The Analytical of Sports Behavior and Current College Girl Sports Values

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Abstract—In view of the current university students towards the physical activity has positive and negative attitude toward behavior, heart is like the body very repugnant phenomenon, reasons for such phenomenon from the aspects of analysis, and through the full understanding of the value of PE, correlation analysis between the two, in order to understand the fundamental physical activities the contradiction between the university girls treated, and provide a theoretical basis and support for the development of college women’s sports.

Keywords—component; Sports; College Girl; values sports behavior

I. OBJECTIVE

the literature and investigation the author understands the female treats sports there is such a phenomenon, most of the female students view on sports are very active, they clearly understand sports in physical health, improve personal qualities, reduce psychological pressure, improve the quality of will has a very active role, and also to the number of sports some itch for a try ideas, but can be thought to act but only a minority, most girls will idea to act before it stopped. As everyone knows value refers to the total evaluation of objective things a person around the significance, importance and total view of the. It represents the views and behavior tendency of a person to the things around, also is the personal things on a good and evil, is the evaluation of non and importance of [1]. As well as the value orientation, the pursuit of value, the value of setting goals for certain; on the other hand the measure of value and performance criteria, become people to judge the value of things without value evaluation and value standard. Personal values once established, it has relative stability. Think of all the things in the order of priorities, in the eyes of the weight, constitute a system of values. On the value and the value system is the psychological base determines the behavior of people. But the sports values are people and social needs of view to sports as a social phenomenon, which determines what the sports behavior choice is [2]; the people according to the long-term physical exercise and repetitive physical and emotional experience, between value attribute, the main object of sports values relations, as well as some form of sport between value creation activities, set the relative stability of the psychological and behavior or psychological and behavior gradually formed. It is peculiar to people the importance of understanding and evaluation of physical education and sports phenomenon for themselves and the society of the internal standard. The individual is always in accordance with their own values to determine their physical education objective, and to actively engage in sports activities. It is people's motivation, under certain circumstances, the objective needs and emotions will reflect the comprehensive. Colleagues sports value and new ideas including the sports socialization, multidimensional sports view, school sports space extension concept, the multidimensional view of sports content is as follows: the concept of sports service goods; sports competition; sports industry development, can promote social and economic prosperity; sports social function concept of multidimensional view of sports [3]. So the influence of sports values is very extensive, affecting social development at the same time, on a personal physical behavior influence, and even play a decisive role.

II. EFFECT OF THE CHARACTERISTICS OF SPORTS VALUES IN SPORTS BEHAVIOR

A. The subjective view of sports value and sports behavior

Sports value concept belongs to the field of ideology, with its main body color is very strong. There are significant differences between different individual cognitive level, these will make them have different sports demand. Physical demand is the foundation and starting point for the formation of sports values, behavior subject will be for sports demand different and the formation of different sports values, so the actors because of their different needs and show different sports behavior. Because of the ideology and cognitive level is influenced by external factors, such as the standards of living, the influence of family environment, parents and teachers guide and so on, all of these will have a greater impact on contemporary female college students as the main form in the process of development of sports ideology and on sports cognition level.

B. The selectivity view of sports value and sports behavior

Sports value is selected to obtain, is deep, rich. This selective must be free not to force the. Because the sports values is based on the human brain based generation, each individual has many different sports value in the growth stage of each of the different views are available, also show different effects of different choice of sports behavior. The contemporary female college students in the rapid development period of China economy, overall environment
The stability of sports values in sports behavior is a critical aspect that affects the decision-making and behavior of individuals. In the context of female college students, the stability of their sports values is determined by their personal experiences, physical capabilities, and societal influences. The following sections elaborate on the various factors that contribute to the stability of sports values in female college students.

C. The Stability view of sports value and sports behavior

Values of physical education are subjective; however, the stability of sports values is crucial in determining the consistency of physical behavior. Affect the stability of sports values in sports behavior towards a physical target, and to realize the target of physical behavior, the female individual has a more stable belief. Factors contributing to the stability of sports values include the personal experience of overcoming various unfavorable circumstances. Students who experience physical activity and overcome various unfavorable circumstances will not easily be affected by external factors. Once the values are established, they are less likely to change.

D. The selectivity view of sports value and sports behavior

Sports values are subjective; however, the selectivity of sports values is crucial in determining the consistency of physical behavior. Factors contributing to the selectivity of sports values include the personal experience of overcoming various unfavorable circumstances. Students who experience physical activity and overcome various unfavorable circumstances will not easily be affected by external factors.

F. The Orientation view of sports value and sports behavior

Sports values are subjective; however, the orientation of sports values is crucial in determining the consistency of physical behavior. Factors contributing to the orientation of sports values include the personal experience of overcoming various unfavorable circumstances. Students who experience physical activity and overcome various unfavorable circumstances will not easily be affected by external factors.

III. Conclusion

Each person's view of sports value impact on the sports behavior has a decisive role, establish the correct values of sports for sports behavior has a positive influence. However, the formation of the view of sports value is influenced by many factors, such as different stages of university students in the social environment, family environment, school education, the traditional mode of thinking, economic and social, as well as their own awareness of sport and so on, the impact of these factors in the sports values at the same time, further affect the physical behavior of female college students. Sports values once formed, will affect the behavior of sports behavior of individual in the growth stage of a long, female college students is an important phase in his life, various cognitive gradually tend to be stable, so that the values of sport will have a guiding effect on the physical behavior of female college students later. The view of sports value is subjective and selective characteristics, female students in university period once in determining the choice of sports value is negative rather than positive, so very few sports behavior in all aspects of life will appear, which will on women's health to bury next hidden trouble of seeds.

IV. Suggestions

Our country is in a stage of rapid economic development, leading to the pursuit of fast rhythm and the pursuit of efficient social style, people for the various interests tend to be the most efficient while ignoring the sustainable development, especially in the school life is parents expectations of students need to face all kinds of knowledge and skills training, usually sports activities are considered to
be one of the main factors affecting their academic achievements, so Study hard in each think students heart of sports activities have some conflict, this also for university girl sports values is not positive buried the foreshadowing. Therefore, we first need to parents to establish correct physical value and correct education ideas

School education is the pursuit of high impact, in the student's reading time directly or indirectly put forward very high requirements, some schools are under the proportion the pressure, is the senior high school entrance examination and college entrance examination class sports class is cancelled, this undoubtedly enhance the students for sports misunderstanding, caused the student to form the negative values of sport, therefore, school education should be people-oriented educational policy, cultivate all-round development of students.

The legacy of two thousand years of feudal history has not completely eliminated in the hearts of people think that women are inferior to men, the phenomenon still exists, for women should be done as an understanding wife and loving mother, should be gentle and virtuous, women no is the virtue of the thought still exists, because most sports have a certain exercise intensity and amount of exercise, the exercise and the majority of women a requirement of seemingly want to violate, but also lead to women's sports values is one of the main reasons for negative. Therefore, we should vigorously promote both men and women should enjoy the equal rights and obligations through various media, so that women can gain greater emancipation to a certain extent, various sports activities have more opportunities to participate in.

Many women in the social, family, school and social environment influence, also began to position themselves should become the type as an understanding wife and loving mother or should be gentle and virtuous, this is their sports values to form the most important influence, also as they do not participate in various sports activities of the best. So women especially contemporary female college students should correctly realize this point, unremitting self-improvement, getting rid of all the constraints, and establish a positive view of sports value, enjoy all kinds of sports to bring health and fun.

Reference

