

Study of the Negative Effects of High School Sports on College Students' Psychology

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Abstract: The purpose of this study is to investigate the negative effects of college sports on college students' psychology. Through relevant theories and research reviews, we found that college sports may also trigger negative emotions and have a negative impact on the psyche, as well as on academics and socialisation. Finally, we summarise the study and make suggestions for further research. This study has important theoretical and practical significance for understanding the effects of college sports on college students' psychology.

Keywords: College Sports; College Students' Psychology; Negative Influence.

1. Introduction

College sports play an important role in the physical and mental health of college students and are widely recognised as having a positive effect on college students' psychology. However, in recent years, some studies have begun to focus on the negative effects of college sports on college students' psychology. The purpose of this paper is to explore the possible negative effects of college sports on college students' psychology and to provide a review and analysis of related studies. Past studies have focused on the positive effects of college sports on college students' psychology, such as enhancing self-esteem and reducing anxiety and depression. However, some scholars have begun to question this view, arguing that college sports may have some negative effects. Negative emotions triggered by competitive pressure, the psychological impact of sports performance, and the effects on academics and socialisation are the main research areas in this area. By understanding these negative effects, it will help to take measures to avoid the occurrence of unfavourable effects in physical education in colleges and universities. This study will examine the negative effects of college sports on college students' psychology by reviewing and analysing the relevant research literature. We will focus on triggering negative emotions, creating psychological stress, which can have an impact on academics and socialisation [1]. By gaining a deeper understanding of these issues, we can provide more comprehensive support and guidance for the psychological health of college students, as well as provide useful suggestions for the development of college sports. Studying the impact of college sports on college students' psychology can help promote the healthy development of college students' body and mind.

2. Related Concepts

Collegiate sports refer to the sports activities carried out 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 [2].

Higher education sports are characterised by the following aspects.

Diversity and synthesis. 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 emphasize 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 are of great significance.

3. Negative Emotions Triggered by Competitive Pressure

Competitive pressure is a common phenomenon in college sports activities, which has a far-reaching impact on the psychological state of college students. In college sports and competitive activities, students face competition from their classmates, other schools and their own internal competition. This pressure often brings psychological burden to college students and triggers negative emotions.

Firstly, competitive pressure may lead to anxiety and

nervousness among college students. In competitive activities, students need to face strong competition from opponents and make all-out efforts to win. This intense competition makes college students tend to feel nervous and anxious, worrying that they will not be able to meet their own expectations or that failure will bring them shame. These anxieties and tensions may hinder college students' performance and negatively affect their mental health [5].

Second, competitive pressure may also trigger negative emotions of low self-esteem and inadequate self-evaluation. College students need to compare and compete with other students in competitive activities, and this comparison often makes them question themselves. When college students feel that they are not performing as well as others or are unable to meet their own expectations, they may feel low self-esteem and develop negative self-assessment and low self-esteem. Such negative emotions can be detrimental to college students' self-confidence and mental health [6].

In addition, competitive pressure may lead to depression and negative emotions in college students. In collegiate sports competition, students may encounter failures and setbacks and fail to achieve their goals. These setbacks may cause college students to lose confidence and develop depression and pessimism. They may feel incompetent or unable to cope with the pressure brought by competition, and thus fall into a depressed mood [7].

In summary, competitive pressure has a negative impact on college students' psychology. It may trigger anxiety and tension, lead to low self-esteem and inadequate self-evaluation, as well as produce depression and negative emotions. Understanding the generation and impact of these negative emotions is of great theoretical and practical significance for developing targeted mental health intervention strategies to help college students cope with competitive pressure.

4. The Impact of Sports Performance on Psychology

Sports performance is one of the important indicators of college students' participation in sports activities, and it is also an important basis for evaluating college students' sports ability. Good or bad sports performance not only affects students' performance in school sports competitions, but also has a positive or negative impact on their psychology.

First of all, good or bad sports performance can directly affect students' sense of self-worth and self-esteem. When college students achieve good sports results, they will feel proud and enhance their self-esteem and self-confidence. They will have a sense of identity with their own abilities and thus face various challenges in study and life more positively. However, when college students do not perform well in sports, they often develop feelings of frustration, inferiority and stress. They may feel that they have no talent or ability in sports and lose confidence in themselves. This negative emotion will affect their study and social life [8].

Secondly, sports performance will also have an impact on college students' emotions. Good or bad sports performance is closely related to the competitive pressure of college students. If a student attaches great importance to their sports performance, they may feel lost, anxious and depressed once they get unsatisfactory results. Especially in some important competitions, students may face greater competitive pressure. Such pressure may lead to negative emotions, which in turn

affects their mental health.

In addition, the impact of sports performance can extend to students' academic and social life. Some college students may sacrifice their time and energy for studies and socialising while pursuing sports performance. They may focus too much on sports activities and neglect their studies, leading to a decline in academic performance. At the same time, their social circle may be narrowed by over-focusing on sports, resulting in social deficiencies. This effect on academics and socialisation may have a negative impact on college students' psychology [9].

In conclusion, sports performance has an important impact on college students' psychology. Good sports performance can enhance students' self-esteem and self-confidence, reduce stress and anxiety, and develop a sense of teamwork. However, unsatisfactory sports performance may lead to negative emotions, affecting academics and socialisation. Therefore, colleges and universities should pay attention to the impact of sports performance on the psychology of college students, provide relevant psychological counselling and support to help students better cope with the psychological pressure caused by sports performance, and ensure their physical and mental health development [10].

5. Impact on Academic and Social Life

The impact of college sports on college students' psychology is not only limited to the individual's psychological state, but also has an impact on academics and socialisation. This section will focus on the impact of college sports on college students' academics and socialisation.

Firstly, the influence of college sports on academics is mainly reflected in the following aspects. Firstly, participation in sports can enhance college students' learning ability and interest in learning, improve their self-management and time management ability, and thus better adapt to academic requirements. Secondly, sports can improve college students' concentration and memory and facilitate their performance in learning. In addition, by participating in team sports, college students can develop a sense of teamwork and communication skills, which can also have a positive impact on their future career development.

However, collegiate sports may also have a negative impact on academics. On the one hand, participating in too many sports activities may take up too much study time for college students, resulting in lower academic performance. On the other hand, the pressure and negative emotions of sports competitions may interfere with college students' learning state, leading to poor concentration and reduced learning effectiveness.

The impact of college sports on the social aspect of college students should not be ignored. Firstly, sports activities provide opportunities for college students to communicate with each other and establish interpersonal relationships, which promotes the expansion of social networks and the enhancement of social skills. Second, by participating in team sports, college students can develop the spirit of cooperation and teamwork, and improve their ability to work with and support others.

However, college sports may also have some negative effects on socialisation. On the one hand, the competitive pressure in sports competitions may lead to the intensification of inter-individual competitive relationships, affecting the harmony and stability of interpersonal relationships. On the other hand, excessive participation in sports activities may

lead to the loss of individuals in other social activities at school, causing them to miss out on dating and socialising opportunities.

In conclusion, college sports have a dual impact on college students' academics and socialisation. Therefore, when carrying out sports activities in colleges and universities, attention should be paid to balancing the academic and sports development of college students and providing appropriate sports time and learning environment. In addition, schools should also strengthen psychological counselling and guidance for college students to help them better manage their academic and social needs in order to achieve the goal of overall development.

6. Conclusion

High school sports can have some negative effects on the hearts of college students. Competitive pressure often triggers negative emotions such as anxiety, worry, and feelings of inferiority. Failure in sports competitions may make some students feel frustrated and self-doubt, which negatively affects their mental health. In addition, some students may be overly concerned with sports performance as a measure of their ability and worth. This excessive concern may lead them to neglect their academic and social life, affecting their all-round development. We need to further study the negative impact of college sports on college students' psychology and need to focus on the long-term effects, mediating mechanisms and moderating factors, differential effects, and evaluation of intervention effects. This will have important theoretical and practical implications for the formulation of college sports policy and the improvement of college physical education.

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