

# Influence Factors and Countermeasures of College Sports on College Students' Psychology

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**Abstract:** This study focuses on the analysis of influencing factors and countermeasures of college sports on college students' psychology. The analysis of influencing factors includes individual factors, social environment factors and college sports policy factors. Among the intervention strategies of college sports on college students' psychology, we suggest establishing a sound psychological counselling system, strengthening the psychological quality training of physical education courses, and providing diversified sports activities and venues. 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; Influencing Factors; Countermeasures.

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## 1. Introduction

College sports play an important role in the psychological health and overall development of college students. However, the influence of college sports on college students' psychology is a complex process, which is affected by the interaction of many factors. The purpose of this paper is to analyse the factors affecting college sports on college students' psychology and put forward corresponding countermeasures. In conclusion, understanding and analysing the factors affecting college sports on college students' psychology and formulating corresponding countermeasures is an important task to promote college students' psychological health and overall development. By comprehensively considering factors such as individuals, the social environment and university policies, we can provide more effective support and guidance for college students and ensure that the positive impact of college sports on their psychology is maximised.

## 2. Individual Factors

Individual factors refer to the personal characteristics and personal experiences that affect college students' psychology, including personality, self-perception, self-esteem, values and so on. In the influence of college sports on college students' psychology, individual factors play an important role [1].

Firstly, individual personality traits can have an impact on the psychology of college students when they participate in college sports. For example, extroverted individuals tend to be more willing to cooperate with others in team projects, which helps to develop a sense of teamwork. Whereas introverted individuals may prefer to carry out some individual projects alone, which helps to enhance personal self-confidence.

Second, an individual's self-perception and sense of self-esteem are also an important part of individual factors. When college students participate in collegiate sports activities, they assess their physical abilities and skill levels and continue to gain a sense of accomplishment in the process, which enhances their self-esteem and self-confidence. This increased self-perception can also have a positive impact in their daily lives, helping to cope with stress and anxiety.

In addition, individual values also affect college students' attitudes and participation in college sports. Some college students regard sports as an important value and lifestyle, and they pay more attention to physical health and exercise, thus showing higher motivation and engagement in participating in college sports activities. While other college students may be less interested in sports or have other priorities, which will affect their participation in college sports activities and their psychological feelings.

In conclusion, individual factors are important factors affecting the psychological state of college students in college sports. Individual characteristics such as personality traits, self-perception, sense of self-esteem and values will have an impact on college students' psychology in college sports activities. Understanding and paying attention to the influence of individual factors on college students' psychology can help to develop effective intervention strategies and improve the mental health of college students [2].

## 3. Social Environment Factors

Social environment refers to the social background in which an individual lives and learns, which includes the social environment, family environment, campus environment and social and cultural environment in which an individual lives. Social environment is an important factor in the influence of college sports on college students' psychology. The following are the aspects of the influence of social environment on college students' psychology.

Firstly, the social environment has an important influence on the physical and mental health of college students. The social environment that college students are in during college sports activities has a certain influence on their mental health. In sports, college students can communicate and interact with other students, strengthen their friendship and emotional ties with each other, thus enhancing their social skills and interpersonal relationships, which is conducive to the development of psychological health. In addition, the social environment also determines whether college students can get good social support and help, which plays an important role in relieving pressure, enhancing self-confidence and coping with difficulties.

Secondly, the cultural atmosphere of the social environment has an impact on the psychology of college

students. Differences in the social environment in different regions and cultures can lead to differences in the values and lifestyles of college students, and these differences may be revealed in college sports activities. For example, some regional cultures value individualism, the pursuit of personal achievement and competition, while others value collectivism and co-operation. As a result, college students in different social environments may exhibit different psychological characteristics and behaviours when participating in sports activities [3].

Again, the sports policy of social environment has an impact on the psychology of college students. University sports policies refer to the university's policies on the organisation and management of sports activities, resource allocation, activity arrangements and institutional regulations. The implementation and execution of these policies will, to a certain extent, affect college students' sports participation and sports performance, thus having an impact on their psychology. For example, some colleges and universities have implemented mandatory physical education programmes with high requirements for students to perform physical exercise, which may bring pressure and anxiety to some students and have a negative impact on their psychology.

In summary, the social environment is an important factor in the influence of college sports on college students' psychology. Different aspects of the social environment such as social environment, cultural atmosphere and sports policies can affect the psychological health, psychological characteristics and psychological behaviour of college students. Therefore, when carrying out the intervention strategies of college sports on college students' psychology, it is necessary to take into account the influence of social environment factors and formulate corresponding measures and policies in order to promote college students' physical and mental health and overall development.

## **4. College Sports Policy Factors**

College sports policy has an important impact on college students' psychology. As an important part of higher education, college sports policy has the role of guiding students' physical and mental health development. In this part, we will explore the influence of college sports policy factors on college students' psychology [4].

Firstly, the formulation and implementation of college sports policies provide norms and guarantees for college students' sports activities, which helps to enhance students' positive mindset and positive emotions. For example, some college sports policies require students to attend a certain amount of sports courses or participate in sports clubs every semester, which helps to cultivate students' interest and love of sports, and then enhance their mental health.

Secondly, college sports policies also play an important role in the construction of sports venues and facilities. Adequate and high-quality sports venues and facilities provide a rich variety of choices of sports activities, which are conducive to students' physical exercise and relaxation, thus reducing academic pressure and anxiety and promoting physical and mental balance.

In addition, university sports policies can also incentivise students to actively participate in sports activities by formulating corresponding reward mechanisms. For example, the establishment of incentives such as scholarships for outstanding sportsmen and women can encourage students to develop all-roundedness, improve their sports abilities, and

enhance their self-confidence and self-esteem, while also helping to shape a good competitive atmosphere and cultivate students' sense of teamwork.

However, there are some problems in the influence of college sports policy factors on college students' psychology. The formulation and implementation of sports policies in some colleges and universities are not scientific and reasonable enough, and they may excessively pursue sports achievements while neglecting students' psychological health. Excessive competitive pressure and excessive training may trigger students' negative emotions and psychological problems. Therefore, when formulating sports policies in colleges and universities, the psychological needs of students should be fully considered and the relationship between competition and mental health should be balanced.

In conclusion, college sports policy factors have an important impact on college students' psychology. Through the reasonable formulation and implementation of college sports policy, it can promote the development of students' psychological health, enhance self-esteem and self-confidence, reduce stress and anxiety, and cultivate the sense of teamwork. However, it should be noted that college sports policies should emphasise sports performance while focusing on students' psychological needs, and strive to achieve a benign interaction between sports and mental health, so as to provide useful support and guarantee for the overall development of college students [5].

## **5. Intervention Strategies**

### **5.1. Establish a Sound Psychological Counselling System**

Psychological counselling plays an important role in college sports, which can help college students effectively deal with psychological problems, improve psychological quality, and then better adapt to sports activities and learning life. Therefore, the establishment of a sound psychological counselling system is of great significance in promoting the development of college students' psychological health.

First of all, in the establishment of a sound psychological counselling system, it is necessary to pay full attention to the cultivation and construction of professional psychological counsellor team. Colleges and universities should set up special psychological counsellor positions, and through recruitment, training and other ways to attract and cultivate talents with a professional background in psychology and rich practical experience. Psychological counsellors are able to provide professional psychological counselling and guidance for the psychological problems that may occur in sports activities of college students, and help students to solve their troubles and pressures.

In addition, the establishment of a sound psychological counselling system requires the enrichment of resources for psychological counselling and the promotion of the popularity of psychological services. Colleges and universities can set up psychological counselling centres or mental health education centres to provide a full range of services such as psychological counselling, psychological assessment, and psychological education, so as to make it convenient for students to obtain psychological support and help. At the same time, psychological knowledge can be popularised through activities such as mental health education lectures and psychological counselling training courses to raise college students' attention to and awareness of mental

health.

In addition, the establishment of a sound psychological counselling system requires good collaboration and cooperation with other relevant departments and resources. Colleges and universities can strengthen the contact and collaboration between psychological counselling and departments such as physical education, student work, social services, etc., pay joint attention to the mental health problems of college students, and work together to provide college students with all-round support and help. At the same time, they can also cooperate with social psychological counselling institutions, psychological counsellors and so on, making full use of external resources to improve the quality and effect of psychological counselling services [6].

In summary, the establishment of a sound psychological counselling system is one of the important strategies for the psychological impact of college sports on college students. By cultivating a team of professional psychological counsellors, enriching psychological counselling resources, promoting the popularity of psychological services, and collaborating with other relevant departments and resources, the psychological health of college students can be effectively enhanced, and their better participation in sports activities and learning life can be promoted. In future research, the specific construction plan and strategy of the psychological counselling system can be further explored in depth to provide more scientific and effective support for the development of college students' mental health.

## **5.2. Strengthening the Psychological Quality Cultivation of Sports Programmes**

In order to better exert the positive influence of college sports on college students' psychology, it is especially important to strengthen the psychological quality training of sports courses. As a compulsory part of college students, physical education courses can be utilised as an important platform for cultivating students' psychological quality. In this section, specific strategies to strengthen the cultivation of psychological quality in physical education courses will be discussed.

Firstly, strengthening the cultivation of psychological quality in physical education courses should focus on the cultivation of students' self-knowledge and emotion management ability. Physical education courses can provide students with good opportunities for self-experience and self-evaluation, helping them to better understand their physical and psychological characteristics. In the course, teachers can help students discover their strengths and merits and cultivate self-esteem and self-confidence by letting them participate in various sports and activities. At the same time, teachers can also guide students to learn to manage their emotions, such as anxiety and stress, to learn to regulate and control their emotions in sports, and to improve their ability of emotional self-regulation [7].

Secondly, strengthening the psychological quality training of physical education courses also needs to focus on the cultivation of teamwork consciousness. In university life, teamwork is one of the very important abilities. Through physical education courses, students can learn to collaborate, communicate and cooperate with others, and develop a good sense of teamwork. In the course, teachers can organise various team activities and competitions, so that students can cooperate and support each other in the team, and cultivate their team consciousness and teamwork ability.

In addition, strengthening the mental quality cultivation of physical education courses should make full use of modern technological means. Teachers can combine modern technological means, such as virtual reality technology and smart wearable devices, to create more interesting and challenging physical education courses. By using virtual reality technology, students can participate in a variety of sports in a virtual environment to improve their movement ability and reaction ability. At the same time, smart wearable devices can be used to monitor students' movement and physical condition, helping teachers to better understand students' movement level and physical health, and provide them with more personalised guidance and counselling.

In summary, strengthening the mental quality training of physical education courses is one of the important ways to improve the mental health of college students. By strengthening the cultivation of students' self-knowledge and emotion management ability, cultivating students' sense of teamwork, using modern technological means and other specific strategies, it can promote the psychological growth and development of college students in physical education courses. This is of great significance for improving the comprehensive quality of college students and cultivating their positive attitudes towards life.

## **5.3. Provide Diversified Sports Activities and Venues**

With the development of society and people's higher requirements for a healthy life, college sports play a crucial role as an important part of college students' physical and mental health. In order to better promote the development of college students' mental health, providing diversified sports activities and venues has become an important task [8].

Providing diversified sports activities in colleges and universities can meet the interests and needs of different students and provide them with more opportunities to participate in sports. Different sports activities can allow students to exercise their bodies while developing hobbies and interests and enhancing their social skills. For example, basketball, football, badminton and table tennis allow students to co-operate in teams and develop a sense of teamwork and communication skills; swimming, running, yoga and fitness programmes can meet students' personal interests and needs and enhance their physical fitness. Through the provision of diversified sports activities, students can choose the most suitable sports for themselves and increase their participation and interest so that they can actively engage in sports.

Besides providing diversified sports activities, it is also very important to provide diversified sports venues. Colleges and universities should establish perfect sports venues and facilities to meet the needs of students for a variety of sports activities. For example, schools can build outdoor venues such as basketball courts, football fields, tennis courts, etc., and also provide indoor venues such as gyms, swimming pools and yoga studios. The setting of these venues can not only meet the needs of students for various types of sports, but also provide a good sports environment and increase the enthusiasm of students to participate in sports activities.

The impact of providing diversified sports activities and venues on the psychology of college students is multifaceted. Firstly, diversified sports activities and venues can enrich students' extracurricular life, distract them from the pressure of study, and reduce anxiety and depression. Secondly, the

provision of diversified sports activities and venues can enhance students' self-esteem and self-confidence, show their abilities and achievements through different sports programmes, and improve their sense of self-identity. In addition, diversified sports activities and venues can promote communication and interaction among students, enhance friendship, and develop a sense of teamwork and social skills. Finally, by providing diversified sports activities and venues, students can be provided with more opportunities and platforms to cultivate their sports interests and hobbies, develop good sports habits, and promote the overall development of physical and mental health.

To sum up, the positive influence of providing diversified sports activities and venues on college students' psychology is obvious. Colleges and universities should pay active attention to the psychological needs of students and provide a good environment for the development of physical and mental health for college students by providing rich and diversified sports activities and venues. This requires colleges and universities to listen to students' voices, pay attention to their needs, and continuously improve the construction of sports activities and venues, so as to make more contributions to the psychological health of college students.

## 6. Conclusion

The important factors affecting college sports on college students' psychology include individual factors, social environment factors and college sports policy factors. Among them, individual factors include personal characteristics such as gender, age, sports interest and academic ability. Social environment factors include family background, peer relationship and social support. College sport policy factors include aspects such as sport curriculum, venue facilities and coach training. Different combinations of these factors will have different effects on college students' psychology.

In response to the above findings, we propose the following intervention strategies. First, establish a sound psychological counselling system to provide psychological advice and

counselling services for college students to help them effectively deal with competitive pressure and negative emotions. Second, strengthen the psychological quality training of physical education programmes, integrate psychological quality education into physical education programmes, and cultivate students' psychological ability and stress resistance. Finally, provide diversified sports activities and venues to meet the needs of different students and promote their enthusiasm and interest in participating in sports activities.

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