



RESEARCH PAPER

Influence of Sports Interest on Primary School Students' Physical and Mental Development

Ali Raza¹ Fathimath Rizna² Professor Dr. Wu Hao*³

1. Ph. D Scholar, Capital University of Physical Education and Sports Beijing, China, 100191
2. Ph. D Scholar, Capital University of Physical Education and Sports Beijing, China, 100191
3. Professor & Director, Scientific Research Office, Capital University of Physical Education and Sports Beijing, China 100191

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***Corresponding
Author**
wuhao@cupes.edu
.cn

The article uses literature review method, logical analysis method and other research methods, taking sports game interest as the research perspective, to conduct in-depth research on the physical and mental development of primary school students. Analyzed the physical and psychological characteristics of the primary school student's age sorted out the characteristics of broadness and inclination, persistence and effectiveness of sports game interest, and further sought the points of agreement and similarity between the two, in order to explore the interest of sports and games. The beneficial influence on the physical and mental development of primary school students lays a solid theoretical foundation, and then highlights the physical and psychological beneficial effects of primary school student's interest in sports and games. Therefore, it provides a new path choice for the construction and reform of modern physical education curriculum.

Introduction

Primary school physical education is not only an important part of physical education in our country, but also an important paradigm of school physical education, and it is the initial stage of students' cognition and learning of physical education. Because this can not only enhance the physical fitness of students, but also cultivate their strong physical culture quality and can also establish the values and outlook on life of "lifelong sports" for them. However, looking at the status quo of the development of primary school physical education in our country, one is that due to the influence of test-oriented education, schools and parents overemphasize the cultural achievements of students to a certain extent, while ignoring the development of physical fitness; second, there are many elementary schools today. The main content of physical education courses is radio gymnastics, running, and

frees activities. The content of these courses is too single, so that students feel that the physical education class is boring and cannot actively participate in it, and the original purpose of the physical education curriculum cannot be maximized and optimized realization. Therefore, a sports game occupies an important position in the physical education curriculum. In the teaching process, primary school physical education teachers can not only use games to cultivate students' interest in sports learning, but also promote their enthusiasm for sports learning through games and develop good physical exercises Habit. In this process, schools and parents should provide them with a good physical exercise environment and sufficient physical exercise time, as well as necessary sports equipment to improve their physical fitness. In addition, the body is the basis for all activities. Only when the physical quality of students is effectively improved can students achieve comprehensive development of morality, intelligence, physical education, and art. Based on this, the addition of sports game links is particularly important in the primary school physical education curriculum.

Literature Review

Physical and mental characteristics of primary school students

Physiological characteristics of primary school students

Primary school students are generally between 7-12 years old. In this age group, their body organs and functions are in a period of rapid growth and development, which is also a prime time for physical development (Wilke, 2003). Due to the increase in cardiopulmonary function and the growth of bones, they can engage in more intense physical activities to a certain extent, but compared with adults, their bones and muscles are still weaker in the initial stage of growth and development. In addition, with the improvement of the quality of life, the obesity rate of primary school students is increasing year by year. Therefore, in the process of physical education, teachers should focus on the physical development characteristics of primary school students, and set games suitable for this age to increase the fun of the physical education class. Sex. "Interest is the driving force for learning, and interest is the best teacher." The use of games to carry out physical education can not only improve physical fitness, but also lay a solid foundation for the learning of cultural knowledge (Beltrán-Velasco, Mendoza-Castejón, Fuentes-García, & Clemente-Suárez, 2020).

Psychological characteristics of primary school students

According to Piaget's theory of children's psychological development stages, primary school students are in the stage of specific calculations. In this process, children can use symbols to think logically. They can already perform classification and numerical processing, as well as the concept of time and space. Great progress has been made, the degree of self-centeredness has shown a downward trend, and it has begun to pay more attention to all aspects of things and increase their ability to communicate with others. Therefore, primary school students are more curious and

learn things the fastest (Asadovna, 2021). Teachers should cultivate students' interest at this time, and when cultivating their interests, they should combine their talents, Lay the foundation for future physical exercises and improve their overall quality. Primary school students are lively and active by nature; they are more focused on new things, and are full of interest in many sports activities. Sometimes they are not only interested in one or a few sports activities, but often they are more interested in some people who play. Interested in the projects, and there is a certain degree of blindness in the selection of sports projects. At this time, the guiding role of the teacher should not be underestimated (Dinis et al., 2013). It is also for the pupils to choose suitable sports events based on their own characteristics, so that they can experience the fun, so as to cultivate the students' specificity in doing things and the ability to think independently. The development of physical fitness has laid the foundation.

Characteristics of Sports Game Interest

Extensiveness and Tendency of Interests

Interest is the tendency of people's consciousness to strive to know a certain thing or to like a certain activity. "And the breadth of interest is the scope of interest. Some people have a wide range of interests and are interested in everything, while others have a single interest. The breadth of interest is related to the breadth of knowledge, because students are now pursuing rich knowledge (Safman, & Sobal, 2004). With the continuous improvement of cognitive ability and the increasing interest in sports, we are no longer satisfied with general sports skills, but pursue learning some more difficult skills. Therefore, teachers should debug well in the process of teaching using games. The game suitable for this lesson allows students to learn the decomposition of relevant skills during the game process, thereby improving their learning quality and progress. Fully expand the development of students' thinking in physical education, as far as the school is concerned, can use spare time carry out more sports activities to make the forms of sports activities rich and colorful, so as to meet the requirements of students for sports selection (Helander, 1979). As far as teachers are concerned, they should be presented in the form of games in the teaching process, which can not only improve the simple machinery in the original classroom Repetitive exercises can also enhance students' strong interest in the course. In a certain project, add some simple games to improve students' fun in sports; you can also change some deeper game rules or add some new actions, or allow game participants to make Some rules allow students to fully integrate into the game in the classroom, cultivate the multi- directional development of students' thinking, and at the same time enhance the students' collective consciousness and team spirit through the game, so that students can understand each other and help each other. , Let them deepen their interest, gradually understand their "central interest", improve their will quality, fully stimulate students' curiosity, and cultivate the broad development of students' interests (Cigler & Joslyn, 2002).

In the teaching process, teachers should give full play to their subjective initiative, purposefully cultivate students' interest, and make full use of the function of games to increase their tendency to sports interest. In the form of sports games, students are allowed to master the key movements to be learned in a lesson, so that students can learn some basic movement skills in a stress-free and relaxed atmosphere, and allow students to fully express their opinions during the learning process. , Be a master of learning, let the tendency of students' interest develop in a positive direction (Safman et al., 2004). Therefore, in the teaching process, teachers can gradually string some tedious and difficult actions into the game, solve the problem step by step, and use the way of competition to stimulate students' fighting spirit, so that students can continue to think about how to make their own Skills are strengthened, thereby increasing the tendency of students' interest.

Persistence and Effectiveness of Interest

Persistence of interest is the degree of stability in people's love for things, which may be permanent or unchanging. Cultivating a lasting interest is one of the necessary conditions for achieving higher success at work. The teaching content of physical education class presented in the form of games is what students love to see. It is highly competitive and interesting. It can attract students to actively participate in the game and experience the fun, sadness, and fear brought by the game (Mangold, Bean, & Adams, 2003). It can not only enhance their ability to resist setbacks, but also enhance the students' willpower to move forward without fear of hardships, and also cultivate the quality of actively participating in problems. Use different sports games for teaching to cultivate the optimistic spirit of primary school students who are brave enough to participate, face positively, and are not afraid of hardship or tiredness, Let students face success and failure in the game, so that students will be happy after success, and continue to work hard after failure, bravely facing failure, the more frustrated. To cultivate the persistence of students' interest in learning, it is necessary to make full use of the stability and continuity of emotions generated by students in the learning process. In the process of learning sports skills, the longer the attention is maintained, the faster the learning skills (Benner et al., 2002). Make full and effective use of colorful games to allow students to actively participate; use the form of games to improve their attention, enhance patience in the learning process, cultivate the persistence of students' interest, and form a person with strong perseverance.

The effectiveness of interest, in other words, interest can bring endless power to students. In the learning process, interest promotes students to take the initiative to participate in learning and activities, which plays a positive role; if interest only stays in yearning, and then it will have no actual effect, and only a negative impact. Teachers should make full use of interest to cultivate students' physical exercise habits in teaching, so that lifelong sports are no longer a sentence in books. Students can have their own hobbies through physical education and can benefit from these hobbies throughout their lives (Vallerand, Fortier, & Guay, 1997). The effect of making interest become the driving force of sports, playing sports with the behavior of games, learning some sports skills in the game, so that their favorite sports skills

are improved, their physical fitness is well developed, and schools, schools, A virtuous circle loved by parents and students. Sports are not exercise for exercise, but exercise for happiness, but also to develop good physical exercise habits, so as to better lay a solid foundation for future life and work.

The Beneficial Influence of Sports Game Interest on Primary School Students

Physiological Changes

Teachers use games to diversify the teaching process, change the single teaching method and innovate teaching methods for students to actively participate in physical exercise. Sports games should be close to primary school students in a variety of ways to better improve students' interest in sports learning. Only when students have a higher interest in the content of physical education, can they actively participate in learning and gain relevant knowledge and skills (Hastie, Curtner-& Smith2006). Physical education teachers should often organize some competitions, encourage students to participate, improve students' sense of competition and sense of honor, give full play to the guiding and exemplary role of teachers, and let students give full play to the main body of learning, improve your own subjective initiative and take the initiative to learn some sports skills (Gallotta et al., 2015). Encourage students to compose and create their own sports games, leave enough imagination space for students, guide students to learn to learn independently, work together, and experience the fun of games, Become the master of sports activities. For example, before the class, let the students go to the equipment room to get the equipment in groups to cultivate their independence. At the beginning of the class, small games are used to make the students' bodies fully active, which can not only avoid their accidental injuries, but also attract them. Have a strong interest in this lesson; then design a mini game related to this technical lesson, such as letting learn (Trudeau & Shephard, 2008).

Students learn to look down at the sky and let them talk about what the sky they see at this time. The students learned the most important point in the excited discussion, which is to lay the foundation for the forward roll of this lesson. Primary school students generally have a lively and active personality, but the development of the various bones of the body is not perfect and relatively fragile. Through the study of forward rolls, students can learn to protect themselves while running to reduce injury when they fall. Allow students to learn more skills and improve their physical fitness. When students fall in love with a sport and actively participate in it, the possibility of obesity will decrease, and the density of skeletal muscle will increase, which is conducive to student height and body shape. Good development (Woolger & Power, 1993).

Psychological Changes

Elementary school students are highly motivated. According to their psychological and physical characteristics, they should arrange teaching that is

acceptable to the students and has levels of teaching, and the important and difficult points should be highlighted. Use some flexible mini games to fully stimulate students' curiosity. If students are interested in something, they will want to figure it out (Chu & Zhang, 2018). They will change the passive filling-up education into active exploratory seeking knowledge. In this process, they will discover and problem solving is an active learning process. Teachers use games to interact with students in the course of teaching. Formulate a suitable reward and punishment system, which can stimulate students' active participation, let students lead the development of the game, and give full play to their subjective initiative. In the process of the game, students are given full play of space and attention. The formulation and implementation of rules allows students to participate in, exercise the students' leadership ability, competition awareness and the ability to cooperate (Swanson, Gwinner, Larson, & Janda, 2003). At the same time, in the teaching process, the teacher's speech and behavior have an invisible influence on the students. Students should be shown the positive side of the positive energy, so that the students are no longer passive learners in teaching, but active development. In this way, the more self-confident and more active the teaching effect can be achieved, so that the students will not only gain a lot of physical education in the process of overall participation, but also produce a subtle virtuous circle of future learning of other subjects (Malina, 2009).

Material and Methods

Design of the Study

To reach certain findings the following methodology was adopted to carry the study smoothly. The study was exploratory and descriptive in nature. A literature review, logical analysis and discussion with teachers, management and students method were used to accumulate information.

Results and Discussion

In this digitally modern age, where the world is full of technological advances the culture of going out to a playground and play a sport is somewhat lost and near to an inevitable end. So it's the need of the hour to promote and develop the habit and necessitate the lifestyle where participating in sports and games is as integral as breathing. Because taking an active part in sports and games is not only beneficial to physical health but also mental health which is something not being taken under proper consideration but ignored all along. These days kids prefer to play video games instead of going out in a playground and play some sport where they have an actual opportunity to get active both physically and mentally and utilize their motor skills and practice a strong mental attitude. In order to develop a more active and healthy lifestyle the habit of taking interest in physical games need to develop from an early age. Because at an early age the physical growth of body is at its prime and proper physical exercises complement it in such a way that an individual who has been in a habit of taking active part since the early age would

welcome adulthood with a more healthy and strong body than an individual who didn't.

What could be a better place than schools to promote physical education and to help cultivate a generation who will have a lifelong sustainability? From an early age, the primary schools should make it mandatory for all students across all levels without any exception to take an active part in the participation of students' desired and interesting sports and allow them to play different games to enhance their physical as well as mental abilities. Because performing in a diversity of sports and games at this stage of their lives when the physical growth is taking place rapidly not only benefits their physical fitness but also benefits them regarding their academic excellence. Playing sports requires a lot of physical strength as well as an ample amount of mental strength which results in a number of qualities in primary school students which is very helpful in their personality development. Later these personal qualities such as teamwork, leadership, social behavior, management, and self-discipline boost their respective careers which will result in successful professional lives.

Through discussions and reviews of other researchers, it is evident that all these skills can be developed more effectively through operative participation in sports and games, and the authentic and useful implementation of sports and games is only possible by practical physical education. It has been proved over time and again that physical education plays an important role to prepare adolescents more compatible to overcome the hurdles of daily life. Sports and games also develop a more positive attitude towards life and more adaptive to the circumstances of the environment which helps to lessen the depression and anxiety of a busy and hectic life. However, it also has been noticed that these aspects of personal development and growth are not the aftermath of simply the implementation of sports and games, to achieve these personality development traits it is integral to conduct these sports and games under the innovative guidance of coaches and instructors. Playing sports and games in a playground full of spectators (family and friends) makes participants exhibit their self-confidence, self-belief, courage as well their skills and performance which opens new doors of possibilities and subsequent success.

Conclusion

After going through different researches and thoughtful consideration it is deduced that the influence of sports and games on primary level students has inevitably positive impact on the physical, mental, and overall personal development of individuals of this age. However, the practical results can only be achieved by executing sports and games alongside thorough physical education, because without taking under proper consideration all the factors of physical education it is not possible to achieve high-yielding results of this endeavor. And to encourage students to participate actively in sports and games it is predominant to develop an interest of students so that they dedicate themselves to improve their performances in different games. Coaches and physical education teachers should

keep in mind the likeness and preferences as well strengths and endurances of students to develop their interests in active participation in sports and games.

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