



Discussion on Self Adjustment Method of Sports for Psychological Health

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Abstract


With the aggravation of the social competition, the mental health problems brought by the pressure have a great impact on people's life quality. Physical education as the main means to promote human physical health can also play an effective role in the human body's psychological health. This article mainly began from the role of physical education for promoting mental health of the human body, through the studying of the self-regulating methods for the psychological health to provide a way of self-regulation for human mental health.

Keywords: Psychological health, PE, Self-regulating, Method, Participation, Promotion,.

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1. Introduction

In today's society, the competition of human in society is becoming more and more serious. Especially in China, the traditional thinking of the utilitarianism for thousands of years is serious. It can be said that from the beginning of the birth, the competition will be accompanied by life, but this kind of competition consciousness and competition environment cannot change in short term. So the intrigues occur from time to time in the process of competition and the trust between people is declining, which led to all kinds of psychological problems have occurred from time to time in the process of competition. with the continuous development of society, competition intensified and psychological problems caused by the competition has no age limited, psychological problems caused by competition which leading to various events happened in all ages, therefore adjust psychological problems has become an important task in our country. As is known to all, it is no doubt that sports as a kind of human body activities has a great role in promoting body health, Then, the promotion of sports to human mental health has also been recognized by the public. But according to the effect of sports on mental health and how to establish sports self-regulating and controlling methods are rarely studied, and this is what people demand when they are out of school physical education which only a short time in life .So, this paper puts forward the self-regulation and control method of physical education based on the study of the effect of physical education on human mental health, and hoped to improve the overall improvement of mental health in our country.

2. Promoting Effect of Physical Education on Mental Health of People

2.1. Sports on the Promotion of Social Communication

It is because of social intrigues; the relationship between people gradually alienated, and then limits people's social communication ability. However, today's society is a cooperative society, although people are wary, but must be effective collaboration, so the social communication ability is particularly important. Sports provide a platform for the exchange and promotion of communication. People in the process of participation in sports, is bound to exchange or contact with other people in a certain space and environment (Gao, 1990) and this must Greatly increases the opportunity to communicate with other people, and promote the Interpersonal development of human. For example, by taking part in the collective activities, we can recognize the people who share the same interests, a friendly exchanging and competition on the sports field. This process is not only to allow them to get the concept of self-perception, but also to get to know more friends and let the mood to pleasure.

2.2. The Adjustment of Sports to the Bad Mood

Feelings and emotions are a feedback and experience to the objective reality of body. Mental health requires people to be able to do the appropriate regulation of their emotions and emotions according to the actual situation. But because people who lack a necessary means to vent their grievances, then all kinds of bad feelings continue to accumulate and gradually produced biased, distorted mental state, and impact on human health, or even cause serious consequences. Such as Ma jiajue Case, the grand event is due to be laughed at by his classmates, and can not correctly deal with their feelings, then go to the extreme revenge (Gao, 1990). Behind a series of events, chasing the tracing ability can found who cannot handle their emotion, then format the psychological problems. One of the most obvious functions of sports is to regulate the nerve center of the brain and can transfer the concentration from the negative state of mind participating in the sport can move and vent out the unpleasant emotional quickly, make the inner state of people to be soothing, help people build a positive, stable and optimistic attitude.

2.3. The Relieve of Sport to the Mental Fatigue

In the state of fatigue, people's mental state will produce negative mind, which is not conducive to the shaping and cultivation of mental health. The narrow sense of fatigue refers to the body fatigue, the generalized fatigue also include mental fatigue. Only when the individual psychological pressure is too large, this will make people feel the spirit fatigue. It is clear that both the physical fatigue and mental fatigue have no benefit to people. A person who is in a state of fatigue will produce a depressive mood, a solitary and lazy mental state and a depressed will, which will directly affect academic achievement. Through participation in physical exercise, such as jogging, walking or some other aerobic exercise can relieve physical and mental fatigue. A large number of medical research proof that the human body in exercise process can produce a kind of promote pleasurable thing called the endorphin, which can relieved the anxiety. So, the body movement can help people to eliminate fatigue is also an effective way to cultivate healthy psychology.

3. Sports Self Regulating Method

3.1. Choose Appropriate Sports Items

Sports have a variety of item, but for personally, it is not suitable to participate all, even the very love project is not necessarily suitable for participation. Each person's body structure, muscle type is different; its physical quality is also different. Different sports put forward different requirements for physical quality of people (Yao, 2016). Therefore, in the choice of sports, the individual can accord to their own situation to determine suitable sports. Of course, we also join the unsuitable sports project, but cannot experience the success in the not suitable sports project for a long time will be directly affect the psychological too.

3.2. Cultivating Sports Interest

Sports interest is the direct motive of sports participation, if there is no interest as a guarantee, participation motivation will fall. How to train the sports interest? First of all, choose their sports. As has been said above, suitable sports items allow participants to enjoy the joy of success, and willing to invest in the project; secondly, by watching the related sports events, let the wonderful events attract us and through the example demonstration to improve participation interest; thirdly, choose effective training methods. Effective training can effectively improve the level

of exercise. The deeper sports level, the higher understanding of the sports project, and then become more involved in the related activities.

3.3. Excavate the Beauty of Sports

Beauty is the goal that human beings have been pursuing since ancient times. No matter what kind of things, once connecting with beauty, will get people's love and pursuit, the same is true for sports. In fact, no matter what kind of sports events, this has a close relationship with beauty. For example, long time engaged in sports, the body will become more symmetrical; this is a kind of physical beauty. In addition, often engaged in sports, looks more young, this is a kind of beauty. While wearing clothing when engage in sports and give people a full of youthful spirit beauty. In a word, there is infinite beauty in sport. Sports participants, once engaged in sports and found the beauty of sport, will be more involved in sports.

3.4. Dilute Athletics, Strengthen the Entertainment

In the last century, our country has developed competitive sports with the strength of the whole nation and has achieved remarkable results. After twenty-first Century, under the drive of competitive sports, mass sports have made great development. The purposes of sports gradually change from getting gold to health promotion. The transformation from the movement to the activities has also led to the transformation of sports to the entertainment. If winning is the sole purpose for sports participants, the motivation of participate in sports has changed. If competition has become the main, the fail will also impact on people's psychology. Therefore, the competition should be used as an auxiliary for entertainment; its purpose is to promote the entertainment. However, it is not completely abandon the competition, or sports activities cannot live longer. Therefore, in the sports movement, the participants should play down the athletics firstly and Taking the entertainment for body and mind as the main objective of participation.

4. Conclusion

We all know that sports can improve the health of psychological. But, everything has two blades. When people take part in sports without procreate ination, they also get frustrate. So when people join the sport, they must choose the appropriate sport item base on their interesting, and then find the beauty of this item. In addition, diluting athletics, strengthening the entertainment is the essence to avoid the frustration from the sports. All these are self adjustment method of sports for psychological health.

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