, design, and institute. In the traditional education and politics of colleges and universities, teachers typically solve the problems of college students learning and life through job restrictions, incentives, punishments, and fair education. However, in practice, some of the issues of college students do not appear to be related to their lack of morals but to their deep thinking. Therefore, teachers should investigate the causes of college students' deep thinking problems and hone their teaching strategies accordingly.

The new emphasis is placed on developing a healthy mental condition in college students and the quality of ideological and physical education in colleges and universities. Universities should adhere to the education and humanization ideology, perform instructional activities, and guide the student environment. Consequently, university lecturers of ideology and physical education should nurture ideals based on their students' genuine demands. College students, for the brain and development of college students, to work exclusively for college students, to change the philosophy of independent study and teaching from strictness to college students, to follow school rules and regulations to concentrate on the minds of college students, in college students only helps college students develop healthy habits by instilling morals. So, university students studying philosophy, politics, and health can promote the development of college students and collaborate. College and university administrators should create career plans for college mental health students and create favorable conditions for their development. Mental health educators should provide timely counseling to college students, and mental health students should implement an information confidentiality policy. This will assist college students in

reconciling their feelings, avoiding bad behavior, and integrating MHE and PE.

Conclusion

Organizational education in colleges and universities, political philosophy, and mental health research among college students all have comparable educational objectives. PE is the foundation for the growth of MHE and mental health integration. Integration of party positions into ideological and physical education has a favorable impact on the growth of college students. The development countermeasures of the ideological and political work of the shooting and archery teams consist of strengthening the leading role of the ideological and political work norms of the shooting and archery teams, stimulating the initiative of the main body of the ideological and political work of the shooting and archery teams, ensuring the effectiveness of the ideological and political work content of the shooting and archery teams, and exploring the innovation of the ideological and political work content.

The scientific character of shooting and archery teams' ideological and political objectives. To support the integration of MHE with ideology and PE by conducting ideology and PE of university students as a perspective, to integrate mental health research when teaching the content of ideology and PE, to form a service system, and to strengthen the construction of teachers' papers, to realize the cooperation between the two, to play a crucial role in educating college students as they mature, and to lay a solid foundation for college students to better adapt to their environment. Social skill requirements of the new era, colleges, universities, and families to establish a new ecology of higher education and promote good skills with morals and abilities. Utilize network media tools to enhance the publicity and education of the Shanghai shooting and archery sports team, enhance the objective, content integrity, pertinence, and timeliness of the team's ideological and political work, and address the organic combination and unity of the social, collective, and individual objectives of the team's ideological and political work. Strengthen the innovation and relevance of the content of ideological and political work, formulate the content system of ideological and political work in

different periods, combine the characteristics of athletes and the development requirements of ideological and political work, enhance the content of ideological and physical education, such as patriotism education, and improve the ideological and political literacy of ideological and political educators and athletes in every way.

Theoretical Implications, Practical Implications, and Future Directions

Theoretically, this research has contributed to the advancement of MHE-related knowledge. First, the study has contributed to the body of knowledge by demonstrating the direct effect of MHE on PB. This discovery is new to the body of knowledge, and these results were not mentioned in previous research. Second, the study has contributed to the body of knowledge by demonstrating the direct effect of MHE on ideological education. Previous research did not mention these findings and this novel relationship in the corpus of knowledge. Lastly, the study has contributed to the body of knowledge by demonstrating the direct effect of MHE on PE. Notably, this is a novel development in the body of knowledge, and these findings have not been reported in previous studies.

In practice, this study stressed that students' MHE should be raised over time. Teachers are supposed to improve the mental health of their students reliably. The student's mental health is necessary for improved performance in various daily activities. There is a need to enhance sports instruction for students in all educational institutions. In addition, teachers are obligated to enhance students' work to increase their health and mental capacity.

Furthermore, this research demonstrates that sports MHE significantly impacts party building, ideological education, and physical education. Moreover, the findings of this study are innovative and have essential theoretical and practical ramifications. Future research must examine the mediating effect of student cognition between the hypotheses developed in this study. In addition, future studies must collect longitudinal data to validate the conclusions of this research. Yet, the future directions of this research are crucial for researchers conducting additional research.

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