

## Investigation on Health Consciousness and Sports Behavior of College Students in Post-epidemic Era

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### Abstract

The 2019 Spring Festival draws near, will be coronavirus in Wuhan, the COVID - 19 outbreak is since the founding of a major public health emergencies Under the strong leadership of the CPC Central Committee and command our people together, make the epidemic prevention and control work has made phased successful survey before and after the outbreak as research emphasis, using the mathematical statistics method The questionnaire survey was conducted to investigate and analyze the health awareness and sports behavior of 2019 undergraduate students in Sichuan Light Chemical University. The results show that the COVID-19 epidemic has a positive impact on arousing the health awareness of college students, and also makes the sports behavior of college students develop, and presents a sustainable trend.

### Keywords

COVID-19; College students; Health awareness.

### 1. Introduction

As the Spring Festival of 2019 approaches, the novel Coronavirus pandemic is spreading rapidly, spreading widely and proving difficult to control. It is a major public health emergency since the founding of the People's Republic of China. Under the strong leadership and command of the CPC Central Committee, The Chinese people have worked together to tide over the difficulties. The epidemic prevention and control work has achieved phased success, especially in the recent period, when the situation abroad is grim, but China has achieved remarkable results in fighting the epidemic and people are gradually returning to normal life, which indicates that China is the first country to enter the post-epidemic era.

Zhong Nanshan and other experts fully affirmed that physical exercise can enhance physical fitness, effectively enhance immunity, and prevent COVID-19, which undoubtedly refreshed the status of sports in people's minds. During the epidemic period, primary and secondary schools and colleges have delayed the opening of classes, and all industries are also in the stage of suspending operations to prevent and control the spread of COVID-19 In the current severe situation, there is no effective antiviral treatment, good health awareness and physical health play an important role in the prevention and treatment of COVID-19. In recent years, many scholars have conducted researches on the physical health of college students. Whether theoretical discussion or empirical research, it has reference significance for the follow-up research on the physical health of college students. From 2016 to 2020, the survey report shows that the physical health of college students is better than that of high school students There is a significant decline in middle and even elementary school, but college is the final stage for students to enter the world and is crucial to forming a lifelong habit of physical education. This study analyzes the changes of college students' health awareness and sports behavior before and after the outbreak of COVID-19, and puts forward corresponding rationalization

suggestions based on the conclusions, in order to cultivate college students' physical exercise awareness and promote the sustainable development of their sports behavior.

## 2. Research Object and Method

### 2.1. Selection of Research Objects

In this study, 684 female students (63.87%) and 387 male students (36.13%) were enrolled in 2019 undergraduate students of Sichuan Light Chemical University.

### 2.2. Research Methods

(1) Questionnaire survey method: a self-compiled questionnaire on college students' health awareness and sports behavior in the post-epidemic era was used. The questionnaire consisted of 6 dimensions and 30 questions. 1100 questionnaires were distributed in the form of questionnaire star, 1071 were recovered and 1071 were effective, with an effective recovery rate of 99%.

(2) Mathematical statistics :Import the data collected from the questionnaire into EXCEL to display the distribution of data in the form of bar chart.

## 3. Results and Analysis

### 3.1. Health Awareness

#### 3.1.1. The Concept of Health Awareness

Health consciousness refers to the correct concept and understanding that people should have to protect themselves in life, including healthy attitude, healthy knowledge structure, healthy behavior, healthy habits and customs. Health consciousness is very important for everyone. Therefore, this paper discusses the attitude of disease from the understanding of the concept of health consciousness of college students psychological problems and other aspects of the investigation, analysis of the current health consciousness of college students.

#### 3.1.2. Dimensions of College Students' Sports Values

Sports bring to people is not only a spiritual enjoyment, and create brilliant life value, make the person feel the life is always in the development of sports play a sport include some art form will not be able to produce the artistic effect and charm, it is not only a kind of advanced human culture activities, also must be a senior human emotional expression In sports, not only the individual's emotion can be relieved and developed, but also the society can be harmonious and stable Exciting sports competition intense rhythm, people everywhere in the joys and sorrows of emotional communication, thrilling sport skill, antagonism, the accuracy of the tactical coordination, fleeting chance, time speed rhythmic, stereo images of artistry, enable people to enjoy a wonderful super flow technology, greatly satisfy the spiritual needs.

Before the outbreak of the epidemic, 648 people (60.5%) strongly agree that physical exercise is an important means to keep healthy, 360 people (33.6%) somewhat agree, 45 people (4.2%) disagree, and 18 people (1.7%) strongly disagree After the outbreak of the epidemic, the number of respondents who strongly agree increased to 666, and the number of respondents who disagree increased by 9. Before the outbreak of the epidemic, 585 people (54.6%) believe that physical exercise can regulate mental health, 324 people (30.2%) agree, 135 people (3.3%) disagree, and 11.9% of the respondents do not agree After the outbreak of the epidemic, the increase rate of those who strongly agree with the coronavirus is 10.7%, while the decrease rate of those who do not agree with the coronavirus is 20%. This indicates that novel coronavirus has brought certain psychological pressure and anxiety to college students, prompting them to adjust their body and mind through physical exercise.

### 3.2. Dimensions of College Students' Sports Values

Sports value is the reflection of sports value in people's mind, or the basic view of sports value, which is the basic principle guiding people to make value judgment and value orientation on sports issues. Before the outbreak of the epidemic, 648 people strongly agreed that physical exercise is an important means to maintain health. After the outbreak of the epidemic, the number of people who strongly agree with the epidemic increased to 666, and the number of people who disagree with the epidemic increased by 9. On the one hand, some students realize the importance of physical exercise for health. On the other hand, some students may have the experience of sports injuries, and their physical condition is not suitable for sports. They think outdoor sports may have the risk of infection with viruses. Before the outbreak of the epidemic, 585 people believed that physical exercise could regulate their mental health, 324 agreed, 135 disagreed, and some people did not agree that physical exercise could regulate their mental health due to lack of physical health knowledge. After the outbreak of the epidemic, the percentage of those who strongly agreed increased by 10.7%, and the percentage of those who disagreed decreased by 20%. This fully shows that novel Coronavirus has brought certain psychological pressure and anxiety to college students. After physical exercise, the psychological aspect has been adjusted, and students can face the negative impact of Novel Coronavirus.

### 3.3. Sports Behavior

#### 3.3.1. Concept of Sports Behavior

Sports behavior, is purposeful human consciously use various means and methods, to meet the requirements of some kind of sport activities. It is a general concept, that is, anyone who comes in contact with sports activities, which can be called the sports behavior. Both of these activities are the major form of sports behavior movement behavior, also including sports organizations to manage activities related to publicity, scientific research, teaching, consumption and viewing.

#### 3.3.2. Dimensions of College Students' Sports Behavior

Before the outbreak of the epidemic, 11.80% of students did not exercise every week, 17.50% of students only took part in physical exercise once a week, 23.50% of students took part in physical exercise twice a week, and 24.90% of students took part in physical exercise every week. About the same number of students exercised three times, five to six times a week, and only 2.4 percent exercised every day. Since the outbreak, only 5.20% of students have not exercised every week, a decrease of 6.6%. The comparison of the data before and after fully shows that the university business has realized the seriousness of novel Coronavirus. It has started to increase the frequency of weekly exercise and is working hard to overcome the negative impact of home isolation on exercise. Most university students do exercise three times a week, which may be due to the rigid regulations of the university. It may also be that college students start to rationally balance the relationship between study and physical exercise. Before the outbreak of the epidemic, 51.50% of students exercised for less than 1 hour a day, 28.50% for 1 hour, 19.37% for 1 hour, 0.63% for 3 hours a day, and none for more than 4 hours each time. After the outbreak of the epidemic, the number of students exercising for less than an hour a day decreased, and the number of students exercising for more than an hour increased by 30%, an increase of 1.50%. The number of students exercising for 2-4 hours a day also increased, and some students even spent more than 5 hours, indicating that college students were affected by the epidemic. The time for exercise is also increasing.

### 3.4. Dimensions of College Students' Sports Behavior Intention

Sports intention refers to the comprehensive performance of students' cognitive evaluation of sports learning and exercise activities, emotional experience and behavioral intention. The dimension of sports intention is mainly to understand and predict the sports behavior epidemic

situation of college students. Before the outbreak, 15.38% of college students participated in sports exercise in order to improve their resistance, 28.47% of them lost weight. 22.30% of students who completed physical tests showed that college students' participation in physical exercise was mainly to lose weight and complete physical tests. After the outbreak of the epidemic, the number of students who improved their physical resistance increased to 50%, while the number of students for other purposes declined significantly. This fully indicates that the positive guidance of the COVID-19 epidemic on college students' sports behavior intention is corresponding to the results of the dimension of health consciousness. The improvement of health awareness resulted in a significant increase in physical behavior. After the outbreak of the epidemic, the motivation for physical exercise mainly comes from personal love, followed by the rigid rules of the school, which only accounts for 19.33%. At the same time, the initiative of teachers students play a good role, the media and celebrity endorsements and other factors influence is not big Fully shows that the interest is the first teacher of the students, hard and fast rules to a certain extent, motivates students to participate in physical training, teachers students initiative and drive the enthusiasm of the students in different degree, based on the love itself With a large group of people, the influence of media and celebrities is negligible, but it cannot be ignored. It can be seen that the impact of COVID-19 on sports behavior is sustainable, and it is likely to set off a wave of national fitness.

#### 4. Conclusion

(1) the new champions league after the outbreak, the college students' health value is obviously increased, college students' active learning will be the enthusiasm of coronavirus preventive care knowledge, most of the students participate in sports activities for the purpose of opening by weight loss model body and the cervix task to strengthen the body resistance.

(2) after the outbreak, positive impact on college students' sports value College students start to realize the importance of physical exercise, and is generally believed that sports is an important means of maintaining mental and physical health College students' sports behavior is strengthened accordingly Not only increase the weekly exercise frequency, every time also extended the exercise time.

(3) most of the students said after the outbreak would keep sports enthusiasm continue to participate in physical exercise, and will Strengthening exercise fully shows that the epidemic has indeed played a role in promoting the sports behavior of college students, and it has a certain degree of sustainability, and it is likely to set off a wave of national fitness upsurge.

#### 5. Suggest

College students are the future of our country and play an important role in the process of building a strong socialist country and realizing the Chinese dream of the great rejuvenation of the Chinese nation Life. A healthy body is the premise for college students to realize their life value. However, the sudden outbreak of the novel coronavirus has disrupted everyone's life and study. Chinese universities did not reopen until September 2020, and students had to stay at home for nearly 10 months. In order to better meet the learning needs of students and the teaching requirements of the school, the mode of "suspension of classes" and "online teaching" is an emergency move. Although this meets the learning needs of students, but also brought some troubles, students in the completion of the study at the same time also take into account the epidemic prevention of mental panic, double pressure plus sedentary, lack of physical activities to college students brought physical and psychological troubles. Facing this major problem in the post-epidemic era, we must grasp the nettle, cultivate students' interest in sports, enable students to participate in physical exercise scientifically, and promote the physical and mental health development of college students.

(1) the school should seize the favorable opportunity, fitness activities between teachers and students, and vigorously carry forward the spirit of sports, the sports in college students' sustainable development, establish a lifetime sports thought of conditional and not actively guide students participate in sport exercise, does not have the physical condition of students, develop a plan of suitable restorative activities When organizing sports activities, we should avoid densely populated places, appropriately adjust the time and intensity of sports activities under the premise of ensuring safety, and advocate rational fitness.

(2) Through the test of the epidemic, the dimension of health awareness and sports intention and sports behavior of college students have significantly increased Physical education teachers should grasp the opportunity to act as a booster, guide students to participate in physical training in and out of class scientifically, cultivate their good sports habits, and practice the course ideology and politics, raise their understanding of the epidemic situation to a higher degree, and cultivate students' ability to adapt to the external environment and self-discipline.

(3) School managers should learn from the experience of epidemic prevention and control. In the context of the new era, promote the reform and innovation of physical education in colleges and universities. Physical education is the most important and direct form of physical exercise for college students.

(4) Home isolation is the best way to prevent the spread of virus at present, should explore the cloud fitness function under the new situation, try to fitness clock in at home Get rid of the boring of the single mode that occupy the home fitness, innovation in a variety of forms to increase the fun of sports activity and participation, not only can bring benefits to college students, it will also lead and influence the enthusiasm of the student parents to participate in sports activities.

(5) pay attention to the role of mass media, make full use of campus broadcast television newspaper publicity column Road signs and other media, strengthen health education, lifelong sports science, sports exercise knowledge, as well as competitive fitness and health protection methods and other contents of the publicity, so that all students can fully realize that sports is the way to health and longevity, with a healthy body, can deal with some sudden diseases.

(6) Online teaching is a necessary means and inevitable trend for school sports to cope with COVID-19 at present and in the future. It is also a new and unprecedented challenge that the policy formulation and implementation of college students' physical and mental health promotion should comply with the law of physical and mental development of college students, which is not only the efforts of a certain group will be effective, it involves many fields such as politics, economy, culture, health, education and sports, although some policies still exist to be further discussed And improve the space, but there is still a lot of room for improvement and progress through the post-epidemic era of school sports to promote the physical health of college students to reflect on the existing physical education model into new vitality, to help students establish a correct concept of health.

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