

# The Positive Influence of College Physical Training Teaching Content on College Students' Mental Health

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**Abstract:** The problem of college students' mental health has become the focus of attention in the educational field. This article takes the impact of college sports dance teaching on college students' mental health as the starting point in order to improve college students' mental health. The author uses the method of literature research and experiment to analyze the influence of college sports dance teaching on college students' psychological barriers (fear, hostility, depression, anxiety), social ability and psychological literacy. Based on the educational function of college sports, this paper discusses the influence and role of college sports teaching on college students' psychological health from five aspects, starting from the standard of college students' psychological health.

**Keywords:** Positive influence; physical training; teaching content; mental health

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## 1. INTRODUCTION

According to the survey, among the special group of college students, 10% - 30% of the important reasons for college students to drop out of school and suspend their studies are due to their different levels of mental health problems, mental illness and other mental disorders. These psychological problems have even led to more extreme results of suicidal tendencies. At present, the mental health of college students is not only affected by congenital factors, but also by social factors to a large extent. Whether from the perspective of family factors or school factors, the various environments around college students affect their mental health

Therefore, in order to comprehensively improve the level of college students' mental health education, the standards of college students' mental health are mainly reflected in five aspects: (1) having normal intelligence. He has keen observation, good memory, flexible thinking, rich imagination, and is good at distributing and diverting attention. He is willing to learn, eager to learn, good at learning, and can give full play to intelligence. (2) Have a healthy and stable mood. Happy mood, stable mood, moderate reaction, positive emotions such as happy, satisfied, happy, optimistic, cheerful, happy, etc. are dominant, and the body and mind are in a positive and hopeful optimistic state. College students have a strong need for communication and are eager for more people to understand and approach themselves and become their good friends.

However, due to various reasons, such as insufficient communication ability, all of these will lead to their fear of communication and unwilling to communicate with others. In addition, college students in this period already have a self-centered locking psychology, which has personal and social reasons as well as school education reasons. If these psychological problems can not be adjusted in time, it may cause a series of physiological and psychological reactions, and serious psychological diseases of different degrees. Accompanied by beautiful music, when performing sports dance exercises, the exercisers' mood can be relaxed, and the exercisers will have a sense of satisfaction after completing

elegant and beautiful movements, thus improving students' confidence in learning dance and extending this confidence to other aspects of life.

## 2. THE PROPOSED METHODOLOGY

### 2.1 Characteristics and correlation analysis of psychological quality of college students

In communicating with others, students will spontaneously and actively communicate with others, which increases the opportunity to communicate with others, thus improving the ability to communicate with others. And after learning this kind of communication, learners will have a sense of pleasure in the process of sports dance learning, thus improving their anxiety and inducing them to have positive thoughts and feelings. Can't face up to the difficulties in life and study. So, the family organizational structure of the one-child model is a double-edged sword for children, which creates superior conditions for their growth, and to a large extent leads to their inability to withstand the fierce social competition and face up to difficulties and setbacks:

(1) From the perspective of family factors, the family factors in today's environment are both advantages and disadvantages for college students' mental health. Physical education teaching is a three-dimensional teaching, a living three-dimensional space activity, and a teaching based on the right brain thinking activity. When you observe the action demonstration, a three-dimensional action concept will be generated in the right brain; When you listen to the teacher's explanation of the action essentials, you will also conduct a comprehensive analysis of the language or text through the left brain, and then leave a three-dimensional action image in the right brain; The quality of will is shown in the process of overcoming difficulties and cultivated in the process of overcoming difficulties. Modern physical education is an effective means to cultivate the quality of will of college students.

(2) Because sports itself has the characteristics of hardship, intensity, tension, relative resistance and strong competitiveness. When students take part in physical exercise, they are always accompanied by strong emotional experience and obvious willpower efforts. College students, especially female students, can quickly improve their independent ability and get rid of the habit of relying on parents and friends. In addition, women's self-defense skills often need to be transformed and changed to different degrees according to the specific attack moves and attack routines of lawbreakers.

(3) College students often need to consider various different ways that bad guys may attack to update women's self-defense skills when learning. As a public compulsory course, college physical education courses provide an opportunity for students in the whole university to exchange, College students choose a sports project together because of their interests and hobbies. They form a new group because of their hobbies. In such a new group, they compete with each other, learn together, and express different views and suggestions on the same things.

## 2.2 Physical education can improve students' emotional state and coordinate interpersonal relationships

The goal of higher education is to cultivate high-quality talents with all-round development for the society. The all-round development of human beings cannot be separated from a sound psychological mechanism. A psychologically healthy person is a person with healthy personality, and the psychological essence of personality is self-consciousness. As a member of the society, people engage in various social practices, which are realized through self-consciousness. As a system of self-awareness, evaluation, coordination, supervision and control, self-consciousness is an important part of the personality system and the core force to integrate and unify all parts of personality

Emotion participates in almost all human activities and plays a great role in regulating human behavior. Sports activities can directly give people pleasure and joy, and can reduce tension and anxiety, thus regulating people's mood and improving mental health. In life, we often find that those who have good interpersonal relationships are always happy, energetic, and interested in everything. These people live happily. During the process of learning sports dance, students can experience the cooperation between teams, mutual help and collective sense of honor. These feelings help improve the personality of college students. Some students may lack advantages in academic performance and lack confidence, However, I am interested in sports dance, which can explore the potential talents of college students, enhance their self-confidence, and improve their world outlook, outlook on life and values. Physical education in colleges and universities has remained in the traditional physical education mode, and the training mode for students has not been optimized, which is difficult to meet the needs of college students for sports learning in today's environment.

## 3. CONCLUSION

In colleges and universities, sports dance teachers should improve their own dance quality and other related qualities, at the same time, master relevant psychological knowledge, accept new sports dance concepts, and combine sports dance teaching and psychological education Strengthening physical education in colleges and universities can provide a certain auxiliary role for college students' mental health education,

enable college students to adapt to the constantly improving social environment, and participate in social competition with a positive attitude, gain their own place in the competition, fully display the unique style and characteristics of contemporary college students, and maintain the psychological state of college students in the best state.

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taking Beijing University of Technology as an example

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