

Analysis on the Application of Expanding Training in Physical Education Teaching to Improve the Psychological Quality of College Students

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Abstract: Most college students living in the 20th century were only children, so they received a lot of care in their daily lives and studies. Some students even received indulgence from their parents from a young age. It is precisely because of this growth environment that their psychological resilience became poor, and they did not have a good mentality when facing setbacks. In this situation, if schools want to improve students' psychological quality, it is far from enough for schools to rely solely on ideological education to help college students overcome psychological barriers and improve their resilience. Therefore, this article elaborates on the origin and development of outward-bound training, analyzes the drawbacks of using outward bound training in current physical education teaching in universities through case studies, and analyzes the measures to improve the psychological quality of college students through outward bound training.

Keywords: Expanding Training, Physical Education Teaching, Psychological Quality, College Students

1. INTRODUCTION

In this era of rapid economic development, society has high requirements for everyone. As the main body of the times, college students face the problem of finding a job after graduating from university. These are a relatively painful process for newly graduated college students, which requires them to possess certain psychological qualities in order to withstand social discrimination and the failures they must experience, it's like failing an interview, etc. Therefore, during college, in addition to learning relevant professional knowledge, college students should also improve their psychological quality during the learning process, to better adapt to the development and changes of society and shoulder the sense of mission of social development.

In order to better improve the psychological quality of college students, the author has also made the following analysis on the use of outward-bound training in physical education teaching to improve the psychological quality of college students. 120 students were divided into four teaching classes, and the proportion of male and female students in the teaching class was the same. Investigate the changes in psychological quality and social adaptability of college students before and after participating in outward bound training. Expansion training programs include outdoor and field training, among which field training refers to the use of physical education classes for simple projects that do not require equipment, lasting for two weeks, twice a week. This training was introduced to China in 1995 and developed rapidly. It was highly praised by various social classes in China and gradually included in daily training by government agencies, foreign enterprises, and modern enterprises.

At the end of the 20th century, experiential training was first introduced by Tsinghua University into the teaching system of MBA and EMBA. Its expansion training mainly consists of three parts: on-site, outdoor, and water, each with different content. Modern outward-bound training uses sports activities as a carrier and outward bound training as the main line of

teaching, guiding students' psychological cognition to develop in the correct direction. It is of great significance for developing potential, enhancing teamwork spirit, and emotional regulation ability. The requirements for teachers are high, and they need to be responsible for organizing, guiding, and ensuring the safety of students. Although teachers may not participate in training activities, planning, arranging, and summarizing tasks for training activities is inevitable.

In major universities in China, physical education teachers have rich teaching experience and sufficient ability to organize related sports activities. It is believed that they can also complete the task of expanding training for students in a short period of time. Therefore, the feasibility of outward-bound training in college physical education teaching is high, and teachers should actively introduce it to enhance students' enthusiasm for exercise. Expansion training can effectively improve the mental health level of college students, and there are significant changes in the four factors of somatization, depression, anxiety, and interpersonal sensitivity before and after the experiment. Expanding training can also effectively improve the social adaptability of college students.

2. THE PROPOSED METHODOLOGY

2.1 The Feasibility of Expanding Training in College Physical Education Teaching

After a semester of experimentation, the number of college students with maladaptation significantly decreased, while the number of students with average and strong social adaptability significantly increased. The main evaluation of the psychological quality of college students is mainly through a comprehensive evaluation of their learning and life, including their self-confidence, sense of responsibility, frustration ability, willpower, self-awareness level, independence, and other aspects. Psychological quality is an individual, tendency, initiative, stable thinking and behavior of college students, but this performance is not fixed, it will change over time or through changes in college students' selves, so the stability referred to here is relative.

According to a large amount of data, the results of "depression" factors among college students after extended training are far lower than the average level before training, with a significant difference, greater than $P < 0.05$. The potential significance of incorporating extension training into physical education experiments is also to enable physical education to return to its original and natural state, change the problem of traditional physical education teaching being too regular and institutionalized, improve students' sense of efficacy, and help them overcome the difficulty of "depression". Expansion training places particular emphasis on cultivating students' subjective initiative, cooperative spirit, and creative spirit. This not only enhances students' enthusiasm but also helps them tap into their own potential. The training content is highly challenging and stimulating, in line with the personality characteristics of modern college students.

Traditional physical education teaching places more emphasis on cultivating students' learning of relevant theoretical knowledge. In terms of physical activities, excessive emphasis is placed on students' physical performance, physical skills, and safety issues, which undermines their enthusiasm for learning physical education. After the implementation of higher education reform, although teachers' teaching concepts have changed to a certain extent, the teacher centered teaching model still exists, and students' learning subject status is not valued, resulting in low learning enthusiasm of students. The teachers attach importance to the introduction of outward-bound training in college physical education, provide students with various forms of sports activities, make them feel happy in the process of sports activities, and the distance between teachers and students is constantly shortened.

Expansion training is completely different from traditional teaching concepts. The teaching model of teacher demonstration and students drawing pictures from gourds has been completely overturned, and there are various forms of sports activities. Students can participate in them according to their own methods, continuously encourage and educate themselves, improve their quality education level and physical fitness, and lay a solid foundation for future development. Expansion training is directly aimed at cultivating mental health and social adaptability and is highly welcomed by students. Students' enthusiasm and initiative in attending physical education classes have also been improved. Therefore, introducing outward bound training into physical education classes in universities is a reform and innovation of traditional physical education classes. It can enrich the content of physical education classes, enhance the practicality and interest of physical education classes, broaden the functions of physical education classes, and has profound significance for the reform of physical education classes in universities in China. In terms of the current psychological quality of college students, some of them have very poor psychological quality, just like there have been cases of college students harming others and themselves in higher education institutions before.

2.2 Applying Expanding Training to Improve the Psychological Quality of College Students in Physical Education Teaching

For example, in 2006, a graduate student at Peking University chose to commit suicide because he couldn't bear the pressure of his studies; In 2007, there was an Affair of the Poisons of the Mining University; In 2008, a student from the University of Political Science and Law committed murder with a knife;

Affair of the Poisons of postgraduates of Fudan University in 2013. The occurrence of these events indicates that college students have poor psychological quality and are unable to regulate the impact of negative emotions. Therefore, it is necessary to improve the psychological quality of college students. After three months of outward-bound training, we have provided effective measurement questionnaires developed by the Beijing research and development center for college students who participate in outward bound training. Generally, if students can achieve an 86 score, it indicates that they have exceptional social adaptability, good psychological development, a good sense of teamwork, and are able to adapt well to workplace life.

If the score is below 70, it indicates that the college student has poor adaptability in society. Any questions that are unclear in the questionnaire should be promptly consulted with a mentor or friend. The introduction of outward-bound training can effectively strengthen this point. Students need to face challenges with high difficulty, endure balanced and tense environments, gradually develop strong willpower, think carefully about problems, and effectively improve their psychological quality. In addition, in outward bound training, there are some team cooperation projects that can encourage students to communicate with each other, narrow the distance between each other, form a collective, and cultivate students' collective cooperation spirit. Expansion training is not just about games and entertainment. High quality training courses require teachers to possess a variety of outdoor professional skills, understand professional knowledge such as mountaineering, wilderness survival, and mountain rescue, and have a background in management, psychology, and other aspects of knowledge and certain management experience, which are not fully possessed by physical education teachers in universities in their own knowledge structure.

Therefore, the establishment of this course requires physical education teachers' own learning and improvement, and sufficient knowledge preparation for the training course design content. In China's universities, the development of physical education teaching is relatively backward, and its educational methods and content have great limitations. In the teaching process, most of the training is focused on physical fitness and skills, and there is no relevant training or training for the psychological quality of college students. Therefore, if we want to use expansion training in physical education teaching to improve the psychological quality of college students, teachers need to be in the training process, provide targeted training arrangements based on students' personality traits.

Sports games can be said to be a special educational method in the process of physical education teaching. It is a teaching method created under the new form of education that comprehensively considers the characteristics and needs of students. If it can be scientifically and reasonably applied, it will play a positive role in the development of students' physiological and psychological aspects, but it does not mean that using sports games in physical education teaching can mechanically determine and promote students' physical and mental development.

Students actively participate in sports activities, interact with classmates, understand, and promote each other, and continuously learn to promote their physical and mental health development.

3. CONCLUSION

In summary, the introduction of outward-bound training in college physical education teaching is very necessary. In fact, outward bound training has high feasibility in college physical education teaching. Teachers should recognize this and pay attention to the importance of outward-bound training, such as effectively improving students' psychological quality, and actively apply it in college physical education teaching. The requirements for relevant teachers or training instructors are relatively high. Therefore, in the process of using outward bound training, relevant personnel must have a relevant understanding of outward-bound training and make sufficient preparations, in order to better realize the value of outward bound training. In summary, the application of outward-bound training in physical education teaching can effectively improve the psychological quality of college students.

4. REFERENCES

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