Research on the Influence of Sports on College Students’ National Spirit

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Abstract. The purpose of this study is to conduct a one-year physical education training for public sports students in Jiangxi Normal University of Science and Technology, and to conduct a questionnaire survey on "national spirit" before and after, and to compare two identical questionnaires one year apart, so as to observe the influence of sports on national spirit. In order to coordinate with the national strategic planning, promote the rapid development of campus football. In order to enrich the theoretical achievements of the study of campus football culture, it provides theoretical reference for related research. The results show that physical education has no significant influence on the national spirit of College students, but it has a certain effect on the improvement of patriotism, competition, overall outlook and obedience of College students, especially on the enhancement of collectivism.

Introduction

In his report to the Nineteenth National Congress of the Party, Xi Jinping emphasized three "necessities" for realizing the great "Chinese Dream". One of them is "we must carry forward the spirit of China". At the same time, it gives a clear definition of the Chinese spirit. The Chinese spirit is the national spirit with patriotism as its core and the spirit of the times with reform and innovation as its core. Many countries in the world have proved that without strong national spirit as support, all ideals can only stay in slogans. As the largest developing country in the world, China has 56 different nationalities. With the continuous improvement of national economic level, a series of problems have also been encountered in the process of peaceful development of the country. Especially at the present stage, the national spirit of our country is gradually weakening, especially among the contemporary college students, the sense of identification with the national spirit is gradually lacking. It has affected the rejuvenation of the Chinese nation. In this context, as a sportsman, we should contribute to the revival of the great "Chinese Dream". As we all know, sports has incomparable advantages compared with other disciplines. Especially the function of sports. Through the essential function of sports, we can optimize people's moral and will quality and promote people's socialization. The derivative function of sports can inspire people's spirit, enhance national self-confidence and national identity, spread positive energy, and promote cultural cohesion and incentive function. How to make good use of the function of sports to guide and help contemporary college students to enhance national spirit! It has become an important issue in the current price range.

Research Object

This paper takes 122 students of Public Physical Education in Jiangxi Normal University of Science and Technology as the research object. There were 68 boys and 54 girls.

Research method

Documentation Method

Through the library of Jiangxi Normal University of Science and Technology in China HowNet, Wanfang Database, Weipu Journal Database, Chinese Excellent Master's Degree Thesis Database,
Chinese Sports Journal Catalogue and other periodicals, 23089 related papers were retrieved with the keyword "Sports". Further, 1962 papers were retrieved with the term "National Spirit", and 25 papers were selected for reference. Understanding the research status and main research results of "national spirit" provides a reliable theoretical and practical basis for the smooth implementation of the experimental scheme in this paper.

**Expert Interview**

In order to meet the needs of this research, the author interviewed nine senior professional titles teachers in and outside Jiangxi Province. In the process of interviewing experts, we have exchanged with them about sports and the improvement of national spirit. The author informs the interviewees of the author's personal opinions by injecting interviews, and records the interviewees' personal opinions carefully so as to obtain first-hand information for the research of this topic.

**Questionnaire survey**

According to the purpose of this study, following the principles and methods of questionnaire design, using closed-ended answers, using a single and multiple choice method to design a self-designed "national spirit" questionnaire. The questionnaires were distributed to 122 students by professional physical education teachers who served as public physical education classes. The two questionnaires were distributed on the spot and recycled on the spot. The recovery rate is 100% and the effective recovery rate is 100%.

**Mathematical Statistics**

After the end of the experiment, according to the "national spirit" questionnaire collected twice. The data of the questionnaires were sorted out and analyzed by SPSS20.0, so as to obtain the relevant experimental analysis data.

**Comparative analysis**

Through the comparison and analysis of the data obtained from the two questionnaires issued before and after.

**Research Results and Analysis**

**General Analysis of Sports Training on College Students’ National Spirit Cognition**

According to the survey of College Students’ national spirit cognition before and after physical training, this paper compares seven questions about college students' national spirit cognition before and after participating in physical training by using the method of one-way ANOVA in SPSS. These seven questions are "your understanding of our country's history, culture and production and life"; "how do you understand our country's history, culture and production and life"; "are you proud to be a member of the Chinese nation"; "Do you know what national spirit is", "What do you think of the national spirit of college students now"; "About national spirit” God, what do you think of yourself?” Do you think the country attaches importance to the education of youth's national spirit?" The results show that sports training has a certain impact on College Students’ national spirit cognition, mainly in four aspects. As a member of the Chinese nation, are you proud of it, your views on it, what do you think of College Students' national spirit, and do you think that the state attaches great importance to the education of young people's national spirit? Significant difference. The main reason for the difference is that there are many collective sports events, which can bring the students a sense of collective honor and enhance team spirit. Especially after nearly a year of sports learning, the students’ sense of collective honor and the spirit of team indomitable struggle have been improved. Thus, students have changed their cognition to a certain extent. However, the understanding of our country's history, culture and production life, your understanding of our country's history, culture and production life mainly through what channels, do you know what is the national spirit? There is no significant difference in the understanding of our country's history,
culture and production life, and the main ways through which you understand our country's history, culture and production life. The reason is that sports training has no influence on the understanding of our country's history, culture and production activities. Students mainly rely on family education and school culture education to understand China's history, culture and production activities. Sports training is mainly to learn sports-related skills and knowledge. So there is no correlation between the two. The reason why there is no significant difference in the question of "Do you know what the national spirit is" is that college students understand the national spirit mainly through family influence and the influence of school theoretical knowledge education, while sports training cannot let students understand the national spirit, so sports training cannot affect college students’ understanding of the national spirit, but can only mention the national spirit. High impact.

Analysis of the Impact of Sports Training on the National Spirit of College Students

According to the survey of College Students’ national spirit before and after physical training, this paper compares six questions about college students' national spirit before and after participating in physical training by using the method of one-way ANOVA in SPSS. These six questions are "how do you think we can love our motherland and carry forward the national spirit", "If the ideological and political course is not open, do you think it has an impact on the cultivation of your national spirit", "What will you do when there is a contradiction between personal interests and national interests and collective interests", "Do you think that advocating the national freight movement is a patriotic act", "You are right to “Yue Yue”. It's internationalization, the more nationalization, whether to agree with it or not; "What kind of national spirit do you think modern college students need most?" Through the comparative analysis of the two questionnaires data before and after, it shows that only "when personal interests contradict national interests and collective interests, what will you do?" This problem shows a significant difference, indicating that physical exercise can enable students to experience the strength of collectivism, and individuals cannot be separated from the collective in physical exercise. And this collectivism spirit is a reflection of the spirit of the Chinese nation. The comparative analysis of the two questionnaires shows that "what do you think is to love the motherland and carry forward the national spirit", "If the ideological and political course is not open, do you think it has an impact on the cultivation of your national spirit? “Do you think it is a patriotic act to advocate national freight movement”, “Do you agree with the idea that the more internationalized, the more nationalized” and "What kind of national spirit do you think modern college students need most" have not changed significantly. The main reason for this is that students have a fixed sense of their national spirit, and one year's physical training cannot change the fixed sense. Therefore, there is no significant difference.

Conclusions and Recommendations

Conclusions

Sports has no significant influence on the national spirit of College students, but it has a certain effect on the improvement of patriotism, competition, overall outlook and obedience of College students, especially on the enhancement of collectivism.

Recommendations

To cultivate college students’ national spirit needs many dimensions, especially family and school education. In schools, we should strengthen the study of College Students’ political theory and propagate the excellent national spirit of the Chinese nation. At the same time, college students are encouraged to participate in collective sports to enhance their sense of unity, competition, overall outlook and obedience.

Reference


