

# Study on the Positive Influence of High School Sports on College Students' Psychology

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**Abstract:** The purpose of this study is to explore the positive influence of college sports on college students' psychology. Through relevant theories and research reviews, we found that college sports can enhance college students' self-esteem and self-confidence, reduce their stress and anxiety, and develop their sense of teamwork. Finally, we summarise the study and make suggestions for further research. This study has important theoretical and practical significance for understanding the impact of college sports on college students' psychology.

**Keywords:** College Sports, College Students' Psychology, Positive Influence.

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## 1. Introduction

The study of the positive influence of college sports on college students' psychology is a topic of great significance. With the development and progress of society, the psychological health of college students is getting more and more attention. As an important social and cultural activity, sport has a positive influence on the psychological development of college students [1]. However, due to the influence of social environment, individual differences and college sports policies, there are some differences in the way and effect of college sports on college students' psychology. In the past few decades, research on college sports and college students' psychology in academic circles around the world has achieved some useful results. Chinese scholars have mainly focused on the positive effects of college sports on college students' psychology, such as enhancing self-esteem and self-confidence, reducing stress and anxiety, and cultivating a sense of teamwork. Therefore, continued in-depth research on the positive effects of college sports on college students' psychology can help provide effective intervention strategies and guidance for college students' mental health [2].

## 2. Related Concepts

Collegiate sports refers to sports activities conducted in universities and institutions of higher education. It is an important part of school physical education, aiming to promote the physical and mental health development of students through sports training and events.

Higher education sports are characterised by the following aspects.

Diversity and comprehensiveness. College sports include a variety of sports, such as football, basketball, swimming, track and field and so on. It covers a wide range of sports and can meet the interests and needs of different students.

Educational and Cultivation. College sports focus on cultivating students' good sports habits and sports literacy, cultivating students' will quality, teamwork and cooperation spirit through sports activities, improving their physical and psychological qualities, and cultivating their ability for all-round development [3].

Popularity and participation. Sports activities in colleges and universities are not only for professional sportsmen or

sports enthusiasts, but also for all students. It focuses on the participation and enthusiasm of every student and provides equal opportunities and conditions for every student to participate in sports activities.

Competitive and Competitive. Sports in colleges and universities not only focus on training and exercise, but also on competitions and contests. Through matches and competition, students' fighting spirit and competitive consciousness can be stimulated to promote their all-round development [4].

Health and Lifestyle. High school sports emphasise a healthy lifestyle and a positive mindset. Through sports activities, students can exercise their bodies, relieve pressure, cultivate good living habits and mental quality, and improve the quality of life.

Overall, college sports play an important role in cultivating the physical and mental health of college students. It not only improves students' physical fitness, but also promotes their mental health and develops their teamwork ability and competitive spirit. Therefore, the development and implementation of college sports is of great significance.

## 3. Enhance Self-esteem and Self-confidence

One of the positive effects of college sports on college students' psychology is to enhance self-esteem and self-confidence. In the growth process of college students, the establishment of self-esteem and self-confidence is of great significance to their psychological health and academic development. College sports, as a kind of activity that comprehensively promotes students' physical and mental health, has a positive impact on college students' self-esteem and self-confidence [5].

Firstly, college sports provide students with opportunities to demonstrate and develop their personal abilities. By participating in sports, college students can give full play to their talents and potentials and continuously improve their performance in sports skills. In the process of competition and training, they can constantly break through their limits and experience the joy of success and a sense of achievement, thus enhancing the building of self-esteem and self-confidence.

Secondly, college sports emphasise teamwork and collaboration. In sports activities, college students need to

work closely and co-ordinate with others to complete various tasks together. Through cooperation with teammates and coaches, college students are able to learn to listen to and understand others' perspectives, develop their own sense of teamwork, and feel their own importance and value in collective honour. This experience of cooperation and collaboration helps to build self-esteem and self-confidence, as well as to improve social and interpersonal skills.

In addition, college sports activities provide opportunities to cope with frustration and stress. In competitions, college students may encounter failures and setbacks, and they need to learn to adjust their emotions and attitudes and persevere in the face of different difficulties and challenges. Through such experiences, college students can gradually develop a positive mindset, increase their courage and confidence in facing difficulties, and then enhance their self-esteem and self-confidence [6].

Overall, college sports have a positive impact on college students' self-esteem and self-confidence. By participating in sports activities, college students can demonstrate and develop their personal abilities, cultivate the spirit of teamwork and cooperation, and also help them cope with frustration and pressure. Therefore, colleges and universities should pay attention to physical education and focus on cultivating students' self-confidence and self-esteem in their physical education programmes, and provide diversified physical activities and venues suitable for students' development, so as to promote their physical and mental health and all-round development.

#### **4. Reducing Stress and Anxiety**

Psychological stress and anxiety are common problems faced by college students at present. Sports activities in colleges and universities are generally regarded as an effective way to relieve psychological stress and anxiety of college students [7]. By participating in various sports, college students are able to release negative emotions, improve physical activity levels, and develop a positive mindset.

First, college sports activities provide an outlet for college students to relieve stress and anxiety. In a university environment of heavy study and fierce competition, students often feel stressed and are prone to anxiety. Participating in sports can make college students temporarily away from academic pressure and shift their attention to physical activities, thus relieving their inner tension.

Secondly, the impact of college sports activities on college students' mental health is mainly reflected in the physiological level. Physical activities can promote the balance of the endocrine system and increase the secretion of hormones such as dopamine and serotonin in the body, thus improving the emotional state of college students. The release of these hormones can help college students reduce their sense of stress, improve their psychological state, and increase their sense of joy and happiness [8].

In addition, college sports activities can promote college students' attention to their own physical state and help them build a positive self-image. Progress and a sense of achievement in sports activities can improve college students' self-esteem and self-confidence, thus reducing psychological pressure and anxiety. Through physical activity, college students can experience the improvement of their physical abilities, which enhances their experience of happiness and self-satisfaction.

In general, sports activities in colleges and universities play an important and positive role in reducing the psychological stress and anxiety of college students. By participating in sports activities, college students are able to release psychological pressure, relieve tension, and improve their mental health. However, it should be noted that sports activities are only a way to relieve stress and anxiety, not a fundamental measure to solve the problem. In order to better play the role of college sports activities in reducing the psychological stress and anxiety of college students, it is also necessary to establish a sound psychological counselling system and provide resources such as psychological counselling and support, so as to promote the overall development of college students' mental health with comprehensive measures.

#### **5. Cultivating a Sense of Teamwork**

Teamwork is an important aspect of the impact of college sports on college students' psychology. By participating in team sports activities, college students can cultivate a sense of teamwork, co-operate with each other among peers, pursue goals and complete tasks together [9].

Firstly, teamwork can help college students develop social skills and communication skills. In a team, each member has different duties and roles, and needs to collaborate and communicate with each other in order to successfully complete the task. Through communication and co-operation with teammates, college students can learn the ability to listen, understand and solve problems, as well as get along with people of different backgrounds and personalities and improve their social skills [10].

Secondly, teamwork can cultivate college students' responsibility and leadership ability. In team activities, each member has his or her own tasks and responsibilities, and needs to complete the tasks and take his or her own responsibilities according to the regulations. Through participating in team sports activities, college students can learn to take responsibility, understand the importance of team goals, and be able to play a leadership role in the team, guiding and helping other members to achieve common goals.

In addition, teamwork can also cultivate college students' enthusiasm and sense of collective honour. In team sports activities, members work together for the honour and victory of the team, and the joy and sense of achievement of success through joint cooperation. This sense of collective honour can stimulate the enthusiasm of college students, enhance their self-confidence, and make them more determined and perseverant in the face of difficulties and not give up easily [11].

Overall, one of the effects of college sports on college students' psychology is to cultivate the sense of teamwork. Teamwork can help college students improve their social skills and communication skills, develop responsibility and leadership, and enhance motivation and collective honour. Therefore, in college physical education, attention should be paid to cultivating students' teamwork consciousness to lay a solid foundation for their future study and work [12].

#### **6. Conclusion**

Sports in colleges and universities have a positive impact on college students' psychology. By participating in sports activities, college students' self-esteem and self-confidence are enhanced. The sense of achievement and progress they

made in sports prompted them to have a higher evaluation of their own abilities and values, thus enhancing their self-esteem and self-confidence. In addition, sports activities can also help college students reduce stress and anxiety, release accumulated negative emotions through sports, and enhance their emotional regulation ability, thus improving their mental health. In addition, participation in sports activities can also cultivate college students' sense of teamwork, and improve their ability to interact with others and their spirit of cooperation by cooperating with their teammates and pursuing the goal of victory together. In order to deeply study the positive impact of college sports on college students' psychology, further relevant research work is needed. Tracking research on the psychological impact of college students' participation in college sports activities can be conducted from a long-term observation perspective. By quantitatively and qualitatively assessing the psychological conditions of college students before, during and after their participation in sports activities, the long-term impact of college sports on college students' psychology can be understood.

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