

# The influence of teaching practice of ideological and political integration into sports on students' mental health

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## Abstract

This research is conducted to determine the impact of ideological and political integration on students' mental health. The mental health of college students has always been a concern for society. The prevalence of psychological disorders among college students is approximately 25 percent, increasing, which is cause for concern. This study employs questionnaires and statistical analysis to examine the effects of psychological and political factors on physical education teaching for the mental health of college students. With a recovery rate of 94.2%, 198 out of 210 randomized questionnaires were positive. The results of Guttman's inquiry are adopted, and its repeatability reliability is 0.81, which has some validation in terms of validity and validity criteria. The spherical test result indicates a level of significance of 0.000, indicating a level of significance. Strengthening the training system, the practice of athletics, and the difficulty of communication in college and university-integrated teaching management determines its irreplaceable function and influence in promoting college students' mental health.

**Keywords:** College ideological politics; Physical education; Mental health; Influence

## 1. Introduction

The college learning stage is a relatively significant period of a student's existence, particularly for college-aged students who fit physical and mental stereotypes. Thus, the new college physical education and health standards highlight the comprehensive physical education curriculum. Furthermore, learning sports knowledge and skills is essential to students' psychological health (Phipps & Blackall, 2021). Therefore, the new curriculum standard for college physical education and health emphasizes the comprehensiveness of the physical education curriculum, which is not only limited in the traditional sense but also plays an essential role in students' mental health. Therefore, instructors must recognize the significance of a well-rounded physical education (Kulkarni, Nusbaum, & Boda, 2021). Furthermore, to realize the comprehensive and healthy development of students' bodies and minds, they must also recognize the significance of mental health education in physical education and promote the growth of students' mental health through various teaching strategies (Kochanek & Erickson, 2019).

College students' mental health education generally refers to the knowledge and services provided by educational institutions to students to resolve psychological issues and enhance mental health. Mental health education in schools is an institutionalized educational endeavor. To effectively guarantee, promote, and develop students' mental health and sound personality, it is an educational activity for

educators to apply multi-disciplinary educational theories and technologies based on psychology and pedagogy to students' psychological fields in a planned and purposeful manner (Zhao & Zhang, 2021). It can be seen that the purpose of mental health education for college students is to exert influence on students through various educational means to ensure that students are in a state of mental health in terms of knowledge, emotion, righteousness, and behavior, among other factors (Mishra et al., 2023). Education helps students develop average intelligence, cultivate stable and joyful emotions, noble emotions, a resolute will, a good personality, and positive interpersonal relationships, among other things. Collect art and co-create a new life of morality, intelligence, physique, and aesthetics with all individuals. Its primary objective is to promote development, assist college students in maturing cognitively, and enhance their capacity for social transformation (Yao & Zhang, 2021). Students with psychological issues should be "remedied."

Promote the mental health knowledge of college students vigorously and ensure that they receive multidimensional psychological guidance and counseling from society, family, and school, including adolescent psychological guidance and counseling. Additionally, it includes emotional and emotional counseling and guidance. In addition, learning advice and counseling, psychological guidance, and counseling enhance personality and social adaptability (Dovchin, 2020). Therefore, the pertinent members of society, particularly college instructors and

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parents, can detect psychological problems in learning promptly, thereby preventing and mitigating their occurrence. Furthermore, psychological health education can assist college students with environmental adaptation, self-control, learning and intelligence, interpersonal communication, friendship and affection, hunting and career choice, self-development, and psychological adjustment (Mwaanga & Adeosun, 2020). Therefore, college students can develop physically and mentally healthily, become a new generation with a healthy body, good psychological quality, and comprehensive moral, intellectual, and physical development, assume the weighty responsibility of building ancestors, and rule the 21st century.

This study aims to ascertain the influence of ideological and political integration teaching practices on students' mental health. The term "health" encompasses both physical and psychological well-being. However, previous research has shown that in various periods of physical education, the prevalence of this disease, that is, the understanding of physical education, is too one-sided, encompassing only physical quality and light psychological quality. In addition, emphasis is placed on imparting technological knowledge, enhancing physical health, and promoting mental health. This study contributes novel theoretical findings to the literature on students' mental health. In addition, this research's implications for students' mental health are presented. Additionally, the research has some limitations that academicians must address in future studies.

## 2. Literature Review

College students face numerous obstacles, maladies, and psychological issues (Dowling, 2020). According to the available information, a psychological survey of thirty thousand college students was conducted. The results indicated that 35% of the students suffered from mental disorders, while only 8% had outstanding mental health. In recent years, mental imbalance and mental disorders have been one of the most significant hazards to people's health (Eryong & Li, 2021). According to a survey, depression has the most significant burden of all maladies. In addition, anxiety, despondency, suspicion, and other negative factors continue to manifest themselves in the development of the students. However, the level of mental health directly affects the mental health of college students, their learning attitude, and academic performance, among other variables (Liu, Xiantong, & Starkey, 2021). Traditional ideological and political education in colleges and universities significantly emphasizes cultivating and

developing college students' ideological and political morality while ignoring the cultivation of their ideological and political quality (Yun, Ravi, & Jumani, 2022). Figure 1 depicts the model of mental education. Presently, China is experiencing a period of social transformation, and the mental health of college students is poor (Azimovna, 2022). In the actual work of college students, more than 20% have divergent perspectives on psychological problems, problems, and even mental maladies, which manifest in various forms, including anxiety, anxiety, emotional disorders, and long clouds. Directly or indirectly, psychological issues inhibit the growth of personal emotions and the formation of new ideas (Shaw, 2021). Therefore, health education cannot be neglected if ideological and political education for college students is to meet its objective requirements.

The World Health Organization states, "Health is the best state of body and mind, with good adaptability, and not just the absence of disease and weakness." It encompasses physical health, mental health, and social adaptation. Mental health refers to an individual's capacity to maximize their potential and manage and adapt appropriately to interpersonal relationships. It should contain two meanings: the absence of mental illness and a positive psychological state (Huy et al., 2021). Incorporating physical education into ideological and political education at the college level is a topic with its primary form and function as its central content. It is a subject whose fundamental content is physical education. It is a subject whose foundation is physical education. Teaching ideological and political education in physical education in colleges and universities is unique and characteristic of other disciplines. It contributes positively to applying psychological education to college students (Wu, Xu, & Qian, 2021). The founder of the modern Olympic Games, Pierre de Coubertin, wrote in his famous book "Ode to Sport" that "sport is courage and fun" (Rong & Gang, 2021). It brings people happiness, broadens their perspectives, and makes them more organized. It can relax depressed people, alleviate their melancholy, and make happy people's lives sweeter.

(Roychowdhury, Ronkainen, & Guinto, 2021). In this manner, students can approach all practical issues, such as psychological disorientation, learning pressure, employment pressure, and interpersonal barriers, with a scientific attitude and the correct way of thinking. However, according to Kulkarni et al. (2021), the traditional methods and tools of ideological and political work cannot effectively resolve a number of problematic behaviors and psychological obstacles observed in daily life.

Specific methods are frequently based on human relations. Additional procedures, such as criticism, guidance, instruction, and institutional constraints, ensure that students act within a particular behavioral framework (Dovchin, 2020; Kochanek & Erickson, 2019). Mental health education is based on the theoretical foundations of psychology, pedagogy, medicine, and social behavior, and more methods such as listening, inquiry, discussion, observation, and activities are employed. Edyburn et al. (2021) assert that by analyzing the social relations, familial history, interpersonal communication, individual physiology, and psychology of college students, we can get to the root of the problem. (Mwaanga & Adeosun, 2020). In this manner, the students can freely express their perplexity, identify its source, and resolve their psychological issues.

The primary objective of mental health education for college students is to cultivate positive psychological traits that enable students to adapt to society, adapt to life, and appropriately handle life experiences such as pleasure, anger, sorrow, victory, and defeat (Garcia, 2020). Although the two duties are distinct, the ultimate objective is for students to become qualified talents who can more effectively adapt to society and serve society (Camiré et al., 2022). Therefore, most mental health education at colleges and universities involves psychological consultation (Kiekens et al., 2023). Relevant staff includes physicians in school hospitals, professional teachers, psychology, pedagogy, and other professional teachers, and ideological and political education teachers for full-time students.

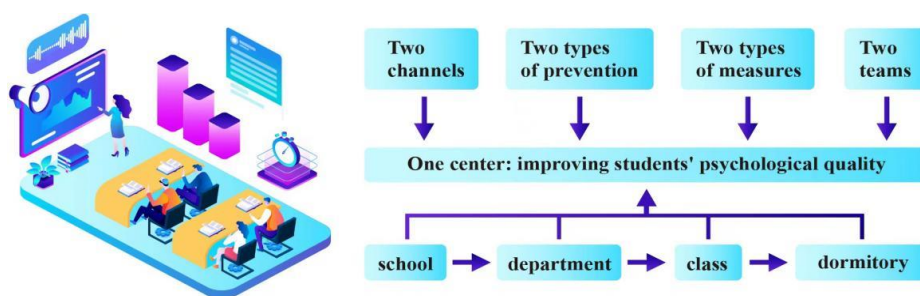


Figure 1. Model of mental health education.

### 3. Research methods

The data for this quantitative study were collected from students. The information is collected using a questionnaire. The questionnaire is based on the findings of previously published studies. In addition, the results of this study are consistent with prior knowledge and published literature based on empirical evidence. There are 400 students enrolled in a university's community class. This study analyzed the effects of psychological and political factors on physical education teaching for college students' mental health using the questionnaire method and empirical statistics. It involved the distribution of 210 questionnaires to respondents, of which 198 were returned for a recovery rate of 94.2%. This research examines the t-values and p-values to determine the ultimate findings. Both t-statistics and p-values are regarded as significant for

studying the particular results of this study. Therefore, the data is analyzed to determine these statistics, contributing to the corpus of knowledge and literature with significant findings.

### 4. Result analysis

#### 4.1 The impact of the teaching practice of ideological and political integration into sports on college students' mental health

In the following Table 1, there are 11 sub-items of four factors: motor skill factor, volitional quality factor, social interaction factor, and self-expression factor. The cumulative contribution rate reaches 79%. Furthermore, the spherical test results show that the significance level is 0.000, indicating a significant level.

Table 1

Composition of mental health factors of college students

Factor SN	Factor naming	The specific content of each factor	Contribution rate	Cumulative contribution rate
Factor 1	Motor skills	Learn sports skills and improve your sports level	3.4	3.4
Factor 2	Will quality	Tough, self-control, persistent, and brave	21.1	54.5
Factor 3	Social communication	Collective concept, exchange, and communication	14.2	68.7
Factor 4	Self-catharsis	Depression, anxiety, hostility	10.3	79

**Table 2***KMO and Bartlett spherical inspection results*

KMO and Bartlett's test		
Kaiser—Meyer—Olkin of Sampling		0.73
Adequacy		1878.7
Bartlett's test of Sphericity	Approx. chi-square	
	df	29
	Sig	0.000

Four factors are listed in Table 1, including the motor skill factor, the volitional quality factor, the social interaction factor, and the self-expression factor. The cumulative rate of contribution is 79%. The spherical test result indicates that the significance level in Table 2 is 0.000. Increasing the physical quality of college students is one of the objectives of combining political and ideological education in physical education. The average ratio is 33.4%, which is notable. When college students participate in ideological and political education in physical education teaching, they cultivate their excellent sports hobbies, master various sports techniques and tactics, enhance their understanding of sports, strengthen their physique, and enjoy sports. It can also boost self-confidence, particularly the sense of victory and honor that comes with defeating an opponent repeatedly in competition. In addition, it dramatically benefits his mental health and ability to devote himself to studying with all his energy.

In physical education and instruction, college students will always encounter internal and external obstacles and problems, such as inner anxiety, fear, external environment, atmosphere, sports equipment, etc. Nevertheless, students can be trained to face reality, overcome obstacles with courage, have self-respect and self-confidence, be strong and resolute, forge ahead, be calm and decisive, be diligent and realistic, be fair and honest, be considerate and friendly, cooperate, to have

a strong sense of responsibility, to be optimistic and rational, and to promote personality improvement and personality integrity, as well as to prevent the formation of negative psychological qualities, upon reaching the training goal.

The talent competition is primarily one of quality. Consequently, dealing with the intense pressure brought on by competition is crucial, including how to eliminate excess pressure, modify your mood, and select appropriate release methods. The heavy task of discipline, the increase in social anxiety, and the appropriate selection of their preferred sports, such as sanda, basketball, swimming, etc., to vent their depression and irritability will assist college students in overcoming psychological obstacles.

#### **4.2 Comparison of physical fitness data before and after the integration of ideological and political education into sports in colleges and universities**

After exercise training, the vertical bifurcation of the left and right legs decreased by 6.54 cm and 6.51 cm, respectively. In addition, the horizontal fork decreased by 2.55 cm, and the forward bending and elongation values of the seated body increased by 6.9 cm, indicating that the integration of ideological and political training significantly affects the body's flexibility ( $P < 0.01$ ). The results of the 50-meter dash have improved, but the difference is not glaring; (see Table 3).

**Table 3***T-test of independent samples of body function before and after the experiment (N=225).*

Measurement index	Before experiment	After experiment	T value	P value
Balance function crane test/s	21.78±3.16	35.36±4.09	20.375	0.002**
Flexible longitudinal fork left/cm	16.91±3.35	10.37±3.83	8.435	0.003**
Longitudinal fork right/cm	15.10±3.07	8.59±5.57	6.711	0.005**
Transverse fork/cm	27.15±2.13	24.60±4.01	3.842	0.008**
Sitting forward, bending/cm	10.15±5.31	17.05±4.78	9.304	0.002**
Standing long jump/cm	164.5±4.22	181.36±3.89	3.162	0.019*
Speed (50 m run)/s	9.56±3.07	9.35±2.65	1.684	0.158
Endurance 12-minute run/m	1954±279	3147±325	18.59	0.013*

Note:  $P < 0.05$  is a significant difference, marked with "\*",  $P < 0.01$  is a very significant difference, marked with "\*\*", the same below

### 4.3 Influence of Ideological and political integration on mood before and after sports

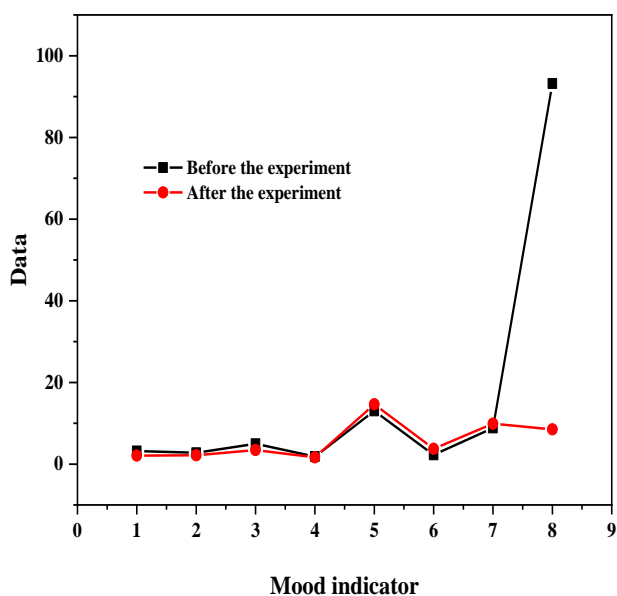
The influence of ideological and political integration on the disposition of female college students before and after athletics training demonstrates (see Table 4 and Figure 2) that the disposition of female college students has changed significantly (see Table 4 and Figure 2). The difference in TMD scores before and after 15 weeks of ideological and political integration into sports training

is statistically significant ( $P < 0.05$ ). In addition, there are substantial distinctions between the four indicators of tension, fatigue, energy, and panic, which are mood-influencing factors. After 15 weeks of ideological and political training, the anxiety, anger, fatigue, depression, and other indices of female college students were lower than before training, indicating that ideological and political training has a significant impact on the improvement of female consciousness among college students.

**Table 4**

*Comparison of mood indicators of female college students before and after the experiment.*

Project	Before experiment (M±S)	After experiment (M±S)	T value	P value
Nervous	3.20± 2.362	2.09± 2.52	3.102	0.004**
Anger	2.77± 2.289	2.17± 2.65	1.533	0.135
Fatigue	4.97± 3.650	3.46± 2.78	2.656	0.012*
Depressed	1.86± 2.185	1.66± 2.41	0.509	0.614
Energy	13.03± 4.449	14.66± 4.61	-2.408	0.022*
Flustered	2.26± 2.133	3.74± 2.37	-3.224	0.003**
Self-esteem	8.83± 2.986	9.9± 3.32	-1.698	0.099
TMD (total)	93.2±13.588	8.5± 16.35	2.17	0.037*



**Figure 2.** Line comparison of mood indicators of female college students before and after the experiment.

### 4.4 The Influence of Ideological and political integration movement on female college students' Body and Mind

Multiple muscles are developed through aerobic and anaerobic exercises, constituting strategic and political integration. Ideological and political integration requires students to consume excess fat in the waist, abdomen, and other body regions via technical exercises such as knee lifting, body rotation, and hip delivery (Kulkarni et al.,

2021). Students can simultaneously burn excess fat and increase body flexibility through continuous repetitions of technical movements and activities for specific muscle groups. Each day, the ideological and political training is integrated into the physical training period for approximately one hour. Maintaining a moderate intensity of exercise can effectively burn body fat, resulting in weight loss and body sculpting (Phipps & Blackall, 2021).

After 15 weeks of ideological and political integration into sports training, the subjects' physical function was significantly altered. Through comparison, it was determined that the resting pulse rate decreased substantially before and after exercise. It reflects the increase in stroke output of female college students and the corresponding increase in cardiac output following metabolic needs, the thickening of myocardial fibers, the enhancement of myocardial contractility, the increase in blood supply capacity, the satisfaction of physical needs, the decrease in heart rate beats, and the improvement in vital capacity index. When practicing ideological and political integration into the exercise process, the subjects' respiratory muscles were fully trained in the continuous medium-intensity technical movement exercise, the blood supply of respiratory organs was increased, the blood oxygen saturation was increased, and the number of pulmonary alveoli that could participate in breathing was increased, thereby enhancing the lung ventilation function and exercising the cardiopulmonary function. Before and

after the step test, there are significant differences in the data, indicating that the heart's capacity to withstand high-intensity exercise has increased.

After 15 weeks of integrating ideology and politics into sports training, the body flexibility of female college students has significantly increased. There are significant differences in the indicators of female college students' horizontal and vertical fork, sitting forward bending and single leg balance and upright, and the ability of the sport has been significantly enhanced, indicating that the integration of ideology and politics into sports can effectively improve the flexibility training of the Human Body. This is primarily because the ideological and political integration movement requires another leg to support the ground to maintain balance and complete the movement during the kick to promote the balance of the single leg to be exercised. In addition, the height of the kick and the rotation of the hip joint promote a significant stretch in the flexibility aspect before training and improve the index of the horizontal and vertical fork and forward bending of the sitting body.

In addition, the strength and endurance of female college students have substantially increased, as measured by the results of the 50-meter sprint and 800-meter endurance run. This is because not only do the large muscle groups of the body participate in the exercise of ideological and political integration into sports technical actions, but also the small muscle groups work together, such as in foot rotation, kicking, and other actions, so that the muscles move alternately between contraction and relaxation while maintaining the moderate training intensity to exercise and stimulate the muscle groups adequately to improve muscle sturdiness. Ideological and political integration sports is a new sport that integrates physical fitness, athletics, ideology, and politics. Through daily practice and physical confrontation, it seeks to fortify the exercisers' mental fortitude and physical fitness, as well as sharpen their psychological disposition. Through ideological and political integration into the movement, fighting wits and courage in fighting each other significantly promote the logical thinking, psychological stability, and analytical judgment of female college students, and anxiety and tension significantly decrease.

## 5. Discussion

The principle of difference in consultation necessitates considering the individual characteristics, congenital factors, living conditions, personal experience, and educational background of the consultation object (Dovchin, 2020). The principle of the pertinence of

ideological education necessitates that the objective deviation in the students' actual thought, study, life, and psychological activities be analyzed according to their physical, mental, ideological, and personality characteristics (Kochanek & Erickson, 2019). Second, the principle of reasonable consultation is compatible with the principle of rationally combining ideological and political education. The focus of reasonableness in consultation necessitates being truthful with the consultation object, causing them to open their spirits and willingly cooperate to receive direction or treatment (Edyburn et al., 2021). In ideological education, combining emotion and reason emphasizes emotional resonance between the educator and the student (Wu et al., 2021). Better results can only be achieved by appealing to reason and emotion; third, the inspiration and guidance of consultation are consistent with the educational requirements and indoctrination principles of ideological education. The focus of inspiration and advice in consultation dictates that, based on the specific situation of the consultation object, relevant scientific principles and laws must be applied to assist the consultation subject in adjusting their thinking methods and attitudes by using reasonable opinions and recommendations. Psychological education and ideological and political work can be seen to have both external and internal connections (Rong & Gang, 2021).

First, China is currently in a crucial phase of reform and development, and its encircling environment is relatively complex (Kulkarni et al., 2021). The diversification of economic composition, economic interests, social lifestyle, social organization form, people's ideas, and value orientation, among other factors, is becoming increasingly evident. Consequently, the new job-selection situation, employment mode, and even the new lifestyle and living environment will inevitably have a profound impact on young students. Some students with relatively poor psychological quality will experience a negative effect on their ideals, beliefs, and pursuits, such as wavering, confusion, and hesitancy, which will directly impact their life, study, and work.

Second, the global situation is constantly evolving, and hostile forces continue to exist and are not vanishing. They are attempting to intensify ideological and cultural infiltration in a variety of methods, including "China threat theory," "human rights above sovereignty theory," "Western centralism," "cultural globalization," and "common values for all humanity." Significantly, due to the rapid development of network technology, the transmission of information is accelerated, the transmission channels are diversified, and the data content is intricate. Moreover, youthful college students have become most Internet users in China due to their

increased acceptance of novel concepts. On the one hand, network culture provides young college students access to a wealth of information, but on the other, it may lead to conflicts and failings in their outlook on life and values. Applying scientific ways of thinking and methods to adjust and alleviate psychological barriers in times of confusion and hesitancy and adhering to correct beliefs and life attitudes has become the meaning of ideological and political work in colleges and universities (Camiré et al., 2022).

Thirdly, college students are of a certain age. They are quick-witted, receptive, imaginative, curious, inventive, and open to new experiences. Additionally, the development of self-awareness tends to be stable and independent. However, for college students to realize their ideals, contemporary society's rapid growth also generates a vast space and limitless opportunities. In addition, because the life trajectory of modern college students is seamless and campus life and social practice are vastly different, their psychological resilience and social adaptability are low, and their psychological stability is unstable. Facing a colorful and competitive society, college students are likely to lose the ability to distinguish and think accurately due to a lack of psychological quality and to become confused between ideal and reality, between social identity and self-evaluation, such as maladjustment brought on by changes in the family and campus environment.

Due to their differences and interdependencies, the two cannot be equal or separated (Maranto & Wai, 2020). The method is to incorporate ideological and political education into the process of resolving psychological issues, fostering the psychological growth of college students, and enhancing their ideological quality. Teachers should adhere to the principle of psychological work in ideological and political work and improve the effectiveness of ideological and political education. Only in this manner can they cultivate morally and mentally sound talents.

Integrating mental health education, particularly technology counseling, into the ideological and political work of college students is an objective requirement of contemporary college students' time, social environment, and psychology (Garcia, 2020). Ideological and political personnel in colleges and universities should adhere to the goal of "student-centered, qualified talent training following social needs" and explore effective ways to combine ideological and political education with psychological health education so that students can develop and improve their ideals and beliefs, moral cultivation, good thinking, and behavior, among other attributes (Phipps & Blackall, 2021).

## 6. Conclusion

Sport is a form of physical exercise, but physical activity significantly impacts the physiology and psychology of students. It can not only make the body robust and fit but can also effectively and reasonably release negative emotions. Consequently, it can effectively alleviate personal tension and depression and enhance emotional stability and self-confidence. Therefore, teachers should conduct open physical education with students as the main body, taking into account the physiological and psychological characteristics of college students, selecting the content of physical education that students enjoy, focusing on the enjoyment of physical education, allowing students to participate in their preferred sports activities actively, and mastering a variety of sports skills through engaging sports. Concurrently, the mood gains a sense of accomplishment and enjoyment. Through physical education, students can learn how to confront adversity, overcome frustration and anxiety, quickly eliminate the negative emotions of annoyance and pain, achieve a pleasant, positive emotional state, and approach study and life with an optimistic outlook.

Teachers should cultivate college students' health awareness, promote quality physical education instruction, disseminate the guiding ideology of "health first," encourage improving college students' sports skills, willpower, social communication, and other skills, and enhance social adaptability. The movement of ideological and political integration in colleges and universities has the dynamic nature of teaching practice, the practicality of physical activities, the three-dimensional nature of interpersonal communication, and the complexity of the psychological operation, which establishes its unique role and characteristics in promoting the mental health of college students in other disciplines. This study has eleven subitems of four factors, including the motor skill factor, the volitional quality factor, the social interaction factor, and the self-expression factor, with a total contribution rate of 79%. The spherical test result indicates a level of significance of 0.000, indicating a level of significance. Strengthening the training system, the practice of athletics, and the difficulty of communication in integrated teaching management in colleges and universities determine its irreplaceable role and influence in promoting the mental health of college students. In addition to cultivating students' awareness, habit, and ability to adhere to physical exercise, college physical education also develops students' solidarity, cooperation, and competition abilities. To achieve the school's survival education function, college physical education courses should gradually cultivate

students' cooperation ability to adapt to an increasingly competitive social environment in the future, laying a solid physical quality and excellent ideological quality foundation.

### 6.1 Theoretical Implications

Significant findings from this study indicate that ideological and political integration are required to influence students' minds. The students are new and experience various forms of tension. However, this research addressed the gap in the literature by highlighting the need for students to adopt an effective strategy to promote their mental health. It is also the students' responsibility to ensure that the teachers collaborate and enhance the students' academic performance. Critically improving pupil performance is a more effective method of educating teachers. When students are effectively working, have a positive mental attitude, and exhibit positive energy, teachers must motivate them. The relationship between students and teachers should be robust, and they must collaborate to enhance students' mental health. Providing trustworthy information can improve students' mental health and academic performance. Better mental health makes it possible for pupils to learn more effectively, but it requires effort to move in the right direction. Teachers providing students access to dependable education can enhance their personality and learning.

### 6.2 Practical Implications

This study has significant findings that can be implemented with confidence. First, the mental health of students motivated to enhance their academic performance is essential. Teachers are required to improve their students' mental health. In this way, the study demonstrated that instructors are primarily responsible for the success of their students. Access to essential information is the key to enhancing students' comprehension and learning performance. The reliability

of students' learning and performance is contingent upon their active mental health, which is only feasible when their teachers appropriately support them. Third, the relationship between students and teachers can significantly enhance students' mental health. The impact of ideological and political integration in sports is the path forward that can actively improve student performance. Teachers should encourage students to pursue health education to improve their academic performance. Students can perform better in their relationships with their instructors if they receive a dependable sports education. The primary method for enhancing students' academic performance is to improve their mental health. Critically enhancing student performance is most effectively achieved by promoting mental health. This study concludes that strengthening the training system, the practice of athletics, and the difficulty of communication in integrated teaching management in colleges and universities determines its irreplaceable role and influence in promoting the mental health of college students.

### 6.3 Future Directions

The limitations of this study must be addressed in future research, even though this study's findings are significant based on empirical findings in the literature. Future research must first ascertain the effect of health awareness on students' mental health. Similarly, future research is required to determine how students' mental health affects their psychological well-being. Thirdly, future research is needed to assess the effect of teacher motivation on student mental health, with health literacy serving as a moderator. However, additional research must be conducted on distinct populations to provide significant implications for the corpus of knowledge. Finally, this research's findings cannot be generalized because the data obtained from students in a single region are limited. In this manner, future research should also collect data from populations in different areas to confirm the findings of this study.

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