

Application of Sports Psychology in Youth Physical Training

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ABSTRACT

Sports psychology mainly studies the psychological activities and rules of the human body in the process of physical training, which can help teachers better understand the psychological problems that teenagers face in the process of physical learning, so as to guide and help teenagers in time. In the physical training, teachers can guide teenagers to use relaxation training, thought control and self-regulation to stimulate learning motivations and help students complete physical training. It can eliminate the psychological disorder of teenagers in time, and maintain their mental health. It also can improve the teaching quality of physical training and improve the training effect.

KEYWORDS

sports psychology; physical training; self-regulation; thought control; psychological disorder

Some physical training teachers focus on promoting teenagers' physical health and improving their sports skills in the teaching process, but neglect teenagers' mental health. In this context, physical training teachers need to integrate sports psychology in the training process, aiming to enable teenagers to complete the training task and maintain the mental health.

1 The Application of Sports Psychology in Youth Physical Training

1.1 The Application of Relaxation Training

The long-term and intensive physical training can easily cause muscle fatigue and psychological pressure in teenagers. If the psychological pressure can not be effectively resolved, it will not only have a negative impact on the training effect of teenagers, but also affect the healthy development of their psychology. Therefore, it is particularly important for teachers to guide teenagers to engage in relaxation training based on sports psychology. Teachers can guide teenagers to focus their attention on breathing, inhale and exhale slowly and deeply, and feel the rhythm of breathing, so as to help teenagers get out of the tense training atmosphere, relax the brain, and reduce anxiety. And then, driven by the psychology, the body of teenagers gradually enters a relaxed state and the muscle tension is relieved. In this way, teenagers can adjust their status in time and continue to carry out physical training.

1.2 The Application of Thought Control

The negative emotions such as anxiety, depression or self-doubt produced by teenagers in the process of physical training will affect the training effect. Based on sports psychology, teachers can use thought control to help teenagers eliminate negative emotions and make them better involved

in physical training. In this process, physical training teachers need to teach teenagers the skills to overcome negative thoughts, improve their ability to control negative emotions, and prevent them from falling into the vicious circle of negative emotions. In addition, physical training teachers can also guide teenagers to focus on their own advantages and progress, enhance self-confidence and maintain a positive attitude when they have negative emotions through positive feedback and praise.

1.3 The Application of Self-regulation

Based on sports psychology, when teenagers engage in physical training, teachers can use the self-regulation method to help teenagers cope with negative emotions and maintain a positive attitude. Teenagers often encounter setbacks or feel tired in training, and experience negative psychology such as not wanting to persist, and wanting to give up. By using the self-regulation method in sports psychology, physical training teachers can guide teenagers to recall their wonderful moments in training or winning experiences in competitions, and re-examine their achievements, which can help disperse their negative emotions, stimulate their motivation to continue to work hard, and improve the training effect^[1].

2 The Necessity of Applying Sports Psychology in Youth Physical Training

2.1 Stimulate Teenagers' Learning Motivation and Help them Complete Physical Training

Teenagers will have negative psychology in physical training due to lack of interest and perseverance. Based on the principle of sports psychology, physical training teachers can solve problems according to the psychological needs of teenagers, so as to maintain their mental health. For example, when teenagers lack interest in sports training, teachers can guide them to understand the movement main points through scientific explanation and vivid demonstration, so as to help teenagers feel the fun and sense of achievement in sports. However, it requires teachers to always pay attention to the emotional response of teenagers in the process of training, communicate with teenagers with low interest in time, understand the reasons, and adjust the training content or method accordingly, so as to stimulate teenagers' interest in learning, mobilize their enthusiasm, and help them complete high-quality physical training^[2].

2.2 Eliminate the Psychological Disorder of Teenagers and Maintain Mental Health

In youth sports training, teachers can use sports psychology to help teenagers eliminate psychological disorders and maintain mental health. In physical training, the training effect of some teenagers will be affected due to the lack of self-confidence, fear of failure and other psychological disorders. On the basis of sports psychology, teachers can analyze the psychological features and actual situation of teenagers and guide them to establish correct learning attitude and clear training goals, which can make teenagers face physical training with a more positive attitude and guide them to establish healthy sports values, so as to eliminate psychological disorders and maintain mental health.

In addition, when teenagers have negative psychology when participating in physical training, sports psychology emphasizes on praise and other positive psychological suggestions and emotional support to help teenagers overcome the fear of failure, release psychological pressure, enhance self-confidence and maintain mental health.

2.3 Improve the Teaching Quality of Physical Training and Enhance the Training Effect

The application of sports psychology in youth physical training can not only improve the teaching quality, but also significantly improve the training effect of teenagers. Teenagers are in the stage of rapid physical and psychological development, and their learning interest and acceptance ability are affected by many factors. With the guidance of sports psychology, teachers can more accurately understand the psychological needs and behavioral characteristics of teenagers, so as to design training programs that are more in line with teenagers' physical and mental development. It means that in teaching, it is necessary to put students at the center, and translate complex technical terms into language that teenagers can easily understand. For example, teachers can use vivid metaphors and easy-to-understand demonstrations to explain the movement main points to make teenagers master the core of technical movements and enhance the training effect.

3 Measures to Give Full Play to the Role of Sports Psychology in Youth Physical Training

3.1 Improve the Psychological Knowledge and Skills of Youth Physical Training Teachers

Teachers are the main guides of youth physical training, and their professional quality has a decisive influence on the effect of youth physical training. Therefore, in order to better promote the physical and mental health of teenagers, physical training teachers must constantly improve their own knowledge and skills of sports psychology, so as to give full play to the positive role of sports psychology in youth physical training. Based on this, schools should actively provide systematic sports psychology training for teachers, such as inviting sports psychologists and psychological consultants to conduct lectures and practical courses to enrich the theoretical knowledge of physical training teachers, promoting the establishment of a cooperative mechanism between physical training teachers and psychological professionals to participate in the psychological counseling work of teenagers, and enhance the practical ability of physical training teachers. Physical training teachers themselves also need to enrich their knowledge system of sports psychology by reading professional books^[3].

3.2 Teach Teenagers Psychological Adjustment Methods and Guide them to Regulate Emotions Reasonably

Sports training teachers should impart psychological regulation methods to teenagers, in order to fully utilize the role of sports psychology in youth physical training, guide teenagers to regulate negative emotions reasonably, and maintain their mental health. Music relaxation is one of the adjustment methods to help teenagers relieve the emotional pressure during training and improve their psychological adaptability. Teachers can guide teenagers to listen to relaxing and soft music before training to reduce tension and anxiety, and improve their concentration and enthusiasm for training. When teenagers have nervous or negative emotions in the training process, the teachers should teach them the attention regulation method to help them to temporarily get rid of the interference of negative emotions by focusing on an object on the training ground or recalling pleasant experiences. Relaxation training is especially important for relieving physical and mental tension. Physical training teachers should teach teenagers progressive muscle relaxation method, language suggestion relaxation method, etc., to guide teenagers to relax their minds by deep breathing, muscle relaxation or self-suggestion, quickly restore psychological balance, and avoid affecting training and mental health due to a disorder of emotional control. Physical training

teachers impart psychological adjustment methods to teenagers and guide them to adjust their emotions reasonably, which is a way to give full play to the role of sports psychology in youth physical training^[4].

3.3 Cultivate the Willpower and Concentration of Teenagers and Improve their Training Confidence

One of the measures for physical training teachers to give full play to the role of sports psychology in youth sports training is to cultivate the willpower and concentration of teenagers and improve their training confidence^[5]. Willpower is an important psychological factor that pushes individuals to overcome challenges in training. Physical training teachers can exercise teenagers' willpower by gradually increasing the training tasks. Concentration is the core ability for teenagers to complete physical training efficiently. Confidence is the inner guarantee for teenagers to insist on physical training. The self-control ability of teenagers is weak, and their attention will be affected by the surrounding noise and other factors during physical training. By using sports psychology, teachers can attract students' attention, make them focus on physical training, and further improve training efficiency. For example, teachers can set specific and clear training objectives, formulate "ladder-type" teaching strategies^[6], so as to decompose training objectives into small and clear steps, and guide students to complete them step by step. In order to complete the goals set by teachers, students need to concentrate on physical training, which can improve students' concentration. After Students gradually complete the short-term goals set by the teacher, and experience the joy of success, their confidence will be improved to a certain extent. To sum up, cultivating teenagers' willpower and concentration and improving their training confidence can help teachers give full play to the role of sports psychology in youth sports training and form a virtuous circle.

4 Conclusion

Teenagers are in the critical period of physical and mental development. Teachers can integrate sports psychology into physical training to improve the physical and psychological quality of teenagers. In order to better apply sports psychology in youth physical training, teachers need to constantly improve their own psychological knowledge and skills, teach teenagers psychological adjustment methods, guide them to adjust emotions reasonably, and cultivate their willpower and concentration, so as to promote their physical and mental health.

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