

Study on the Theoretical System Construction and Role of Physical Education Based on Sports Social Psychology

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Objectives: With the popularity of the national fitness program, sports theory has gradually become the focus of academic research. However, because of the behavior of the object and the complexity of the psychological, it is difficult to build a relatively perfect theoretical system. Based on this, in this paper, the theoretical application of social psychology in sports and the construction principles of sports theory system under sports social psychology were analyzed in detail. **Methods:** In order to verify the practical application of the theoretical system of sports in social psychology, physical education teaching system was regarded as a practical case. From the perspective of social psychology, role theory, physical education in the conflict and the root causes of physical education and psychological interaction and other content were studied, **Results:** the results show that the traditional sports teaching theory is not suitable for the development of the current students, and the new PE teaching system from the perspective of social psychology can better tap the potential of students. **Conclusion:** To sum up, the research in this paper can promote the development of sports in China and provide theoretical and technical support for physical education.

Keywords: social psychology; sports social psychology; system construction; physical education

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Sports has become one of the most essential cultural activities in modern society, and it has been deeply integrated into every field of personal life and social life.¹ From the social, micro and macro level, it can be found that sports occupy a very important component.² Sports play an important role in individual life style, health type, individual psychology, behavior, or the economic whole development of society, as well as the development and transmission of social culture.³ Sports expand their living space powerfully in society, it brings a variety of benefits to society, but also a lot of problems.⁴ With the deep infiltration of sports in the people and society, it provides a rich experimental platform and practical basis for the development of Physical Education.⁵ Therefore, the current sports discipline has also gotten rapid

development, whether in the natural sciences or social disciplines, and sports combined with the comprehensive disciplines have made great progress.⁶ We explore the reasons for its rapid development, which includes the development of sports itself and the social masses of self-awareness.⁷ This is also due to the improvement of the theory of comprehensive disciplines related to sports, etc., and it is derived from the sports-related theoretical disciplines that has a pivotal position in the scientific community.⁸ With the development of international sports disciplines, the emergence of sports academic teams and professional sports skills in different fields of sports has also accelerated the development of physical education.⁹ Each subject also explains and describes a certain aspect of the phenomenon and the law, and plays its own predictive and control functions, which have an impact on sports

practice.¹⁰ Although the current sports related disciplines have been developed rapidly, it is worth noting that the development of some disciplines is very slow, which seriously limits the rapid development of sports disciplines.¹¹ In this context, it is necessary for scholars to look at the development of sports from a new angle and level.¹² Based on the social and individual complex psychological behavior level, sports social psychology comes into being, which promotes the cross of physical and other disciplines.¹³ However, we trace back to the development of sports psychology, and ironically, social psychology and sports psychology evolves from the basis of sports social psychology. On the contrary, the social psychology of sports has not developed rapidly, and social psychology and sports psychology have been studied by a large number of scholars.¹⁴ Early American scholars have done the study of social psychology for cyclists.¹⁵ Since then, the social psychology of sports has gradually developed and combined with the relevant scholars, and has evolved into a new discipline, which has promoted the rapid development of sports disciplines, thus making sports social psychology as an independent discipline.¹⁶

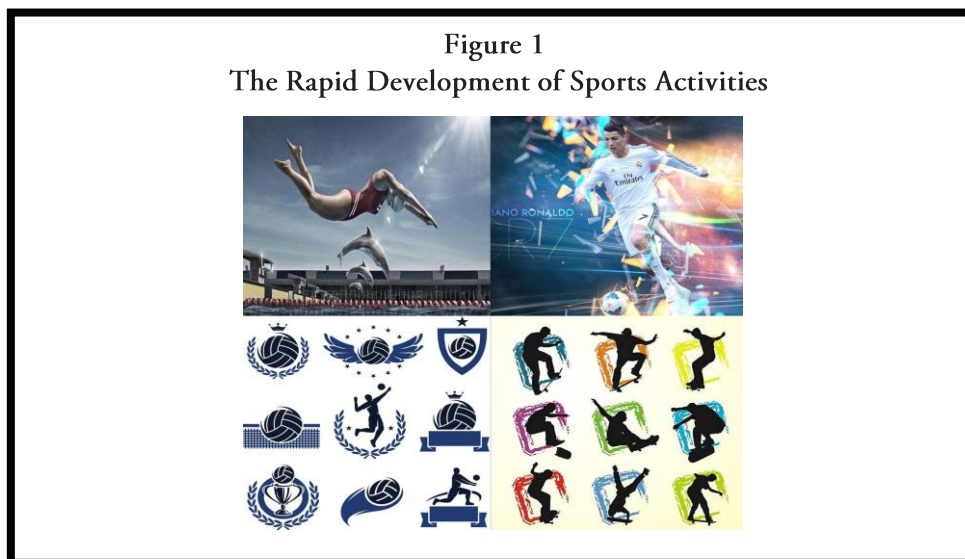
Sports psychological behavior is a complex research object, from different angles, the study of the object of sports psychological behavior is an important part of sports practice.¹⁷ The study of the target sports social psychology can't fully and better recognize the nature of sports social

psychology and social or individual influence from a single point of view.¹⁸ At this point, it is necessary to from a comprehensive perspective combined with a multidisciplinary perspective, and comprehensive, holistic considerations and research on sports, etc. are also needed, so as to find the nature of the development of sports social psychology.¹⁹ Nowadays, the research on sports social psychology has already done a lot of results, but it is still far from enough to explore the essence of sports social psychology. The content of the study lacks of depth research, the physical disciplines and other disciplines of the cross role of the study are very few. Based on this, the author analyzed the complexity of the theory of sports from the perspective of social psychology, social psychology and social culture from the perspective of social psychology, aimed at constructing and perfecting the sports theory system. This study has important theoretical and practical significance for the development of the discipline or for the development of sports itself.²⁰

METHODS

Theoretical research on sports social psychology

The rapid development of social psychology of sport sports practice not only requires the social masses as wide practice platform, but also needs to rely on the application of related theories, which provides a strong theoretical foundation for the development of their own.



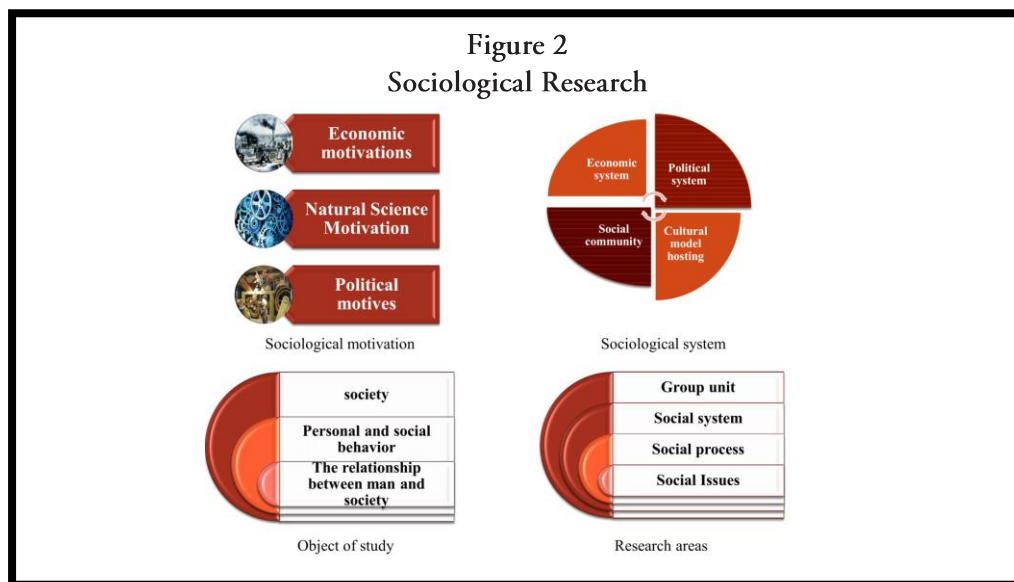
There are two explanations of sports social psychology:

Firstly, the research object of sports social psychology is mainly the social behavior among the social groups, the micro-psychological behavior in the process of movement, and the interdependence between the individual and the individual. From this definition, it can be found that sports social psychology research objects include athletes, coaches, sports groups and sports performance related to people, things, places, objects and other sports activities. It includes both general physical education and training, and different kinds of intense competition, sports and social psychology. It requires the discussion of the relationship between individual and group sports activities. In this definition, it can be seen that the study of sports social psychology is the psychological role of the individual in the team and the dependency between the individual and the whole group. It does not directly point out the nature of the study of sports social psychology.

Secondly, the social psychology of sports is to study the interaction between independent individuals and independent individuals in sports activities. The interaction between the individual and the whole group and the whole group is the main research object of sports social psychology. In this definition of sports social psychology, it

can be found that, compared to the definition of the first sports social psychology, the definition involves the interaction between groups and groups, and gives the social psychology of sports scientific research category. The comparative analysis shows that the interaction between individual and individual, the dependency between individual and group, and the psychological behavior among groups are the main research objects of sports social psychology in the research objects of sports social psychology. Compared with the sports sociology and sports psychology, the independent sports and sports groups as the main research objects in the scope of the interpretation of the discipline are not strong theoretical and technical supports, so it is necessary to rely on sports social psychology theory, and the evolution of a reasonable and legitimacy of the interdisciplinary: sports social psychology.

By reviewing the development course of sports social psychology, the lack of research content limits the development of the whole discipline. This leads to the "spiritual" dispersion of sports social psychology, and it is almost dismembered by modern sports psychology, and the discipline level is difficult to understand. The importance of sports social psychology research and the existence of the discipline of sports social psychology are beyond doubt.



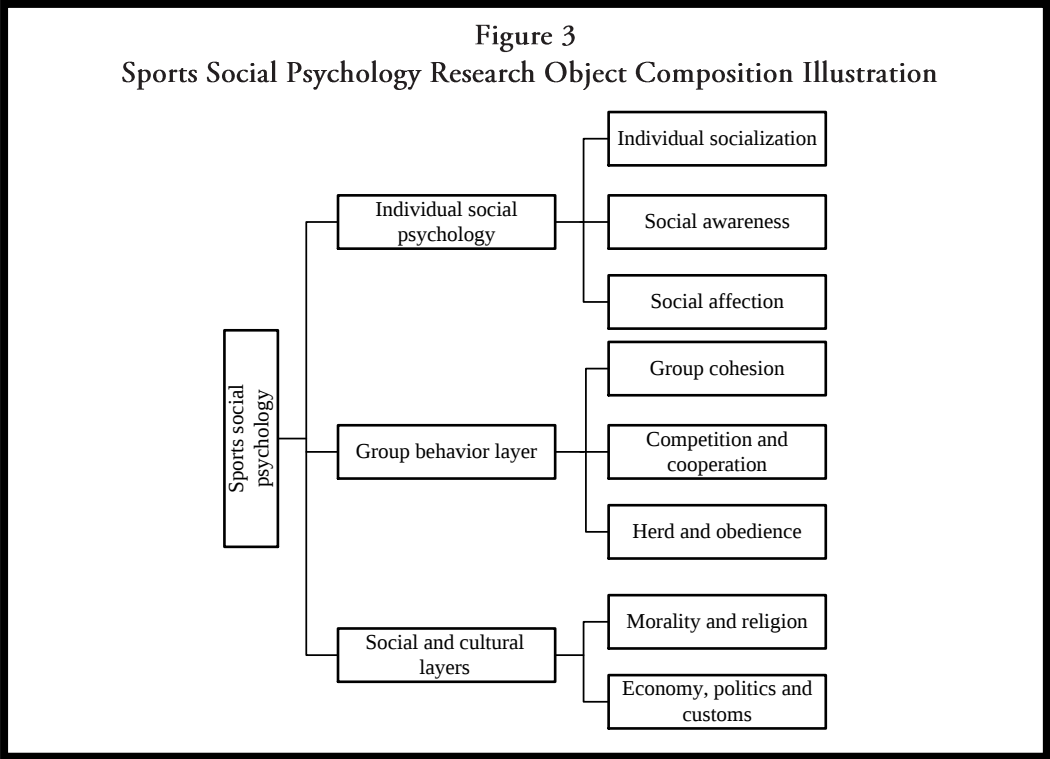
The construction principle of social psychology in sports theory system

According to the theoretical deduction: according to the content of sports social psychology research topic, research object view was analyzed by sports social psychologists, and research contents of sports social psychology at home and abroad were summarized, through reference of the maternal discipline of social psychology review. The construction principles of the research contents of sports social psychology were analyzed:

Principle of subjectivity: the establishment of theoretical system of social psychology in sports must be based on the theory of dialectical materialism and historical materialism, break through the restriction of individual psychology and group psychology to the discipline of physical education psychology, break through the interdependence of individual behavior and social group behavior in sports, make up for the deficiency of the single research angle of social psychology. From the aspects of individual, society, culture and so on, all aspects of auxiliary research were carried out.

Comprehensive principle: the research of sports social psychology from a single angle of view often fails to achieve the essence of the theory of sports. The reason is that a single psychological research has the defects of single research object and narrow research field, and can't adapt to the development of current sports and social mass as well as group psychological behavior. Therefore, multi-perspective, multi-disciplinary comprehensive consideration of sports social psychology research has a guiding significance, and awareness is one of the important principles of sports social psychology research.

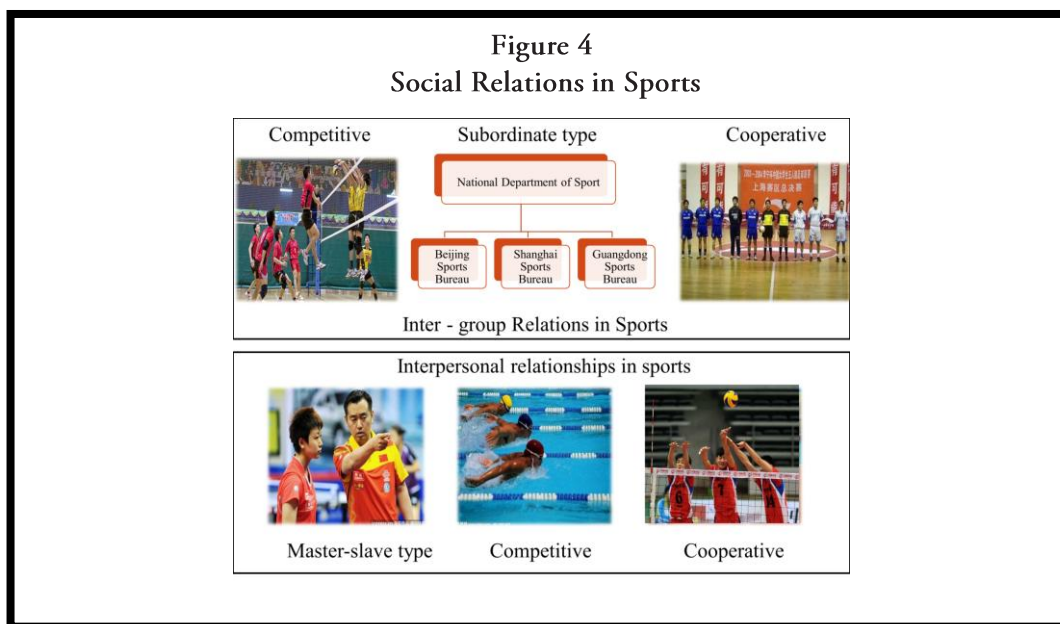
Practical principles: in the application of the theoretical system of sports, the social psychology of sports must always be the basis of the practice of social sports, and reflect the psychological behavior of individual and sports groups in sports. This paper analyzed the different sports groups and the social sports groups, combined the social psychology theory, and established the perfect sports theory system which could reflect the present sports development, so that the sports theory system realized the rapid development with the sports social psychology. The specific logical framework is presented in the following figure 3:



Research on the role in sports

"Role" originated from the traditional drama theory. The role of the so-called sports theory system is embodied in the proper position of a particular individual in a given society or group, and it is fixed by society as well as by all as a pattern of behavior. Social role refers to a set of rights, obligations, norms and patterns of behavior in accordance with people's social status and identity, and it is the expectation of people

with specific identities, and the basis for the formation of social groups or organizations. The types of social roles in sports can be broadly divided into role conflicts, which refer to the roles of contradictions, opposition and conflict. The social role hinders the smooth progress of role play and is often caused by differences in interests, differences in role expectations, and lacks of normative action by people.



The social interpersonal relationship in sports can be divided into: master-slave, competitive and cooperative. The intergroup relations in sports can be divided into competition type, dependent type and cooperative type.

Research on the role of physical education

In sports teaching, the research of "role" is mainly embodied in the role difference of students' sex and the role and function of teachers and students. In the field of sports, many sports have gender differences. From the aspect of social psychology, gender role in sports is a necessary result of social history and cultural

development, and it can show the difference of sports social psychology. In addition, the role difference between teacher and student leads to the distinction of functional orientation between individuals. Physical education teachers have the functional orientation of teaching sports skills, cultivating good sports quality and developing students' sports potential. Students play the role of learning physical knowledge, and abide by the sports ethics and other aspects of the functional positioning. From the point of view of sports social psychology, in sports teaching, because teachers and students have different rights, obligations and responsibilities, the position of the class is different.

Figure 5
The Role Orientation of Sports Social Psychology



Social psychology of sports shows that teacher's role has multiple functions and multiple responsibilities and obligations in teaching. Studies in educational psychology and sociology of education show that the teachers' roles, obligations, and social responsibilities include: knowledge and skills delivery; teachers must be experts or scholars of a subject; the cultivation of students' moral personality: in the sports teaching, teachers should not only impart knowledge and skills of sports theory, but also pay attention to the cultivation of students sports moral qualities, and regulate the sport behavior, and infect each student through their moral charm, so as to portray the students as good citizens; student's close friend: in the sports psychology theory, the physical education teacher must act as student's friend's status, carry on the psychological communication with the student,

and protect the minor's psychologically healthy development; as the leader of teaching activities, especially in classroom activities, PE teachers have the inescapable responsibility of leadership. Therefore, in the classroom teaching, teachers should strictly enforce discipline, maintain normal teaching order, and ensure the smooth progress of teaching activities.

Collision of physical education and its causes under social psychology

From the perspective of social psychology, the sports conflicts between sports individual and individual, group and group are popular, including the psychological conflict of the object and the physical conflict between the subjects. The former belongs to the category of psychological research, and the latter is the focus of attention for sociology.

Figure 6
Physical Education and Conflict



However, the study of this paper is mainly reflected in the physical education activities, the sports social psychology conflicts among teachers and students; students and students are reflected in the classroom teaching scene, and the conflict between teachers and students is mostly hidden conflict. The main forms include students' dissatisfaction with teachers and resistance, or students' aggressive thinking towards teachers and so on. Generally, it happens as mental and behavioral activities. This is because the teacher has a legal control over the student. Therefore, in order to express their dissatisfaction to teachers, students are not active in class, do not hand in class assignments, or behave negatively. This kind of discontent or negative antagonism often causes the decline of classroom psychological atmosphere and lax classroom discipline.

From the angle of social psychology, the conflict between students and students in physical education is studied. It belongs to the conflict between social groups and groups in sports social psychology, and it is generally caused by the differences among independent individuals, social and other external factors on the individual requirements and a certain environmental background or cultural background. In the teaching of physical education, from the perspective of social psychology, the reasons for the conflict between students and students can be analyzed from the following three aspects. Inadequate class organization and poor organizational atmosphere are important factors influencing the unity among individual members of the class and among small groups. The so-called organizational atmosphere is the class atmosphere. Modern school organization and management theory believe that the formation of good class atmosphere depends on three aspects: the correct collective opinion, class cadre backbone role and common class goal. Generally speaking, in a good class group, the vast majority of students can consciously maintain class honors. At the same time, each student can act as a student in accordance with the collective requirements consciously, and the students who have bad behavior will be condemned by public opinion. On the contrary, in the bad class collective, a small

number of members may be in accordance with their own needs to violate the interests of others, and even abuse of students, and there will be strong bullying and other undesirable phenomena. The result will inevitably lead to increased conflict between students, thereby resulting in class discipline and discipline, interpersonal tension.

In the teaching of physical education, students' learning opportunities are limited by the hours, places, equipment and teachers'. Thus, it is impossible for the whole class to fully obtain the average learning opportunity in each classroom, and the result is a conflict between students who compete for limited learning resources. If the teacher does not treat all students equally, but rather eccentric preference for individual students, this is not only easy to cause students dissatisfaction with teachers, but also exacerbate the conflict among students. In physical education classroom teaching, students' personal learning interests, or differences in learning habits often lead to conflict. In the classroom teaching of physical education, some students may feel too long or too fast in the same learning task or the same learning schedule, while others may feel that the task of learning or practice is too simple, so that students has differences and conflicts in needs and psychological experience.

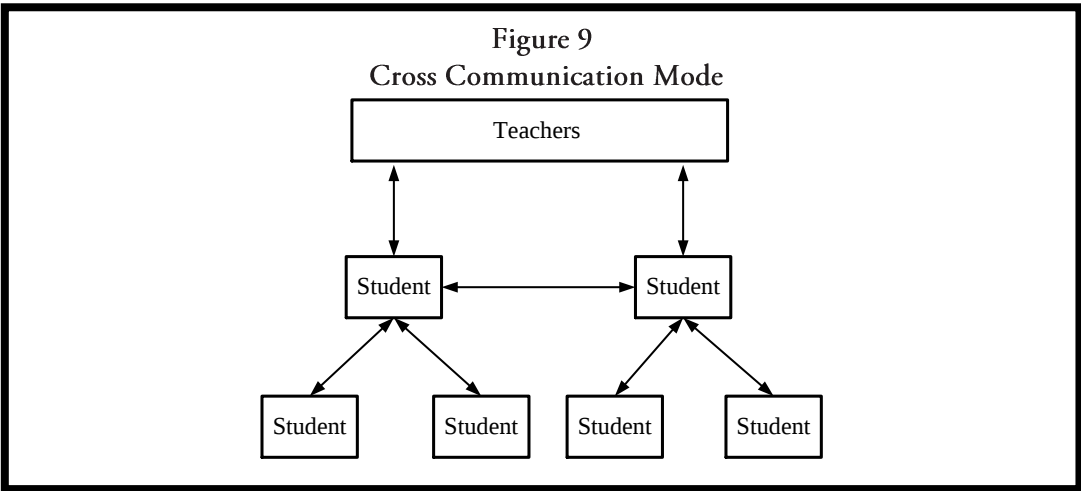
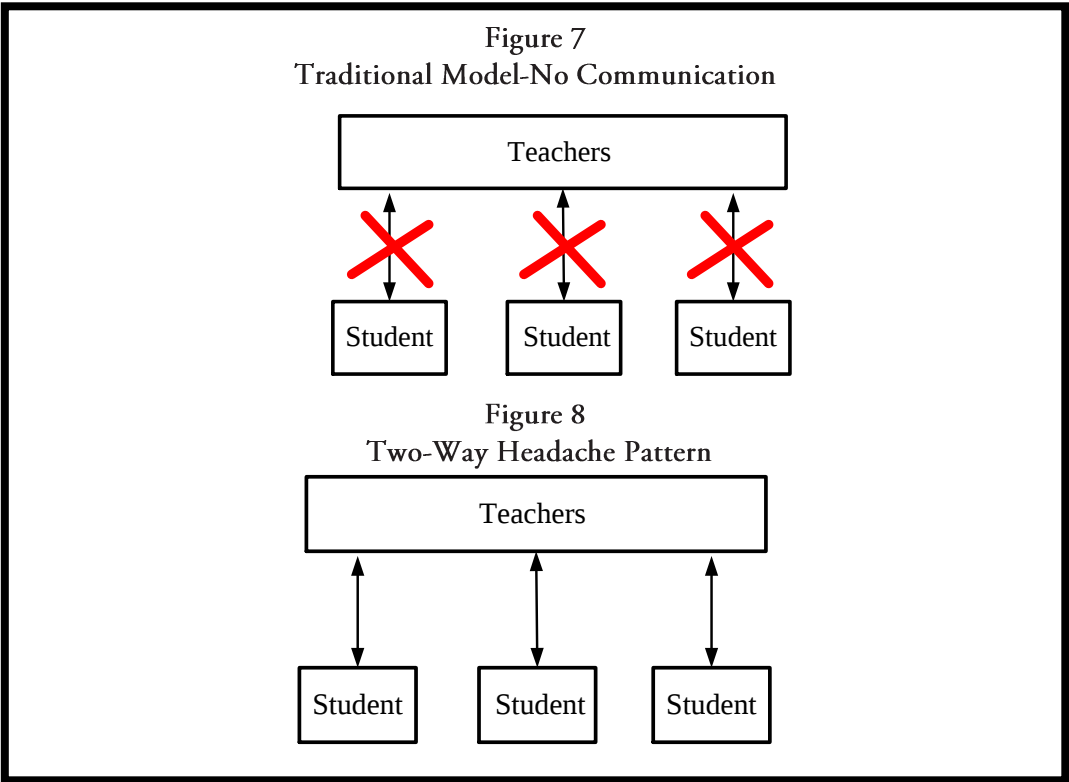
Physical psychology interaction under physical psychology

According to the function of sports social psychology in the theoretical system of sports, especially in the teaching activities, the psychological interaction between individual and individual, individual and group, and groups and groups is required to increase the understanding between each other. Compared with indoor teaching, outdoor teaching is difficult to control, it has the characteristics of openness.

In physical education activities, the teacher not only wants the student to explain the correct sports knowledge, but also needs to carry on the massive physical training to the student, this increases the students' psychological burden, at the same time, students also have to overcome the physiological and psychological fatigue. So in sports social psychology point of view, the sports

teaching psychological interaction is particularly important. Relevant studies have shown that in sports teaching activities, increasing the psychological interaction between roles can narrow the gap between roles and reduce functional differences between roles. Through the study of the "self", it can be found that the self is developed through learning to play the role of others, self-image is the summary of others' views

on ourselves, and it represents the attempt and creation of a certain social position. Therefore, in physical education, whether teachers or students, they issue the words or voices, their every action or gestures, all kinds of expressions and postures have a symbolic meaning and interaction, and this will affect the level of role-playing and the effect of teaching activities.



From the above analysis, it can be seen that under the social psychology of sports theory system, it is necessary to pay attention to the basic theoretical knowledge of sports. From the psychological point of view, it is needed to explore the conflict of community psychological level between teacher and students, students and students, so as to avoid it from the root. At the same time, compared to the traditional sports theory system, in the perspective of sports social psychology, the construction of the theory system of sports emphasizes the psychological interaction between the roles, carries on the psychological exchange, reduces the psychological gap between the roles, and reduces the functional positioning difference between the roles, promotes the mental health development of the students, and so on, thereby achieving the teaching process in the multi-directional communication of the new physical education system.

RESULTS

According to the above analysis of the application of sports social psychology in sports teaching activities, it can be seen that the school is a complex social organization, the class and the student individual are relatively independent in the social psychology category, and the student and the teacher have the definite function role localization, but the traditional sports teaching theory ignores the deep analysis of the social psychology of sport. In the current sports teaching environment, there is a gap between students and teachers, they lack of psychological communication and exchanges, which leads to unhealthy development of students' psychology. On the contrary, under the social psychology, the theoretical system of sports can improve the shortcomings of the traditional theoretical system, and enhance the psychological level's communication between the individual and individual, individual and group or role and role, so as to achieve a good relationship between the roles. According to the basic point of view, the sports teaching in role-playing, the contradiction and conflict between teachers and students in the social psychology and the cultural and historical roots are discussed, and the interactive mode of conflict resolution is put forward. The purpose is to improve the PE teachers and strengthen and

enhance the teaching practice in a timely manner, and further stimulate the interest of students, train students' volition, and edify sentiment. This study is a good way to enhance the vitality of the non-intellectual factors.

According to the research in this paper, the original intelligent structure has been out of step with the development of the times, and must be reformed boldly; the knowledge structure and ability structure of students in physical education institutes are seriously unbalanced and uncoordinated; the improvement of the intelligent structure depends on the renewal of the knowledge structure and the reasonable development of the capacity structure. The non-intellectual factors have great effect on the intelligent structure, the motivation, the curiosity and the interest should be paid enough attention. The potential for mining non-intelligence depends on the student's own efforts, educational ideas and teaching links; it is a common task to explore the potential and strengthen the research of non-intelligence factors.

CONCLUSION

At present, sports has become an important part of people's life, and the traditional sports theory system has been not suitable for complex human behavior and psychological research. From the perspective of social psychology, this paper constructed a new theoretical system of sports from the individual psychological level, the group psychological level and the social and cultural level and the theoretical system of sports. The new sports theory system was taken as the starting point, and the current PE teaching theory was studied in detail. Respectively, from the role theory, the conflict and root of physical education, and the level of psychological interaction in physical education, the behavior levels of teachers and students in the theoretical system of PE were analyzed. The results show that the physical education under the social psychology can not only achieve the role orientation between teacher and student, but also can avoid the conflict between the students from the root, so as to achieve the goal of harmony through the perspective of psychology. In addition, from the perspective of social psychology, in physical education, individual and group's behavior

between teachers and students were analyzed, and the psychological interaction between teachers and students was achieved, which can stimulate the students' non-intellectual potential, and improve the students' interest and desire. To sum up, the research of this paper provides a theoretical basis for the construction of new sports theory system, and indirectly promotes the development of China's sports education industry.

Human Subjects Approval Statement

This paper did not include human subjects.

Conflict of Interest Disclosure Statement

None declared.

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