



Relationship between Campus Sports Culture and Mental Health Standards of College Students in the Network School of Haikou University of Economics

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Abstract

The objectives of this research were to study the opinion of students regarding to the campus sports culture, the mental health standards and to study the relationship between campus sports culture and mental health standards of college students in the Network School of Haikou University of Economics. The sample group was 320 students from the Network School of Haikou University of Economics. The instrument was a questionnaire. The statistics used to analyze: frequency, percentage, mean, standard deviation and Pearson product-moment correlation. The results showed as follow:

1. The campus spots culture in the overall and every aspect were at an agree level. The highest level was sports institution culture, the lower: sports material culture and sports spirit culture.

2. The mental health standards of college students in the overall and every aspect were at agree level. The highest aspect was harmonious interpersonal relationships, the lower aspects were complete personality, correct self-evaluation and emotional health.

3. The correlation between the campus sports culture and the mental health standards was statistically significant at level of .01. The highest correlation was sports institution culture and total of mental health standards, the lower correlation: sports spirit culture and sports material culture.

The highest strong correlation item were sports institution culture and emotional health and every aspect of mental health standards of college students.

Keywords: teaching management, the epidemic period

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Background and Statement of Problems

The Network Schools Haikou School of Economics (HUE) has five majors: Computer Science and Technology, Electronic Information Engineering, Communication Engineering, Internet of Things Engineering, Electrical Engineering and Automation. HUE's Report (2023). According to research of Nieka (2013) on topic of the influence of physical culture activities on the mental health of college students found that the social status and cultural level of college students determine that they were constantly encounter pressure from all sides in real life, which led to a variety of psychological problems. Students at HUE had the same problem. From the Ministry of Education had conducted a sample survey on the mental health of college students across the country, showing that more than 50% of college students had mental illness of varying degrees.

Pan Yafeng (2012) said that the mental health was sometimes even more important to a person than physical health. Mental health played a vital role in the success of college students, so schools and students should pay attention to the cultivation of mental health. The Mental health standard mainly includes in four aspects: 1) emotional health, 2) complete personality, 3) correct self-evaluation and 4) harmonious interpersonal relationships. College sports culture had profound connotations and rich extensions. As a unique cultural phenomenon in campus culture, includes three aspects: 1) sports material culture, 2) sports spirit culture, 3) sports institution culture. What were the relationship between campus sports culture and college students' mental health standards? Liu Huajian (2011) said the research on the combination of college sports culture and college students' mental health education was still lacking.

According to the problems and conceptual of Mental health and physical health and vital role in the success of college, I would like to study the relationship between campus sports culture and mental health standards of college students in the Network School of Haikou University of Economics. The research results had useful



for HUE to support campus sports culture on cultivating psychology of student’s development, and setting planning and policies in the future.

Research Objectives

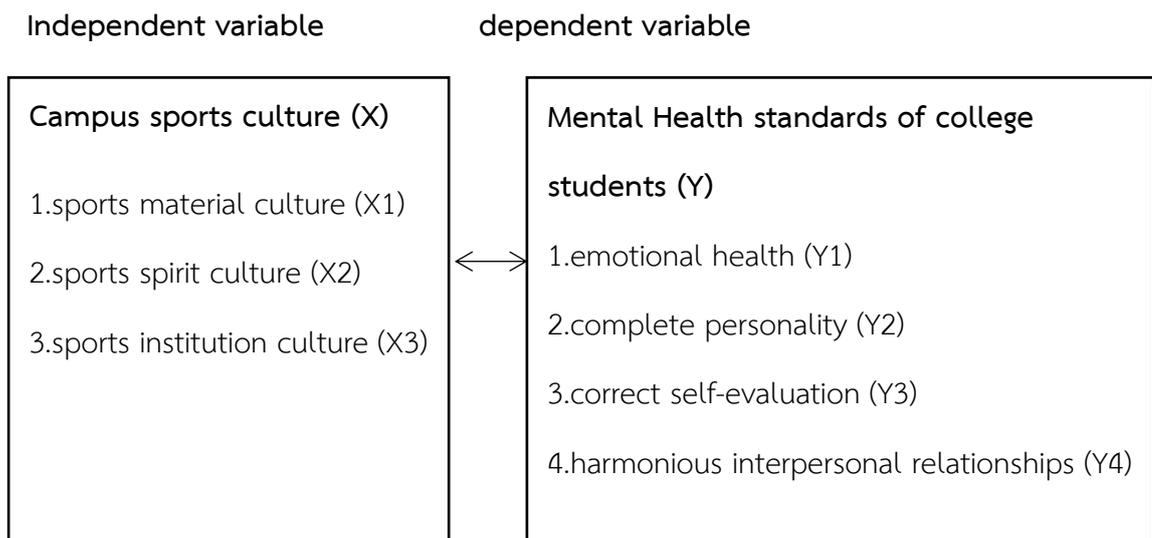
1. To study the opinion of students regarding to campus sports culture in the Network School of Haikou University of Economics
2. To study the opinion of students a regarding to mental health standards in the Network School of Haikou University of Economics
3. To study the relationship between campus sports culture and mental health standards of College Students in the Network School of Haikou University of Economics.

Research Hypothesis

The campus sports culture has a positive relationship with the mental health standards of College Students in the Network School of Haikou University of Economics.

Conceptual Framework

The conceptual framework for the research was synthesized from research results of Zhang Daorong (2020) and others.



Research Methodology

The target population of this study was 1600 college students in 2022 in the Network School of Haikou University of Economics. Using a sample size formula with 320 students of Network School of Haikou University of Economics. An instrument for collecting data was questionnaire. The quality of the instrument was checked out by 3 experts and calculated the IOC value which was equal to be .67-1.00 and the reliability was equal to .97

The quantitative data was analyzed by using statistics including Frequency, Mean, Standard deviation, Pearson Product Moment Correlation.

Research result

Part 1 Mean and Standard deviation of Campus sports culture

Table 1 Mean and Standard deviation of Campus sports culture

Aspect	Campus sports culture	\bar{x}	S.D.	Level	Rank
1	Sports material culture	3.71	.92	Agree	2
2	Sports spirit culture	3.71	.96	Agree	3
3	Sports institution culture	3.87	.84	Agree	1
Overall		3.76	.84	Agree	

From table 1 showed that the campus sports culture in the overall was at agree level. The highest aspect was sports institution culture, and the lower aspects were sports material culture and sports spirit culture.

Table 2 Mean and Standard deviation of sports material culture of campus sports culture

Item	Sports material culture	\bar{X}	S.D.	Level	Rank
1	exercise in the school stadium anytime	3.88	1.04	Agree	1
2	many statue about sportsmanship	3.48	1.08	Agree	3
3	a wide range of fitness tools	3.77	1.03	Agree	2
Overall		3.71	.92	Agree	

From table 2 showed that respondents were agree on the sports material culture in overall at agree level. the highest item was exercise in the school stadium anytime the lower items were a wide range of fitness tools and many statue about sportsmanship.

Table 3 Mean and Standard deviation of Sports spirit culture of Campus sports culture

Item	Sports spirit culture	\bar{x}	S.D.	Level	Rank
1	The school will help us realize our sports dreams.	3.68	1.04	Agree	3
2	The school will help us establish the right spirit of sports competition.	3.81	.97	Agree	1
3	The school will give a lecture series on sportsmanship.	3.64	1.07	Agree	2
Overall		3.71	.96	Agree	

From table 3 showed that respondents were agree on the sports spirit culture in overall at agree level. The highest item was the school will help us establish the right spirit of sports competition, the lower items were the school will give a lecture series on sportsmanship and will help us realize our sports dreams.

Table 4 Mean and Standard deviation of Sports institution culture of Campus sports culture

Item	Sports institution culture	\bar{x}	S.D.	Level	Rank
1	School has a clear sporting code.	3.80	.93	Agree	3
2	School has a professional sports organization.	3.93	.91	Agree	1
3	The university strictly implements the laws and regulations of the National university sports system.	3.89	.88	Agree	2
Overall		3.87	.84	Agree	

From table 4 showed that respondents were agree on the sports institution culture in overall at agree level. The highest item was school has a professional sports organization, The lower items were the university strictly implements the laws and regulations of the National university sports system, and has a clear sporting code.

Part 2 Mean and Standard deviation of the Mental Health standards of college students and four dependent variables

Table 5 Mean and Standard deviation of Mental Health standards of college students

Aspect	Mental Health standards of college students	\bar{x}	S.D.	Level	Rank
1	Emotional health	3.87	.82	Agree	4
2	Complete personality	3.96	.78	Agree	2
3	Correct self-evaluation	3.90	.80	Agree	3
4	Harmonious interpersonal relationships	4.01	.75	Agree	1
Overall		3.94	.74	Agree	

From table 5 showed that the mental health standards of college students in overall was at agree level. The highest aspect was Harmonious interpersonal relationships, and the lower aspects were Complete personality, Correct self-evaluation and Emotional health.

Table 6 Mean and Standard deviation of Emotional health of Mental Health standards of college students

Item	Emotional health	\bar{x}	S.D.	Level	Rank
1	no having wild mood swings.	3.85	.97	Agree	3
2	controlling the bad mood well.	3.90	.95	Agree	2
3	putting success and failure in perspective.	3.96	.88	Agree	1
4	approve of myself.	3.77	.97	Agree	4
Overall		3.87	.82	Agree	

From table 6 showed that respondents were agree on the Emotional health in overall at agree level. The highest item was putting success and failure in perspective, the lower items were controlling the bad mood well, no having wild mood swings, and approve of myself.

Table 7 Mean and Standard deviation of Complete personality of Mental Health standards of college students

Item	Complete personality	\bar{x}	S.D.	Level	Rank
1	The elements of my personality structure are intact and unified.	3.92	.90	Agree	3
2	having the right sense of self.	4.03	.86	Agree	1
3	having a positive outlook on life as the core of my personality.	4.02	.86	Agree	2
4	having a clear purpose in life.	3.89	.90	Agree	4
Overall		3.96	.78	Agree	

From table 7 showed that respondents were agree on the Complete personality in overall at agree level. the highest item was having the right sense of self, the lower items were having a positive outlook on life as the core of my personality, the elements of my personality structure are intact and unified , and having a clear purpose in life.

Table 8 Mean and Standard deviation of Correct self-evaluation of Mental Health standards of college students

Item	Correct self-evaluation	\bar{x}	S.D.	Level	Rank
1	knowing self of correctly.	3.88	.93	Agree	3
2	knowing self of weaknesses and strengths.	4.01	.84	Agree	1
3	telling doing the right thing.	3.95	.88	Agree	2
4	maintaining self-discipline.	3.75	.98	Agree	4
Overall		3.72	.74	Agree	



From table 8 showed that the respondents were agree on the Correct self-evaluation in overall at agree level. The highest item was knowing self of weaknesses and strengths, the lower items were telling doing the right thing, knowing self of correctly and maintaining self-discipline.

Table 9 Mean and Standard deviation of Harmonious interpersonal relationships of Mental Health standards of college students

Item Harmonious interpersonal relationships	\bar{x}	S.D.	Level	Rank
1 express ideas correctly and clearly.	3.89	.91	Agree	4
1 accept some suggestions and criticism from others.	3.98	.85	Agree	3
3 think active and effective communication can better solve problems.	4.10	.81	Agree	1
4 like to help others.	4.08	.87	Agree	2
Overall	4.01	.75	Agree	

From table 9 showed that the respondents were agree on the Harmonious interpersonal relationships in overall at agree level, the highest item was think active and effective communication can better solve problems, The lower items were like to help others, accept some suggestions and criticism from others, and express ideas correctly and clearly.

Part 3 Pearson Correlation Campus sports culture and Mental Health standards of college students

Table 10 The Correlation of Campus sports culture and Mental Health standards of college students

Campus sport culture	Mental health standards				Overall (Yt)	Level
	Emotional Health Y(1)	Complete personality Y(2)	Correct-self evaluation Y(3)	Harmonious interpersonal relationship (Y4)		
Sport material culture (X1)	.56**	.52**	.50**	.52**	.56**	moderate
Sport spirit culture (X2)	.68**	.61**	.60**	.62**	.67**	strong
Sport institution culture (X3)	.74**	.68**	.66**	.69**	.73**	strong
Overall (Xt)	.71**	.65**	.64**	.65**	.70**	strong

**Statistically significant at the level.01.

From table 10 showed that in overall of campus sports culture had a strong positive correlation with the Mental Health standards of college students. The highest correlation was sports institution culture and total of Mental Health standards of college students in strong level, the lower were sports spirit culture in strong level and sports material culture in moderate level. Meanwhile the highest strong correlation item was sports institution culture with emotional health, Harmonious interpersonal relationship, Complete personality and Correct- self evaluation, respectively in the strong level

Discussion

In studying the relationship between campus sports culture and mental health standards of college students in the Network School of Haikou University of Economics, the results of the study are discussed as follows:



1) The campus sports culture in the overall was at agree level. The highest aspect was sports institution culture, Because it might be that the school had set up a sports club, students will have weekly sports elective courses and the content of the courses was diversified, students could choose the courses according to their personal interests. This results related to research of Cai Jingbin (2022) found that colleges offer optional courses of physical education theory, It is beneficial to improve students' sports culture quality and create a sports atmosphere.

2) The mental health standards of college students in overall was at agree level. The highest aspect was harmonious interpersonal relationships, Because it might be that college students in the new era had more opportunities to participate in activities, wide knowledge and strong social skills, extroversion. This results related to research of Liu Huajian (2011) found that emotional health could pleasure the body and mind, regulate emotions, and help alleviate the psychological symptoms of college students in depression, anxiety, hostility, timidity and compulsion. It is helpful for college students to evaluate themselves and others accurately, enhance their self-acceptance and group identity, and thus promote their mental health development. were similar.

3) The relationship between campus sports culture and mental health standards of college students. The analysis data show that the campus sports culture in the overview had a strong positive correlation with the mental health standards of college students, Because it might be that from a physiological point of view. Physical exercise is conducive to students to maintain spiritual exuberance, conducive to the formation of healthy psychology, physical health is the basis of mental health, mental health is the embodiment of physical health, healthy psychology can maintain and improve people's normal emotions, maintain people's normal physiological conditions, can enable people to adapt to the environment and social changes of the stimulus. College students choose various forms of sports, on the one hand to improve their physical quality; On the other hand, the main task of campus sports culture is to enable college students to discover and develop their own interests, hobbies and talents. In HUE, all of students an join a variety of sports groups, participate in ball



fitness activities and other various campus sports competitions, to maintain and enhance the normal mood of college students, the formation of healthy psychology has a positive effect. This results related to research of Zhaoyue (2009) were similar. the impact of campus sports culture on college students' mental health does some preliminary discussion, in order to arouse people's attention to the construction of campus sports culture and college students' mental health education. Campus sports culture has a positive impact on college students' mental health because of its rich content and cultural characteristic value.

Suggestion

From the research results, make the following suggestions for Haikou University of Economics :

1) HUE administrator should to enhance sports spirit culture, suggested that schools can often hold lectures on sports spirit, encourage students to set up a correct world outlook, outlook on life and values. Excellent athletes and coaches are "social public figures" and "focal figures" concerned by the news media. Their exquisite skills or excellent performances in the competition are praised as the reflection and embodiment of patriotism, collectivism and national spirit, and are the objects of worship and imitation by college students. Students can be guided to pay attention to sports events and the growth experience of outstanding athletes, learn from athletes' hard training and excellent performance in the competition, stimulate students' patriotic passion and national pride, encourage them to challenge themselves, keep forging ahead and make more contributions to the country, so as to form and improve the correct world outlook, outlook on life and values.

2) HUE administrator should to enhance mental health of emotional health, complete personality and correct self-evaluation by making the sports material culture and sports spirit culture. suggested that schools make full use of the site space, build sports venues, such as swimming pool, badminton hall, etc., equipped with sufficient sports equipment facilities for students to choose freely, increase the



opportunity for physical exercise, and help adjust the level of mental health, especially improve the correct level of self-evaluation of college students

3) The results show that lowest correlation was correct self-evaluation with every aspect of campus sport culture, so how to improve the correct self-evaluation of college students, this problem can be used as the basis for future research.

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