

Study on the Impact of Sports on Mental Health of Middle School Students

Qirui Qian¹

¹ Shanghai Soong Ching Ling School, Shanghai, China

ABSTRACT

This paper aims to explore the impact of sports on the mental health of middle school students. By sorting out the evolution of people's thoughts on the impact of sports on mental health and analyzing the impact of sports on self-identity improvement, teamwork, and positive psychological qualities of middle school students, the aim is to provide inspiration and suggestions for promoting mental health among middle school students.

Keywords: Sports, Middle school students, Mental health.

1. INTRODUCTION

In recent years, with the increase of academic pressure, the mental health problems of middle school students have gradually become prominent. How to alleviate the mental health problems of middle school students has become a hot topic of social concern. This article aims to analyze the positive impact of sports on the self-identity improvement, teamwork, and positive psychological qualities of middle school students by exploring their impact on their mental health.

2. EVOLUTION OF PEOPLE'S THOUGHTS ON THE IMPACT OF SPORTS ON MENTAL HEALTH

People have long realized the important impact of sports on mental health, and throughout history, both Chinese and Western philosophers have put forward their own opinions in this regard.

Firstly, the ancient Chinese philosophy has long revealed the profound impact of sports on individual physical and mental health. Among scholars from various schools of thought, people can find in-depth research on how sports affect mental health. For example, the ancient philosopher Xunzi clearly emphasized the importance of sports for mental health in his article "On the Body". He believes that the mind and body complement each other, and human emotions can be reconciled through sports. He emphasized that there is a

mutual influence relationship between form and body, and between qi (power) and shi (potential), which refers to the relationship between physical form and momentum. At the same time, the "Su Wen -Si Qi Tiao Shen Da Lun" in the "Huang Di Nei Jing" also points out: "Where the heavens are born, there must be qi; where the qi is born, it must be tangible. The form must have been formed, and qi can be generated. Therefore, those who generate qi have their own form, and the form is the home of qi." From this, it can be seen that human psychological and physiological states are closely related, and the two interact with each other, forming a coexisting cycle. Therefore, the traditional Chinese philosophy emphasizes the use of sports and the use of movement to balance the balance of qi and form. The harmonious coexistence of the two can promote the health of the mind and spirit.

Secondly, philosophers and modern psychologists from ancient Greece abroad have also conducted in-depth research on this topic. Foreign thinkers have conducted extensive thinking and exploration on how sports can effectively change the state of mental health. The ancient Greek philosopher Aristotle clearly proposed that the body and mind are an inseparable and unified whole, and movement is a necessary way to adjust the harmony between the two. He believed that sports can help cultivate individual courage, perseverance, and determination, thereby having a positive impact on mental health. With the development of modern

psychology, sports psychology has become an independent discipline and gradually received attention. Modern psychologist Freud believed that sports can help release potential tension and regulate emotions and impulses. Maslow regarded sports as a way to meet physiological and psychological needs, and proposed the theory of "self-actualization", believing that through sports, individuals can maximize their potential.

Finally, in the latter half of the 20th century, sports psychology gradually emerged, and foreign scholars continued to deepen their research on the impact of sports on mental health. Research has shown that sports have unquestionable benefits for individual physical and mental health, especially with clear positive effects on individual mental health. For example, sports can alleviate negative emotions such as anxiety, depression, and stress, and improve self-esteem, confidence, and happiness. These research results provide a scientific basis for the application of sports in the field of mental health.

3. THE IMPACT OF SPORTS ON SELF-IDENTITY IMPROVEMENT

Self-identity improvement refers to the formation of an individual's identification and understanding of themselves through interaction and cognition with the outside world, and the establishment of their own self-concept based on this identification. Sports, as an activity that comprehensively develops an individual's body and mind, have a significant impact on the improvement of one's self-identity.

First, sports have a significant promoting effect on shaping the self-esteem of middle school students. Self-esteem is one of the indicators used by individuals to measure their sense of value and ability. The stronger an individual's self-esteem, the higher his/her sense of self-identity, and the better their personal stability. Through sports, middle school students can gain a tangible sense of achievement and pride. Whether it's making progress through personal exercise or winning in team competitions, these will enhance their recognition and respect for themselves. In addition, sports also provide a platform for middle school students to showcase their personal strengths and talents, allowing them to feel their advantages and value in the field of sports.

Second, sports are also very important for cultivating self-confidence among middle school

students. Self-confidence refers to the belief that an individual maintains a positive attitude when facing challenges and difficulties, and firmly believes that they can cope with and overcome them. Sports are often filled with competition and challenges in training and competitions, requiring students to bravely face difficulties and failures. By overcoming various difficulties in sports, middle school students can gradually establish confidence in their abilities and form a positive and optimistic attitude.

Third, sports have a profound impact on the body imagery and body consciousness of middle school students. Body imagery refers to an individual's perception of their satisfaction with their external appearance and physical health. Sports enable middle school students to pay more attention to their bodies and cultivate their positive attitude and self-esteem towards their bodies. Through sports, middle school students can feel the strength and flexibility of their bodies, thereby improving their satisfaction with their bodies.

4. THE IMPACT OF SPORTS ON EFFECTIVE TEAMWORK

Teamwork is the process of completing tasks through coordination, mutual support, and joint efforts among members, guided by common goals. In the world of sports, teamwork is undoubtedly indispensable. Whether in ball games, team competitions, or group training, teamwork is a key factor in determining victory and success.

Firstly, sports effectively cultivate the sense of teamwork among middle school students. In sports, students should first clarify the importance of collective goals and understand the impact of individual behavior and effort on the entire team. Through sports, middle school students can realize that individual strength is limited and dispersed. Only by leveraging their respective strengths in a team and optimizing the combination of dispersed forces can they achieve common goals and maximize team effectiveness. In collective training and competitions, middle school students not only need to pay attention to their own performance, but also to the state and needs of their teammates, helping and supporting each other. The cultivation of team awareness plays an extremely important role in shaping the pro-social and altruistic behavior of middle school students, which will be more conducive to their future integration into the collective, forming good social relationships and positive attitudes, and reducing maladaptation.

Secondly, sports not only effectively promote the benign formation of verbal and physical communication and expression. The core of sports lies in close communication and cooperation among team members, especially in competitions where team members need to communicate information in real-time and make quick decisions. Through sports, middle school students deeply understand the importance of effective communication and learn how to cooperate and negotiate with teammates. In a team, middle school students need to share their perspectives and ideas, listen to others' suggestions, and jointly develop problem-solving strategies. This communication and collaboration ability has been fully exercised in team sports and can have a positive impact on learning and life.

Thirdly, sports deepen the understanding and construction of trust and team cohesion among middle school students. The core element of team collaboration lies in the trust relationship between members. In sports, middle school students need to trust each other and firmly believe that their teammates will provide necessary support and assistance at critical moments. The establishment of this trust is gradually formed during daily training and competition. Collaboration and joint struggle in team sports can trigger emotional communication among members, deepen their mutual understanding, and thus enhance team cohesion. Previous studies have shown that the presence of trust in interpersonal relationships can effectively enhance individuals' subjective well-being.

Fourthly, sports will shape individual leadership and enhance their sense of achievement. In the environment of sports, there is always a role allocation between leaders and team members within a team, where everyone has the opportunity to play the role of leader or follow the leader of others at the appropriate time. Sports demonstrate to middle school students that they not only need to learn to play the role of a leader in a team, but also need to know how to be an excellent follower at the appropriate time. Leaders need to demonstrate their confidence and sense of responsibility, leading the team towards their goals; Followers need to learn to support and cooperate with leaders to complete tasks together. This transformation of leadership and follower roles undoubtedly helps cultivate a sense of responsibility and teamwork among middle school students.

5. THE INFLUENCE OF SPORTS ON THE FORMATION OF POSITIVE PSYCHOLOGICAL QUALITY

Positive psychological quality refers to an individual's optimistic attitude towards life, possessing a positive emotional experience and mindset, having the ability to cope with challenges and pressure, and being full of hope and confidence for the future. Sports, as a positive and healthy lifestyle, can effectively promote emotional regulation, cultivate self-discipline, enhance resilience, and enhance happiness, ultimately leading to the formation of positive psychological qualities among middle school students.

Firstly, sports can effectively promote the formation of better emotional regulation abilities among middle school students. Sports are a positive way of emotional release and regulation. Participating in sports can help middle school students release negative emotions such as stress, anger, and anxiety, while increasing the experience of positive emotions such as happiness, excitement, and satisfaction. In sports, middle school students can fully immerse themselves and forget about external troubles, thereby achieving emotional release and release during exercise and competition.

Secondly, sports can better cultivate the self-discipline of middle school students. Sports require middle school students to adhere to training and regular lifestyle habits, which helps cultivate their self-discipline. In sports, middle school students need to participate in training on time, strictly follow the training plan, overcome laziness and procrastination, and improve their self-discipline. This self-discipline is not only useful in sports, but also has a positive impact on learning and life.

Thirdly, sports can effectively enhance the ability of middle school students to resist setbacks. In sports, middle school students often face challenges and failures, and failures in competitions and difficulties in training require them to face and overcome them. Through physical exercise, middle school students have learned to handle failures and setbacks, thereby enhancing their ability to resist setbacks. The challenges and competition of sports have taught middle school students to persevere and strive, not to give up easily.

Fourthly, sports can effectively enhance the happiness of middle school students. Positive experiences and a sense of achievement in sports can bring happiness to middle school students. In sports, middle school students can experience the

strength and flexibility of their bodies, and feel the joy and sense of achievement of sports. This positive experience and sense of achievement will promote their sense of happiness and enable them to maintain a positive and optimistic attitude towards life. At the same time, sports also help release body hormones such as dopamine and endorphins, which are related to happiness and can make middle school students feel happy and happy after sports.

6. CONCLUSION

This article summarizes the evolution of people's thoughts on the impact of sports on mental health, and emphasizes the positive impact of sports on self-identity improvement, teamwork, and positive psychological qualities of middle school students. It is hoped that these insights and suggestions can have a positive impact on the mental health of middle school students.

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