INFLUENCE OF BASKETBALL COMPETITION ON PSYCHOLOGICAL QUALITY AND POSITIVE EMOTIONS OF COLLEGE STUDENTS

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Abstract

Basketball is a popular sport among college students. This paper attempts to disclose the influence of basketball on the psychological quality and positive emotions of college students. A total of 300 students were selected from three colleges in Jinan, eastern China’s Shandong Province. Among them, 117 did not participate in basketball competition. Then, the motivation, frequency and psychological quality concerning basketball competition of each subject were evaluated against a five-point scale. The evaluation results were statistically analysed in details. The results show that positive emotions are closely correlated with good psychological quality; the positive emotions of college students varied with gender, grade, and major; psychological quality and positive emotions showed significant differences under different influencing factors; the students participating in the basketball competition had better psychological quality and more positive emotions than those not participating in the competition; The research findings help to promote the development of college basketball.

Key words: Basketball, Psychological Quality, Positive Emotions, Psychology, Physical and Mental Health.

INTRODUCTION

Basketball is a team sport of a high-civilization and fierce confrontation by basketball players with physical, technical, tactical, psychological and intellectual qualities and capabilities in a certain period of time and space (Svilar, Castellano, & Jukic, 2018). At present, the basketball is the main sport for college students in extracurricular sports activities. The college basketball league held in or between schools has greatly boosted the college students’ enthusiasm of basketball (Torres-Ronda, Ric, Llabres-Torres et al., 2016). In basketball competition, players will exhibit complex emotional states, and positive emotions will lead them to play better. The psychological quality and mental health of college students are closely related. Mental health is conducive to the overall development of psychological quality, while the healthy development of psychological quality is the necessary foundation for mental health. Thus, the positive group of college students must have both good psychological quality and positive emotions, so as to establish a correct outlook on life, worldview and values (Fort-Vanmeerhaeghe, Montalvo, Latinjak et al., 2016).

Positive emotions rise with the development of positive psychology, emphasizing the pleasure caused by satisfied demand or developed goal, as well as the approaching behaviour or behavioural tendency provoked by positive emotions (Munoz, Hellman, Buster et al., 2017). From the perspective of psychology, positive psychological quality is an important manifestation of mental health, and positive emotion is an important indicator of individual happiness. Research on emotional theory involves discrete emotion theory and emotional...
dimension theory (Warden, 2013; Murphy, Clare O’Donoghue, Drazich et al., 2015). Studies have found that basketball competition has a positive impact on promoting the function of various organs and physical development of college students, and improving overall physical fitness; it also promotes students’ mental health with its entertainment and competitiveness (Karimzadeh, Goodarzi, & Rezaei, 2012). Based on the psychology, this paper explores the impact of basketball on the physical and mental health of college students and the impact of basketball competition on college students’ psychological quality and positive emotions. This study provides a theoretical basis for promoting the better development of college basketball.

**POSITIVE EFFECT OF BASKETBALL ON COLLEGE STUDENTS’ PHYSICAL AND MENTAL HEALTH**

Under the fast-paced life and learning environment, college students are prone to greater psychological stress and bad emotions, which is not conducive to the development of their psychological quality, and physical and mental health (Baños, Carrillo, Etchemendy et al., 2017). Excellent college students must not only have sufficient professional knowledge, but also good psychological quality and healthy positive emotions. However, current college students’ unhealthy living habits, network factor, and low awareness of physical exercise lead to a decline in the students’ physical and mental health level (Wu, Lo, Feng et al., 2010). Boys and girls’ students are active in different types of sports: boys prefer ball games, while girls want soothing exercise. Different sports have different effects on their physical and mental health (Chen, Yan, & Chen, 2018). Figure 1 shows the results of college students’ preference for basketball. It can be clearly seen that more than 60% of college students like basketball.

Basketball is one of the most popular sports for college students. It can effectively promote the growth and development, enhance physical and mental quality, improve cardiopulmonary function, strengthen physical fitness, etc., and also promote the positive emotions of college students (Boden, Irons, Feldner et al., 2015). Basketball often takes the form of antagonistic training or competition. Participants are not restricted by age and occupation. For college students, the basketball competitions are mostly conducted by half-game or full-court competitions. Regular participation in basketball competition can improve the cardiopulmonary function and increase lung capacity, which is of great significance to the improvement of college students’ physical and physical qualities.

**Figure 1. A survey of College Students’ preference for basketball**

**THE INFLUENCE OF BASKETBALL COMPETITION ON COLLEGE STUDENTS’ PSYCHOLOGICAL QUALITY**

**Research objects and methods**

The college students’ psychological quality is an important guarantee for mental health. Basketball competition enables college students to form a good personality psychology, will quality and teamwork spirit. College students’ participation in basketball competition can be regarded as a special social experience. During the training process, they can experience the joy and success of solidarity and cooperation. Basketball competition provides a good platform for developing the interpersonal communication and psychological quality for college students. Then, the healthy development of psychological quality promotes their mental health. In this study, the evaluation indicators of mental health were used to assess the psychological quality of college students, including somatization, anxiety, hostility, phobic anxiety, paranoid ideation, obsessive-compulsive, depression, interpersonal sensitivity, and psychoticism. 300 college students were selected from three universities in Jinan, Shandong Province (117 college students did not participate in basketball competition) as the research respondents, to investigate their motivations, participation frequency and psychological quality scores in basketball competition. Each indicator was rated on the five-point scale. The lower score indicates less mental health problems, and higher psychological quality of college students.
Research results and analysis

College students’ participation in basketball competition or basketball sports largely reflects the degree of preference for basketball. The higher the degree of participation, the better their psychological quality development. Figure 2 shows the motivation of college students to participate in basketball competition. It can be seen that many respondents actively participated in basketball competition in order to keep fit and entertain themselves; some were motivated to cultivate the will and collective sense of honour; a small number of students were for making friends, cultivating interpersonal relationships and relieving learning pressures, which indicates that most college students are aware of the positive effects of basketball on psychological quality and physical fitness.

Figure 2. Motivation of college students to participate in basketball competition

Figure 3 shows the frequency of college students participating in basketball before and after basketball competition. It can be clearly seen that the participation frequency in basketball after basketball competition increased, and the proportion of those who did not participate was significantly reduced. Figure 4 shows the effect of basketball competition on the psychological quality of college students. It can be clearly seen that the psychological quality scores of the participants in basketball competition were lower than those of non-participants, and the impact of basketball competition on psychological quality showed significant differences in the dimensions of paranoid ideation, obsessive-compulsive, interpersonal sensitivity, anxiety and terror.

Figure 4. The effect of basketball competition on the psychological quality of College Students

The influence of basketball competition on college students’ positive emotions

Research objects and methods

Basketball competition requires teamwork and mutual encouragement, which has obvious effects on the adjustment ability and strategy of college students’ positive emotions; conversely, positive emotions play an important role in achieving the success of basketball competition team. In order to explore the influence of basketball competition on college students’ positive emotions, 183 college students participating in basketball competition and 117 college students not participating were selected as research objects. The basic information of the survey respondents is shown in Table 1. The positive emotions were divided into the dimensions of relaxation, happiness, invigoration, cheerfulness,
energetic, serenity and self-esteem. This paper explored the influence of the factors such as gender, grade, and subject on positive emotions of the college students participating in basketball competition.

**Table 1. Statistics of basic conditions of survey researchers**

<table>
<thead>
<tr>
<th>Type</th>
<th>Classification</th>
<th>Quantity</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>156</td>
<td>85.25%</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>27</td>
<td>14.75%</td>
</tr>
<tr>
<td>Grade</td>
<td>Grade one</td>
<td>41</td>
<td>22.40%</td>
</tr>
<tr>
<td></td>
<td>Grade two</td>
<td>57</td>
<td>31.15%</td>
</tr>
<tr>
<td></td>
<td>Grade three</td>
<td>51</td>
<td>27.87%</td>
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<tr>
<td></td>
<td>Grade four</td>
<td>34</td>
<td>18.58%</td>
</tr>
<tr>
<td>Subject classification</td>
<td>Liberal arts</td>
<td>43</td>
<td>23.50%</td>
</tr>
<tr>
<td></td>
<td>Science and engineering</td>
<td>140</td>
<td>76.50%</td>
</tr>
</tbody>
</table>

**Research results and analysis**

For college students participating in basketball competition, positive emotions and good psychological qualities are closely related. Figure 5 shows the results for the effect of basketball competition on the various dimensions of college students’ positive emotions. It can be clearly seen that except for the serenity dimension, the scores of other dimensions were all higher than those of non-participants; the two groups of students showed significant differences in relaxation, invigoration and energetic dimension, and those participating in basketball confrontation have more positive emotions. Figure 6 shows the influence of basketball competition on positive emotions of college students in terms of different factors. Figure 6 (a) is the gender factor; the girls in relaxation and self-esteem dimension scored higher than boys, whereas boy scored higher in the other dimensions of positive emotions, and the invigoration, cheerfulness, and energetic dimensions showed significant differences in gender. Figure 6(b) shows the grade factor. It can be seen that the dimension of relaxation and self-esteem in positive emotions
decreased with the increase of grades, and the other dimensions did not show such rules; the happiness and energetic dimensions in positive emotions were more prominent in the senior students, and the invigoration, cheerfulness and serenity dimensions were more significant in the sophomore year. Figure 6(c) is a subject factor. It can be seen that after participating in basketball competition, science and engineering college students had better emotions of relaxation, invigoration and energetic, while the liberal arts students showed more excellent cheerfulness, serenity and self-esteem; the subject factor showed significant differences in each dimension.

CONCLUSIONS

From the perspective of psychology, this paper explores the influence of basketball on the physical and mental health of college students, especially that of basketball competition on their psychological quality and positive emotions. The specific conclusions are as follows:

1. The survey showed that more than 60% of college students like basketball; the basketball competition can improve the body's oxygen utilization, and increase lung capacity, which is of great significance for the improvement of college students' physical and physical quality;
2. The psychological quality of college students participating in basketball competition was higher than those not participating; the impact of basketball competition on psychological quality showed significant differences in the dimensions of paranoid ideation, obsessive-compulsive, interpersonal sensitivity, anxiety and terror;
3. College students participating in basketball confrontation have more positive emotions. In basketball competition, the relaxation, invigoration, and energetic dimension of positive emotions showed significant differences, and positive emotions were significantly different in terms of the three factors such as gender, grade and subject.

REFERENCES