

ҚАЗАҚСТАН РЕСПУБЛИКАСЫ БІЛІМ ЖӘНЕ ҒЫЛЫМ МИНИСТРЛІГІ
ПАВЛОДАР МЕМЛЕКЕТТІК ПЕДАГОГИКАЛЫҚ УНИВЕРСИТЕТІ

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РЕСПУБЛИКИ КАЗАХСТАН
ПАВЛОДАРСКИЙ ГОСУДАРСТВЕННЫЙ ПЕДАГОГИЧЕСКИЙ
УНИВЕРСИТЕТ

ПЕДАГОГИЧЕСКИЙ
ПРОФЕССИОНАЛИЗМ В ОБРАЗОВАНИИ,
ФИЗИЧЕСКОМ ВОСПИТАНИИ И СПОРТЕ

Материалы
международной научно-практической конференции
(24 апреля 2020 г.)

Павлодар
2020

УДК 796/799(063)
ББК 75.1
П 24

Научное редактирование: Лебедева В.И., Командик Т.Д.

Редколлегия: Лебедева В.И., Командик Т.Д., Бронский Е.В., Семёнова М.В., Кольев Е.О., Алпысбай Н.А., Сексенов В.А.

П 24 **Педагогический профессионализм в образовании, физическом воспитании и спорте:** Материалы международной научно-практической конференции посвященной 80-летию профессора ПГПУ, почетного работника образования РК, заслуженного тренера КазССР по легкой атлетике, почетного гражданина Павлодарской области Кольева Виктора Тихоновича (Павлодар, 24 апреля 2020 г.). – Павлодар: ПМПИ, 2020. – 374 с.

ISBN 978-601-267-618-1

В данном сборнике представлены материалы международной научно-практической конференции «Педагогический профессионализм в образовании, физическом воспитании и спорте».

Данный сборник может быть рекомендован специалистам в области физической культуры и спорта.

УДК 796/799(063)
ББК 75.1

ISBN 978-601-267-618-1

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Высшая школа искусства и спорта, 2020.

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Компьютерная верстка: С. Пилипенко

Подписано в печать 04.05.2020.
Формат 29,7 × 42½. Бумага офсетная.
Гарнитура Times New Roman.
Объем 21,26 усл. печ. л. Тираж 500 экз.
Заказ №1285.

Редакционно-издательский отдел
Павлодарского государственного педагогического института
140002, г. Павлодар, ул. Мира, 60
<http://www.ppi.kz/>

REGULATION EFFECT OF PHYSICAL EXERCISE ON PSYCHOLOGICAL STRESS OF COLLEGE STUDENTS

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Annotation. *This study uses literature and comprehensive induction research methods to analyze the psychological stress of college students in depth, and preliminary discusses the role of physical exercise in regulating the psychological stress of college students.*

Keywords: *psychological stress, college students, physical exercise.*

Introduction. The 21st century is an era full of opportunities and challenges. In modern society, fast-paced life and increasingly fierce competition create opportunities and psychological stress. Faced with a rapidly developing world, the psychological stress of people is constantly increasing, psychological barriers constantly arise, and psychological problems increasingly threaten people's health. Psychological stress is prevalent among students, and studies show that more than 80% of students suffer from various levels of psychological stress. The main causes of stress for students are exams, studies, personal prospects, money, family and interpersonal relationships. Currently, the number of college students suffering from psychological stress is growing, and psychological stress has become a problem that cannot be ignored, which jeopardizes the mental health of students [3].

The purpose of the study. Analyze the psychological stress of college students in depth, and preliminary discusses the role of physical exercise in regulating the psychological stress of college students.

Research methods. This study uses literature and comprehensive induction research methods

Research results and discussion. Psychological stress refers to a state of psychological tension caused by various life events, sudden traumatic experiences, chronic tension, etc. that people experience in daily life, that is, a requirement that acts on the body and spirit of the person. This requirement arises from the environment in which one lives, and is experienced by others [4].

The stress of college students is mainly caused by these reasons, such as competition in learning, economic constraints, and emotional crisis. These reasons make college students unable to study and live normally. They live in anxiety and depression all day. Psychological stress and frus-

tration is an important cause of psychological imbalance and affects mental health. However, this important reason is not caused by external factors, but by its own internal factors, that is, its own cognitive evaluation of stress and frustration. As a modern person, we must master the correct way to cope with stress and frustration, constantly improve our ability to withstand stress, and cultivate our brave, tenacious and cheerful character. Only in this way can people calm down and maintain their physical and mental health when facing stress. Mental health is an extremely complex and dynamic process, and its content is extremely rich. At present, there is no authoritative conclusion on the standards of mental health [2].

On the basis of previous studies, the research results of experts and scholars from various countries around the world are synthesized, and it is concluded that the standards of college students' mental health should include the following aspects:

(1) normal level of intellectual development; (2) able to maintain a complete and unified personality; (3) appropriate self-awareness and evaluation ability; (4) able to maintain a strong interest in learning and desire for knowledge; (5) able Coordinating and controlling emotions and feeling good; (6) able to maintain good ability to adapt to adverse circumstances; (7) able to maintain harmonious interpersonal relationships; (8) psychological behavior consistent with age characteristics.

A source of psychological stress for college students.

The so-called stressors refer to stimuli, events and situations that can cause stress response in individuals. According to different standards, pressure sources are divided differently. According to the meaning dimension of the event to the individual, it can be divided into positive stressors and negative stressors; According to the intensity of the incident, it can be divided into crisis stressors, major stressors and daily stressors; According to the time dimension, it can be divided into acute stressors and chronic stressors; According to the individual's level of control, they can be divided into controllable stressors and uncontrollable stressors.

Psychological stress is common among college students, and surveys have shown that more than 80% of college students suffer from different levels of psychological stress. The main causes of its distress are examinations, studies, personal prospects, money, family, and relationships. The general increase of psychological pressure on college students has become a problem that cannot be ignored, which endangers their mental health.

As we all know, physical exercise can relieve stress and maintain a healthy and peaceful mentality. This is because people participate in physical exercise, especially sports that they are good at and love. With the fever of the body, the acceleration of blood circulation, and the expansion of blood vessels, people can adjust nervous tension, brain fatigue, and emotional disorders. At the same time, in the process of completing complex physical exercises, as well as tacit cooperation with surrounding compan-

ions and the struggle of opponents' wisdom and bravery, a wonderful thrill is generated. This kind of pleasure will not only make the participants take self-esteem, self-confidence, and pride, but also relieve their anxiety and relax their minds. It will also make people feel happy and have fun in the bath. On the other hand, physical exercise can make the body produce a hormone known as phenopeptide. This hormone can delight the nerves, regulate the psychology, make people feel happy and satisfied, and eliminate stress.

Experimental research shows that physical exercise can have a positive effect on people's mental health [1]. Chinese researchers have found that exercise can not only improve physical function, but also effectively improve psychological stress, which is of great significance for enhancing the mental health of college students and reducing the occurrence of stress. Chinese researchers believe that universities should attach great importance to students' physical exercise and can organize various sports activities to encourage students to participate in physical exercise. Low-intensity exercise can relieve students' psychological stress. Chinese qigong gymnastics has positive and significant advantages in improving students' mental health, which helps college students cope with various psychological problems and relieves students' psychological pressure [5]. Experts from Tomsk State University conducted an experimental study and found that physical education can have a positive effect on students' stress and depression. Other studies have shown that volleyball is more effective in reducing stress and frustration in students than other sports [2; 3; 4; 6; 7].

Conclusions. Physical exercise can motivate college students to adopt a more aggressive coping style. Strengthen the teaching of physical education in colleges and universities, and enrich the content of physical education so that each student can find their favorite sports and provide materials and places for them to participate in exercise. Encourage students to regularly participate in physical exercise. To make students understand that «participating often in physical exercise» can make people face psychological pressure more actively. This will not only enrich the activities of college students during their spare time, but also improve their mental health and keep them away from psychological stress.

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ВЛИЯНИЕ УЧЕБНЫХ ЗАНЯТИЙ ФИЗИЧЕСКОЙ КУЛЬТУРОЙ И СПОРТОМ НА УСПЕВАЕМОСТЬ СТУДЕНТОВ ПАВЛОДАРСКОГО ГОСУДАРСТВЕННОГО ПЕДАГОГИЧЕСКОГО УНИВЕРСИТЕТА

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Аннотация. В данной статье рассматривается влияние физической культуры и спорта на успеваемость студентов Павлодарского государственного педагогического университета. Физическая культура играет значительную роль в профессиональной деятельности, как бакалавра, так и специалиста, так как одним из наиболее эффективных средств повышения работоспособности в учебном процессе и общественной активности студентов является приобщение их к фи-