

The Influence of Sports on College Students' Learning Adaptability

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Abstract. In today's society, many college students are affected by exam-oriented education, physical quality deviation, loss of learning interest and motivation after the college entrance examination. At present, the overall sports situation and learning adaptability of college students are in bad shape. Under the influence of the educational environment, the vast majority of students will feel confused and uncomfortable after entering college, lack of learning motivation, sports hobbies and interests, and cannot adapt to the new environment and new learning methods. But through sports can increase students' learning adaptability, improve learning enthusiasm. Therefore, it is necessary to raise the awareness of schools, teachers and students on the importance of physical education and sports. Most universities have deficiencies in teacher resources, sports curriculum arrangements and sports facilities, resulting in students lack of sports awareness and unclear understanding of the meaning of sports. In this study, universities and students respectively put forward relevant suggestions. Schools should improve the teaching ability of PE teachers through training, cooperate with external sports clubs to meet the sports needs of different students, and help students find their own sports interests. At the same time, it is necessary to improve college students' cognition of the significance of sports, establish school sports associations, and exercise the quality of college students' adherence to sports under the role of mutual help of peers, and finally improve their learning adaptability through sports.

Keywords: Learning adaptability, sports, college students, physical activity.

1. Introduction

The learning mode and life pattern in college stage are quite different from those in middle school. From completing the learning tasks arranged by teachers step by step to planning the study time and spare time independently, students need to re-establish their learning goals, generate learning interest and correct learning attitude according to the new situation. This process requires the positive self-adjustment, otherwise it will affect the learning adaptability. At present, most students are unable to adapt to the rhythm of college life and feel confused about planning their life and study. Especially in the exam-oriented education mode of college entrance examination, the "point-only theory" leads to students pursue grades too much, which deviates from the meaning of learning and education, resulting in the decline of students' physical fitness. Sports can improve college students' learning ability, work ability and social ability, and also play a significant role in promoting the development of mental health. Therefore, it is an important issue for every college student to learn how to study independently and how to improve learning adaptability by strengthening physical exercise.

Some researchers define learning adaptation as the process in which individuals make efforts to adjust themselves according to their own learning needs and environmental conditions, and finally reach a state of balance with the learning environment. This process mainly includes four aspects: learners break the balance state, produce learning needs, the role of learning incentives, positive self-adjustment, and finally achieve good results of learning adaptation. The researcher studied the main factors affecting college students' learning adaptability, including learning motivation, teaching mode, learning ability, learning attitude and environmental factors [1]. With the increase of academic level, non-intellectual factors play an increasingly important role in influencing college students' learning adaptability. The research shows that enhancing sports is the key for college students to achieve good academic adaptation. University is like a small society, students will face a variety of psychological problems and pressure, if not solved those problems in time, it will hinder the effective study of

college students, and sports can cultivate the adaptability of college students in all aspects, has a unique positive role. Sports can exercise college students' indomitable willpower, proactive mentality, improve mood, and increase social activities [2]. Physical exercise directly influences the prosocial behaviors of college students. Sports help college students effectively build harmonious interpersonal relationships, increase the interaction between college students and the social environment, thus promoting the improvement of individual social capital, obtaining more social support, and finally promoting the development of college students' better prosocial behaviors [3].

Based on relevant literature review, it was found that there are relatively few studies linking physical exercise with learning adaptability among college students, most studies focus on individual differences as influencing factors. However, the factors such as ethnicity or family background that are difficult to change, but physical exercise as an easy way can actually help college students improve learning adaptability, activate physical energy, cultivate innovative thinking, form independent consciousness and establish harmonious interpersonal relationship so as to learn to love life better. Therefore, this study aims to explore the positive impact of sports on college students' learning adaptability, reveal the relationship and function between the two factors, and help college students adapt to the new life better and faster, use their body energy to improve learning adaptability, so as to better adapt to social life and realize their own value.

2. The Definition of Learning Adaptability and the Situation of College Students' Learning Adaptability and Sports

2.1. The Origin and Development of Learning Adaptability

The concept of "adaptation" first appeared in Darwin's book on the Origin of Species. Originally derived from biology, "natural selection, survival of the fittest" expresses a natural law by which those who can adapt to nature are selected. Later, this concept was introduced into the field of psychology. The famous Swiss developmental psychologist Piaget believed that all human psychological reactions are adaptation in the final analysis, and the essence of adaptation is to achieve a balance between the collective and the environment. On the basis of adaptation, the concept of "adaptability" has emerged. Most researchers define "adaptation" as a process, while "adaptability" is an ability that appears in the process of adaptation. The American Psychological Association defines adaptability as the ability to respond appropriately to the changing environment of the external world, in other words, it is the ability to adapt to the behavior of different situations or different groups [4]. After the word "adaptability" was introduced into the field of educational psychology, the specific concept of "learning adaptability" emerged.

2.2. The Explanation and Core Content of the Learning Adaptability

In the field of educational psychology, learning adaptability has become a key topic for researchers, and the concept is defined from different levels. Scholars at home and abroad define learning adaptability as a kind of ability, and believe that learning adaptability is closely related to learners' final learning effect. American scholars defined learning adaptability as an individual's positive attitude towards establishing learning goals and completing academic tasks, as well as the effectiveness of efforts made to meet these needs and adapt to the learning environment [5]. Other scholars pointed out that learning adaptability not only involves students' potential for academic success, but also includes students' ability to adjust their own psychological, emotional and action factors [6]. The concept of learning adaptability was first introduced in China by Bucheng Zhou et al. in their Handbook of Learning Adaptability Test, which believed that learning adaptability is the tendency of individuals to overcome learning difficulties and achieve better learning results, also known as learning adaptability [7]. And most scholars also refer to this expression. Li Zhang et al. point out learning adaptability indicates a student's potential for academic success. College students

will face a series of changes and uncertainties in the process of going to college alone, which will affect their learning adaptability, and environmental change is one of the most important factors [8].

According to the above revelation, learning adaptability refers to the basic adaptability formed by learners in the learning environment. According to their own development needs, through internal psychological activities and external learning behavior and environmental changes, self-regulation, overcome learning difficulties, and finally achieve a good state of learning adaptation. The factors affecting college students' learning adaptability mainly include personal factors, such as learning attitude, learning motivation and learning ability, and external factors, such as social activities, interpersonal communication and environmental changes.

2.3. The Condition of College Students' Sports and Learning Adaptability

In early August 2023, China Youth Network Campus News Agency conducted a questionnaire survey on 25125 college students across the country to understand the participation of college students in sports. The results showed that 48.19% of college students exercised less than three times a week, 22.06% of them exercised once a week, and 26.13% of them exercised twice a week. In terms of exercise time, 58.7% of college students do not exercise for more than 30 minutes each time [9]. It can be known from the above data; the overall situation of college students' sports is not optimistic. Most college students have not formed good sports habits, and it is difficult to have a healthy body without good sports habits.

There are differences in the learning adaptability of college students, which are firstly reflected in disciplines. Relevant studies show that the learning adaptability of comprehensive universities is significantly better than that of science and engineering majors and agriculture majors, while the normal university students is in the middle level [1]. Secondly, compared with other majors students, the adaptability of engineering students is the lowest, and the overall level of professional adaptability of liberal arts students is relatively high, while the professional adaptability of medical, agricultural and science students is in the middle [10]. It can be seen that science and technology subjects are relatively difficult to adapt to learning, liberal arts subjects are relatively easy to adapt to learning, and medicine, agriculture and normal subjects are in the middle level. Secondly, learning adaptation has different characteristics in different grades. The learning adaptation of college students has obvious stage characteristics. With the improvement of academic level, the content of learning adaptation will also change greatly, which is a long-term self-adjustment process. Generally speaking, the first year needs to adapt to the new learning environment and learning style, the second year is to adapt to the professional curriculum, the third year is to adapt to the future planning and academic coordination, and the fourth year is to adapt to the various preparations before entering the society [11].

3. The Promoting Effect of Sports on College Students' Learning Adaptability

3.1. Sports are Conducive to Stimulating College Students' Learning Motivation

In the present society, college students are busy every day, spending their time and energy on study, work, community activities and so on, and rarely have time to be solitude. Solitude is the ability which everyone should have today, in the noisy social environment, through solitude to think about their own life direction and life goals, from the noisy outside to return to their own heart. Participation in sports can make college students have more time to be alone, and promote college students to establish clear and appropriate learning goals, so as to help college students to clarify their learning goals, correct their learning attitude and improve their learning interest.

3.2. The Explanation and Core Content of the Learning Adaptability

Learning ability mainly refers to the ability of perception, memory and thinking, also includes the ability of method learning. The content of college learning is many, difficult, fast progress and high independence. This poses new challenges to students' learning ability. At this time, it is particularly

important to change learning methods and ways of thinking, which is an important aspect affecting learning adaptability. From this point of view, it is very necessary for college students to do sports, because the right amount of physical activity can promote brain development, relieve mental fatigue, improve learning efficiency, enhance memory, so that college students can get twice the result with half the effort in learning. Regular physical activity can promote the release of various neurotransmitters in the brain, which can make people feel happy, improve the degree of cognitive arousal, and maintain a relaxed and positive learning state. Relevant studies have shown that adequate physical activity, fine motor and balance development have significant positive effects on working memory, thinking conversion ability and reaction speed.

3.3. Sports Can Help College Students Establish a Harmonious and Stable Interpersonal Relationship

According to relevant studies, sports can promote the perception of social support around college students. The improvement of the level of social support is mainly reflected in the improvement of the psychological resources of college students, because the individual exercise is a process of overcoming intensity, if the individual can feel the help and encouragement of others in this process, it is more likely to be transformed into a kind of psychological toughness [12]. Through sports, college students can increase their prosocial behavior and enhance their social capital in social activities, so as to establish harmonious and stable interpersonal relations.

4. The Problems and Obstacles Faced by College Sports

4.1. School Factors

College physical education focuses on classroom education, but neglects extra-curricular physical education of students. The curriculum system of physical education is not perfect, and the quality of physical education teachers is not unexpected, resulting in students' knowledge and skills can not be effectively consolidated, and it is difficult to internalize the motivation of students' physical education needs and the psychological tendency of active exercise. In addition to professional sports schools, most schools have problems such as single sports hardware facilities and insufficient quantity, resulting in students' sports interests can not be satisfied and developed.

4.2. Students' Personal Factors

Under the background of exam-oriented education in China, middle schools pay attention to the enrollment rate, teachers, parents and students pay attention to scores, physical education is replaced by cultural classes, and the development of students' physical health is ignored, resulting in many students entering the university stage after the physical and mental "sub-health" state, poor physical fitness, most students have no interest in sports, resulting in students' sports awareness is generally poor situation.

5. Suggestions for College Students to Improve Learning Adaptability by Participating in Sports

5.1. The School Takes Promotional Measures

To establish and improve the physical education curriculum system, physical education teachers should formulate a complete set of teaching content, including pre-class preparation, in-class practice, homework and other links, based on the physical basis and situation of students in their own classes, so that sports can be integrated into the life of college students and become a part of daily life. The construction of a clear curriculum system will also help physical education teachers to clarify their teaching responsibilities. Standardize teaching means and methods, improve teaching evaluation

mechanism, let college students participate in sports really implemented, improve students' sports skills, sports value cognition level, so as to build college students' sports self-confidence.

Strengthen physical education teachers, hold regular training meetings and physical education teaching research and teaching meetings, reflect and summarize teaching problems in the course of teaching and students' learning situation, adjust and innovate the next teaching activities, improve teaching efficiency, enhance students' satisfaction with PE courses, and bring students a pleasant learning experience. The research shows that if students can get a pleasant experience in the physical education classroom, it is possible to improve the level of satisfaction with the physical education classroom teaching, so as to promote the students' future active participation in sports [13].

Improving physical sports facilities and creating a good and upward sports atmosphere inside the campus are the basis for promoting college sports. It is suggested to try the model of combining schools with sports clubs to meet the hobbies and needs of different students as much as possible. Give full play to the role of school sports associations, organize more forms of cultural and sports activities, and provide more opportunities for college students to participate in sports.

5.2. College Students Should Strengthen Sports Awareness

College student should first realize that sports is a very important part of our life, clarify the meaning of sports, improve the cognition of sports, and build sports values. The purpose of sports is not only to strengthen the physical fitness, but also to drive the change of mental state through the physical level of sports, which is a positive change, mainly to hone the college students' indomitable will to fight, overcome the emotion of difficulty, and cultivate sports self-confidence. College students should give full play to their own initiative, actively participate in the physical education courses and activities organized by the school, and find their own sports interests and further develop them on the premise of understanding various sports. College students should also play the role of peers, spontaneously establish sports associations and organizations, carry out daily sports activities, and find partners with the same sports interests, urge and motivate each other in the process of sports, and carry out effective sports with scientific methods.

6. Conclusion

At present, compared with other ways, sports are easier for college students to master and it has many advantages. Learning anxiety can be properly alleviated through physical exercise. Therefore, colleges and universities should vigorously promote sports to improve college students' learning adaptability, which requires the joint efforts of schools and students. Popularize the important role of sports in learning adaptability to students, at the same time reduce students' academic pressure, increase students' time to participate in sports exercise, stimulate students' interest and motivation to participate in sports exercise, improve their enthusiasm for sports exercise and cognition of sports exercise, in addition to optimize and improve sports equipment, introduce rich resources, create a strong atmosphere of sports exercise. Strengthen the construction of physical education teachers, formulate a set of appropriate and complete teaching programs, students correct sports attitude, actively participate in sports, improve their personal level, and promote the comprehensive development of students' physical health. In the future, hoping to further explain the role of sports in promoting college students' learning adaptability through empirical research. Using data to show the connection between the two variables.

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