

The Positive Impact of Participation in Student Sports Community Activities of Zhangjiajie Aviation College in China on the Mental Health of College Students

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Abstract: This article aims to explore the positive impact of participation in student sports club activities of Zhangjiajie Aviation College in China on the mental health of college students. Through a questionnaire survey, the data of 300 college students were collected, and statistical analysis methods were used to deeply analyze the relationship between the frequency and type of participation in sports community activities and the mental health status of students. The research results show that universities that actively participate in sports community activitiesBorn in emotional stability, social ability, self-awareness and stress coping, etc. have all shown significant positive changes. This article further analyzes the specific mechanisms of these positive effects, and puts forward suggestions to promote students' participation in sports clubs and improve mental health.

Keywords: Zhangjiajie Aviation College; Sports Club Activities; College Students; Mental Health.

1. Introduction

Along with China Higher education Develop And University student With the intensification of competition, the mental health problems of college students are becoming more and more prominent. As an important part of campus culture, sports community activities have attracted the active participation of many college students with their unique charm and diverse forms. This study focuses on Zhangjiajie Aviation College in China. Through empirical research, it explores the positive impact of students' participation in sports community activities on mental health, in order to provide empirical support and practical guidance for mental health education in colleges and universities.

2. Literature Review

Scholars at home and abroad generally believe that physical activities have a significant role in promoting mental health. As an important carrier of sports activities, sports community activities can not only enhance the physique, but also have a positive impact on the psychological level. For example, teamwork in sports clubs can improve the social skills of college students, and competitive pressure helps to cultivate tenacious willpower. In addition, physical activities in sports community activities can also promote the brain to release neurotransmitters such as endorphins, improve emotional state, and relieve psychological stress.

3. Research Methods

Research and design: This study adopts a questionnaire survey method to design a questionnaire containing multiple dimensions such as basic information, sports community participation, mental health self-assessment, etc.

Sample selection: 300 college students from Zhangjiajie Aviation College in China were randomly selected as survey subjects to ensure that the sample was representative and extensive.

Data collection and analysis: Distribute questionnaires

through a combination of online and offline, and collect 285 valid questionnaires, with an effective recovery rate of 95%.Use SPSS statistical software for data analysis, including descriptive statistics, variance analysis, correlation analysis, etc.

4. Survey Results and Analysis

Table 1. Basic Information Statistics of Samples

Project	Number of people	Percentage
Sex		
- Male	150	52.6%
- Female	135	47.4 percent
Grade		
- A first-yer	70	24.6%
- Sophomore	85	29.8 percent
- Junior year	75	26.3 percent
- Senior	55	19.3 percent
Type of major		
- Engineering	120	42.1%
- Literal Arts	90	.31.6 percent
- Science	50	17.5 percent
- Art category	25	8.8 percent

Table 2. Statistics on the participation of sports clubs

Participation situation	Number of people	Percentage
Often participate in	120	42.1%
Occasionally participate	105	36.8 percent
.Never participate	60	21.1%

Table 3. Correlation Analysis of Sports Community Participation and Mental Health Factors

Mental health factors	Correlation coefficient	The level of significance
Emotional stability	0.65**	P<0.01
Social skills	0.58**	P<0.01
Self-awareness	0.45**	P<0.01
Ability to cope with stress	0.52**	P<0.01

(** indicates a significant correlation at the 0.01 level)

Analysis results:

The frequency of participation is directly related to mental health.: Students who often participate in sports community activities have significantly higher scores in terms of emotional stability, social ability, self-awareness and stress coping ability, which are significantly higher than those who occasionally participate and those who never participate. This shows that frequent participation in sports community activities plays a positive role in promoting the mental health of college students.

The impact of the diversity of sports activities.: Through interviews, it is learned that there are differences in the impact of different types of sports community activities on students' mental health. For example, teamwork projects (such as basketball, football) It is conducive to improving students' teamwork ability and communication skills; Individual competitive events (such as track and field, swimming) place more emphasis on self-challenge and perseverance, which helps to improve students' self-confidence and stress resistance.

5. Analysis of the Positive Impact of College Students' Participation in Sports Clubs on Students' Mental Health

Emotional regulation:Sports community activities provide a platform for students to release stress and regulate their emotions. Through exercise, neurotransmitters such as endorphins produced by the body can effectively relieve anxiety, depression and other negative emotions, and help students maintain a positive attitude.

Enhancement of social skills:Sports community activities often require teamwork and communication and coordination, which provides valuable interpersonal opportunities for students. In the club, students need to get along with people from different backgrounds and personalities to complete tasks and goals together. This way of communication not only broadens students' social circle, but also improves their interpersonal skills and teamwork skills.

Improve self-confidence:The successful experience of sports club activities can greatly improve students' self-confidence.In the community, students have made remarkable progress and achievements through continuous efforts and dedication. These successful experiences make students more confident in facing various challenges in learning and life.

Improvement of the ability to cope with stress: Competitions and challenges in sports community activities enable students to stay calm and rational in the face of pressure and learn effective coping strategies. This kind of experience accumulation helps students better cope with various pressures and challenges in learning and life.

6. Conclusion

In summary, the participation of student sports club activities of Zhangjiajie Aviation College in China has a significant positive impact on the mental health of college students. By participating in sports community activities, students can not only have emotional stability, social ability, self-awareness and stress coping ability have been improved, and valuable experience can also be gained in teamwork, self-challenge and other aspects. Therefore, colleges and universities should pay attention to and support the development of sports clubs, and encourage students to actively participate in sports club activities to promote student's all-round development.

7. Suggestions

Strengthen the construction of sports clubs: Colleges and universities should increase their support for sports associations, provide necessary venues, facilities, funds and other resource support to ensure the smooth development of community activities. At the same time, we should encourage and support the independent management and innovative development of the community, enrich the content of activities, improve the quality of activities, and attract more students to participate actively.

Broaden the form of community activities :Sports community activities should not be limited to traditional competitive projects, but should be combined with students' interests and needs to introduce more diversified forms of activities. For example, fun sports games, mental health lectures, outdoor expansion training and other activities can be carried out, which can not only exercise the body, but also cultivate psychological quality and promote the comprehensive development of students.

Strengthen the integration of mental health education and sports community activities: Combine mental health education with sports community activities, guide students to pay attention to their own mental health and improve mental health literacy through activities.

Establish a mental health monitoring mechanism: Colleges and universities should establish and improve the mental health monitoring mechanism of students, and regularly conduct mental health assessments for students who participate in sports community activities. Through data analysis and monitoring results, we can find and solve students' psychological problems in time, and provide personalized psychological support and help for students.

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