

*Original Research Article*

# **Analysis on the Influence of Physical Education in Secondary Vocational Schools on Students' Mental Health**

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**Abstract:** For physical exercise, it can not only enhance students' physical quality, but also benefit their mental health. Students studying in secondary vocational schools are generally between 15 and 18 years old. Judging from the age of students, their ideas are gradually maturing and their understanding of the whole society is becoming more and more comprehensive. However, students are also very prone to problems at this age, which are not only prone to differences with mainstream ideas, but also prone to psychological problems. Therefore, this paper makes a brief analysis of the influence of sports activities on students' mental health in secondary vocational schools, and puts forward relevant suggestions, hoping to benefit the teaching in secondary vocational schools.

**Keywords:** Secondary Vocational Sports; Mental Health; Strengthen Countermeasures

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## **1. Introduction**

As a secondary vocational school, its training focuses on students' vocational skills, so the quality of students' learning directly determines students' future work level and salary. This makes many students' study pressure too great, and even have psychological problems. In addition, for those students in secondary vocational schools, their thoughts are not yet mature. If students find that their ideas and correct values are deviated, they can easily make some radical behaviors, which will have an impact on their mental health. Therefore, in the process of educating students in secondary vocational schools, teachers can help students solve psychological problems through sports activities.

## **2. The psychological status of secondary vocational school students and its causes**

### **2.1 Psychological status of secondary vocational school students**

At present, many students in secondary vocational schools lack the sense of cooperation, are often self-centered, are difficult to integrate into the collective, and are prone to anxiety, loneliness and loneliness. Moreover, their adaptability is poor, they lack the sense of group, and they are easy to rely on their parents. If these psychological problems of secondary vocational school students are not solved for a long time, it will be difficult for students to form correct values, and their growth will be seriously hurt, which will easily make students give up and feel inferior, and seriously affect their mental health. Once the secondary vocational school students can't meet the needs of the society, they will become useless people in the society, which will not only affect the students' character, but also make the students' thoughts distorted and difficult to adjust.

## **2.2 The causes of psychological problems of secondary vocational school students**

For students, they are in a changeable and complex environment, which is influenced not only by family and school, but also by social environment. In the social environment, students will inevitably be affected by various dangerous factors. In the family environment, students are greatly influenced by their parents, and domestic violence and parents' divorce will cause students' mental health problems. At school, students are also prone to campus violence due to personality differences. These factors often impact students' outlook on life and values. Once it cannot be guided correctly, it will further affect students' mental health.

## **3. The impact of physical education on students' mental health**

### **3.1 To help students form good will quality**

In the process of sports activities, students can not only keep a relaxed and happy state of mind, but also effectively cultivate students' good moral character, making them more witty and agile and more collectivist. If we want to cultivate students' strong will as much as possible, it is necessary to help students complete related tasks through games, bring them the pleasure of winning, and encourage them to build confidence. In addition, for those students with poor adaptability and learning ability, they can also appropriately reduce their requirements. In the actual teaching process, it is important to help students get the pleasure of solving difficulties in learning by build up their confidence by setting reasonable goals that students can accomplish through certain efforts. At the same time, it can also improve students' will quality unconsciously, stimulate students' courage to overcome difficulties to the maximum extent, and enhance their interest in learning. In addition, in specific teaching, teachers should pay attention to the improvement of learning methods. For sports, it has the characteristics of strong competition, fierce confrontation and hardship. Therefore, in order to cultivate students will power and bring better emotional experience to students, it is necessary to cultivate students will quality through various learning modes.

### **3.2 To help students improve their interpersonal relationships and enhance their sense of teamwork**

For sports, its positive effects on students are mainly reflected in further improving students' interpersonal relationships, changing students' behaviors, and effectively releasing students' bad emotions. Only through sports can the students effectively establish good interpersonal relationships, thus enhancing the communication between teachers and students, and making students feel the strength of unity and the joy of victory. By making full use of sports activities, students can get short-term happiness and further release their negative emotions. At the same time, they can realize the meaning of unity in cooperation and gain precious friendship in an environment of mutual help and mutual assistance. Making full use of students' herd mentality can help students grow up in a collective environment and gradually overcome their self-awareness. In addition, by organizing sports activities, the communication between students is fully enhanced, making them a team and creating a good learning atmosphere for them.

### **3.3 To help students promote the development and utilization of the brain**

In the process of sports activities, it is not only conducive to the development of students' intelligence, but also can fully stimulate students' potential. Gymnastics can relax students' muscles; volleyball can fully train students' reaction ability; track and field sports can make students understand the significance of persistence; basketball shooting training can improve students' team consciousness. Sports can further enhance the flexibility of students' nervous system and improve their sensory system, auditory system and visual system. Sports can also effectively promote people's intellectual development. Using sports activities can make students' thinking more divergent, imagination more abundant and memory gradually enhanced. Students can improve their cognitive ability as much as possible through sports activities after a long period of mental work.

### **3.4 To help students improve their ability to resist negative psychology and induce positive thinking and emotion**

Through sports activities, students can effectively relieve negative emotions such as stress, confusion and anxiety, and promote them to have positive thoughts and emotions. Students can effectively treat psychological diseases in the process of sports activities, and long-term sports activities can effectively release students' positive emotions. At the same time, anaerobic exercise can greatly reduce the fluctuation of depression. According to the current medical research, for those patients with mild depression, physical exercise is the most effective auxiliary means to treat depression patients. In addition, in the process of physical activities, physical health and balance are conducive to the healthy development of students' psychology. For example, the rise and fall of body temperature, the contraction of blood vessels, the speed of metabolism and the beating of pulse will enhance people's control over the movement of certain nervous systems and organs.

### **3.5 To help students build self-confidence and strengthen self-efficacy**

For secondary vocational school students, scientific sports activities can enhance their self-confidence. When carrying out activities, setting reasonable goals according to students' own abilities can enhance students' consciousness, thus fully mobilizing each student's participation enthusiasm, and the joy of success can further stimulate students' desire to seek higher goals. After a long period of accumulation, students can continue to gain successful experiences in sports activities. Teachers should be good at discovering students' advantages and strengths in the teaching process, such as some students strong jumping ability, some students strong speed or strength, and some students quick learning of technical movements, which are students' unique advantages. Only by giving full play to their specialties can students interest in sports activities be truly stimulated.

## **4. The strengthening strategy of the influence of physical education on students' mental health**

### **4.1 To increase the penetration of mental health education**

In the promotion of quality education, secondary vocational education should not only improve students' learning ability, but also strengthen students' psychological quality. Physical education in secondary vocational schools has become an effective way to carry out psychological education in secondary vocational schools because of its advantages in sports skills and sports spirit. Physical education classes in secondary vocational schools should uphold the student-oriented educational philosophy and strengthen the penetration of mental health in physical education teaching. Physical education teachers should lead by example and guide students to study with a good attitude through their own words and deeds. When infiltrating mental health education in secondary vocational sports, rich and interesting sports contents and forms should be used according to the physical characteristics of secondary vocational students, so as to attract students to participate in sports and love sports, thus laying the foundation for psychological health infiltration.

For example, in secondary vocational physical education, besides training students' sports skills, psychological games can also be introduced into sports events. P.E. teachers can organize students to compete in groups. Students should not only complete the sports actions specified by the P.E. teachers, but also guard against the obstacles and influences of each other in the confrontation. In this combination of sports and psychological strengthening, the psychological training of secondary vocational school students can be well realized.

### **4.2 To strengthen the cultivation of psychological education skills of physical education teachers**

The combination of physical education and psychological education in secondary vocational schools is realized through the teaching of physical education teachers. Therefore, the concept and level of psychological health education of physical education teachers in secondary vocational schools have a direct impact on the effect of guiding students' psychological health in secondary vocational schools. Secondary vocational schools should strengthen the training of physical education teachers' mental health education ability, and improve the teaching level of secondary vocational physical education teachers through professional and comprehensive training channels.

Traditional physical education in secondary vocational schools only trains and assesses physical education teachers' physical skills, but neglects the cultivation of their mental health education ability, which requires the joint efforts of secondary vocational schools and normal colleges. First of all, normal colleges should add mental health education to the education of physical education students, so as to deliver high-quality physical education talents to the society. Secondly, secondary vocational schools should strengthen the training of in-service physical education teachers. They can hire professional mental health education experts at home and abroad to give lectures for professional training. They also need to actively cooperate and exchange with other institutions, learn from each other and learn from relevant educational experiences, and broaden the vision of mental health education for secondary vocational physical education teachers.

### **4.3 To constantly improve physical education textbooks**

Physical education textbooks in secondary vocational schools are the key for physical education teachers to design teaching content, and mental health education should be integrated into the compilation of physical education textbooks in secondary vocational schools. For sports content that secondary vocational school students like better, such as volleyball, basketball, football, badminton, swimming, sprint and so on. Secondary vocational physical education textbooks can enhance students' psychological experience by combining mental health education with teaching content.

For example, the content of swimming events in physical education textbooks of secondary vocational schools can be based on the traditional knowledge of swimming skills, and quick judgments and solutions in the face of drowning, body cramps and other dangerous situations can be added to help secondary vocational students not only achieve the purpose of improving their physical fitness in physical education, but also cultivate students' calm mentality in the face of difficulties and dangers.

### **4.4 To optimize the physical education teaching environment**

Physical education teaching environment in secondary vocational schools is also an important factor affecting students' mental health, so secondary vocational schools should pay attention to the continuous optimization of physical education teaching environment to create conditions for cultivating students' good psychological quality. Secondary vocational schools should provide students with convenient ways of physical exercise through scientific and reasonable layout of sports venues, replace and repair old sports equipment in time, so that every student can participate in physical exercise with peace of mind, and strengthen the soft environment construction of physical education, and stimulate the enthusiasm of secondary vocational students to participate in physical exercise by creating a harmonious and democratic sports atmosphere.

Good physical education teaching environment can make students devote themselves to physical education, cultivate students' perfect personality and healthy psychology, strengthen their own sports spirit, and truly realize the unity of body and mind in physical education.

## **5. Conclusion**

In the process of knowledge education, secondary vocational schools should pay attention to the guidance of students' mental health, and actively use secondary vocational physical education to create a positive learning atmosphere for students, so as to improve the psychological quality of secondary vocational students.

## **References**

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