

Promoting Effect of School Physical Education on Adolescent Mental Health Education—On the Cultivation of “Masculinity”*

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This paper learned the status quo of adolescent mental health through literature method. In recent years, the lack of “masculinity” has attracted more and more attention from the society, which has become a hot topic at present. The lack of “masculinity” is also closely related to the problems of adolescent mental health. By analyzing the causes of the lack of youth “masculinity”, this paper makes clear the mission of the times that school sports should undertake in the process of shaping youth “masculinity” in the new era: (1) strengthen the top-level design of policy and pay attention to policy guarantee; (2) integrated education of physical education and moral education, focusing on the training of students’ sense of responsibility and moral responsibility; (3) improve the competition system, promote learning by “competition”, and promote teaching by “competition” to strengthen physical quality practice and build up physical and mental health quality; (4) strengthen the condition guarantee: “matching” and “strengthening” physical education teachers, reform the physical education teaching content, strengthen the school physical education curriculum system. Only from the action, the idea, the method step by step to perfect, the implementation of the ground, the school physical education to the youth’s mental health problems can play a real role in promoting.

Keywords: school physical education, mental health, masculinity

Adolescence is a period of rapid physical and psychological development of individuals, which ushers in the second physical development, and the psychological development also undergoes drastic changes, a strong desire for independence and recognition of others, to get rid of the control and bondage of parents. At the same time, the improvement of the brain, sexual maturity and the expansion of the scope of interpersonal communication make adolescents more sensitive to social relations (Sun, 2021). Emotions become very rich and strong, emotional ups and downs, showing the two sides of half-mature and half-naive. The great changes in physiology make the psychological integration of teenagers difficult, easy to lead to anxiety, depression, loneliness, depression, low self-esteem, and other negative psychological problems. In March 2021, China National Mental Health Development Report (2019-2020) released by the Chinese Academy of Sciences showed

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that the detection rate of depression among Chinese adolescents in 2020 was 24.6%, including 17.2% for mild depression and 7.4% for severe depression. In other words, one out of every five children is prone to depression. Statistics show that psychological and mental illness now ranks first in the total burden of illness in China, and adolescents account for about a quarter of the people who receive treatment for mental and mental illness every year (Lu, 2021). In recent years, the lack of “masculinity” among adolescents has become the focus of social attention, which is frequently reported on major websites and magazines. The phenomenon of lack of masculinity among adolescents has apparently become a mental illness among contemporary adolescents. Strengthening young people “masculinity” training, not only physical exercise, more important is the spirit of self-discipline; to promote the coordinated development of young people’s cultural learning, physical exercise and mental health are very important.

“Masculinity” is a word to describe a man with a sunny, confident, striver mentality, and is the courage to take responsibility, the courage to fight, positive personality traits. In today’s world, the phenomenon of male lack of masculinity has become more and more serious, more and more common. Let alone other countries, this phenomenon is particularly prominent in China, especially among the young generation. According to a survey by *China Youth Daily*, more than 30 percent of boys in Beijing’s primary and secondary schools lack masculinity, with a low voice, a glossy appearance, and a weak ability to bear it being the specific manifestations of the phenomenon (Xiang, 2010). The lack of teenagers’ “masculinity” not only affects their physical and mental health, but also is related to the national spirit and the success or failure of the country. To this end, the *People’s Daily* (Chong, 2011) and *People’s Daily* online have published an article calling for the current education in China to “not lose masculinity, especially to cultivate the masculinity of contemporary youth” (Zhao & Wang, 2020). Based on the above situation, the Ministry of Education once replied to the “Proposal on Preventing the Feminization of Male Adolescents” involving the business part of the Ministry of Education, proposing to moderately improve the teaching methods and forms of physical education teachers, pay more attention to the cultivation of students’ “masculinity”, and continue to add physical education teachers through a variety of channels. Then, in the current Chinese society, why the youth generation lacks masculinity, as a way to shape the masculinity of the school physical education, should make a response, which is worth further study (Zhao & Wang, 2020).

Reasons for the Lack of “Masculinity” in Current Teens

Absence of Fathers in Home Education

Fathers play an important role in children’s development, and social learning theory suggests that although both parents play a role in gender roles and behaviors, fathers play a much larger role than mothers (Zhang, 2021). Fathers are the role models for children to identify with and learn from, especially for boys. The fortitude, courage, decisiveness, enthusiasm, and optimism of fathers are the templates for children’s gender identity, benchmarks for children’s learning, and important reference objects for children’s social development. Fathers and mothers have different attributes in their children’s character education. Mothers are “Yin”, while fathers are “positive”. Children who are educated by their mothers for a long time will naturally lack the masculinity of their fathers, and are more gentle, considerate, kind, compassionate, and tolerant in their mothers’ characters. There are many reasons for the lack of father’s education. One is the high divorce rate. According to statistics, in 2020, there were 8.13 million marriages and 4.33 million divorces in China, with the divorce rate as high as 52.3% (Zhang, 2021).

In most divorced families, the right of child custody belongs to the mother, which directly leads to the lack of paternal love for the children. Second, tying the traditional thought of bondage, father is a mainstay of the bear family economic strength, good family economic conditions can nearby employment, condition is a bit poor family, and father may not be near to home to find a job, even close to home to work. You know because of work pressure big, things multifarious, easy to put the backlog in the pressure on their anger in children, the generation gap and contradiction between parents and children will result in estrangement, and the children will be more related to the mother, resulting in the absence of the father's role in family education and becoming an untouchable shadow (Zhang, 2021).

Serious Imbalance in the Ratio of Male to Female Teachers

In recent years, surveys show that the ratio of male to female teachers in primary and secondary schools is seriously unbalanced, with more female teachers than male teachers, which has become a common phenomenon not only in China, but also in foreign countries. According to the data, female teachers account for the highest proportion of teachers in schools in China, 57.9% in primary schools, 52.1% in junior high schools, and 49.4% in senior high schools. It can be seen that the proportion of school teachers, especially in primary and junior high schools, accounts for more than half of the total number of teachers, and shows a trend of gradual increase. It is widely believed that the imbalance of male and female teachers in primary and secondary schools has a certain impact on the personality growth and behavior development of students, and the gender of teachers has a certain impact on the shaping of students' character, learning attitude, and working style. Due to the gender difference between male and female teachers, students spend a long time in contact with teachers at school. In the process of daily communication and learning, many behaviors and subjective thoughts of teachers will subtly affect students' thoughts and behaviors, and students will unconsciously take the initiative to accept them. If female teachers account for more, the impact on female students is small, but boys will be affected by female teachers in long-term contact, and their behavior tends to be feminine (Li, 2020).

Lack of Physical Exercise

Physical exercise can not only effectively cultivate moral cognition, aesthetic taste, functional level, social adaptation ability, but also has an important influence on the cultivation of students' personality quality, through physical exercise to improve students' courage, tenacity, frustration ability, tolerance ability, which has a positive role. Long-term physical exercise cannot be underestimated in the shaping of students' masculine character and the cultivation of masculinity. First, because the family values the bondage of "heavy wisdom light body" and the double influence of exam-oriented education, home to the child's attention, more focus on academic achievement, ignoring the necessary personality. At the same time, it also ignores the cultivation of children's physical exercise. Everything is "open" for learning. It seems that it is reasonable to pet and nurture children, which encourages the "Niang qi" of boys (Chai, 2019). Secondly, under the pressure of exam-oriented education and heavy schoolwork, students have little time to participate in extracurricular sports and labor practice, resulting in a lack of physical exercise. Schools are afraid of taking risks, too cautious, so school sports are weakened, primary and middle school students common long-distance running events are canceled, and little "adventure" activities are canceled, which can not cultivate students' perseverance, courage, pressure, fighting spirit. Under the action of a variety of factors, together compress the students' physical exercise time.

The Role of School Physical Education in Cultivating Students' "Masculinity" and Mental Health Education

Essential Functions of School Physical Education

Returning to the essential function of school physical education, the functions of school physical education include education, fitness, and entertainment. Among them, the educational function also includes the promotion of intellectual development, the line into good moral character, the cultivation of aesthetic taste. The fitness function includes developing correct body posture, promoting growth and development, improving the level of physical function, developing physical quality and social adaptability, etc. In the process of cultivating students' "masculinity", school physical education plays an important role. School physical education can cultivate students' moral cognition and belief, and identify certain social norms. School physical education can effectively train students to bear hardships and stand hard work, indomitable struggle, indomitable will quality, these fine qualities in the training of students "masculinity" have an irreplaceable role and have a far-reaching impact on students.

School Physical Education Can Promote the Development of Students' Mental Health

As derivative social activities, sports activities can let teenagers outside of the heavy study and life, ease the interpersonal relations, expand human Jiao Wangmian through sport, to understand others, from the movement from study pressure and life, gradually make exercise ties of family love, friendship, and realize self-adjusting mental state of the youth. Since the 1990s, physical exercise has developed rapidly, which has directly led to a revolution in the field of psychological research. First of all, physical exercise is an active activity process of individuals. Physical activity and physical exercise are not only simple sports and sports projects, but also provide a new way for teenagers to improve their life pressure ability, ease interpersonal relationship, and promote mental health, which can effectively promote individual mental health. Secondly, physical activity has a positive regulating effect on emotions, and physical exercise itself can produce rich emotional experience. Even with negative emotions, physical exercise can digest and counteract negative emotions through catharsis, release, perseverance, and confrontation in physical activity. In addition, physical exercise promotes self-efficacy. Through completing actions or winning victories in physical activities, gaining successful experience and improving self-efficacy, through training, competition, failure, reflection, success, constant training and reflection, cultivate a firm will and strong psychological endurance. There are various ways of physical exercise and obvious personality characteristics. In the past, due to the limitations of geographical environment, economic development and concept, physical exercise is limited to the familiar crowd. With the development of information technology and society, physical exercise has completely broken through the traditional concept. It has rich and colorful exercise mode for the establishment of young people's tenacious upward attitude to life, life pressure ability to improve to lay a solid foundation.

School Physical Education to Cultivate Students' "Masculinity" Strategy

Strengthen Top-Level Policy Design and Pay Attention to Policy Guarantee

Since the Central Committee of the Communist Party of China and The State Council issued the "Opinions on Strengthening Youth Sports and Enhancing Youth Physical Fitness" (referred to as the "No. 7 Document of the Central Committee") in May 2007, in 2012, The State Council issued the "Notice on Several Opinions on Further Strengthening the Work of School Physical Education" (referred to as "Document 53"). Then, the

“Decision of the Central Committee of the Communist Party of China on Some Major Issues on Comprehensively Deepening Reform” adopted at the Third Plenary Session of the 18th CPC Central Committee in November 2013 proposed that “Strengthening physical education and extracurricular exercises, promote the physical and mental health of teenagers, fitness”. In 2016 The General Office of the State Council promulgated “about strengthening school sports promote students” physical and mental health of comprehensive development. To September 2019, the official of the sports power construction program issued by The General Office of the State Council high-level papers about strengthening school sports work further clarified the goals, tasks, and measures for building a strong sports country, and gave full play to the important role of sports in the new journey of comprehensively building a modern socialist country. Severely constrained by the thoughts of “hero of separatism” and “emphasis on intelligence and light on body”, principals, teachers, and parents only value students’ achievements and enrollment rate, and regard physical education as a “sub-subject”, which leads to the situation that school leaders do not pay attention to parents despise and students despise, putting school physical education in a very embarrassing situation. With the introduction of a series of national school physical education policies, the primary and secondary schools open full open Qi physical education, middle school stage no less than two physical education classes per week, primary school stage no less than three physical education classes per week, and even some places advocate one physical education class per day. And requiring other teachers not to occupy physical education, “physical education teacher is sick, this period of physical education in mathematics, Chinese era is about to pass”, the proportion of physical education in the middle school examination score is gradually increased; some places carry out physical education and Chinese, math as the score. With a series of policy documents landing, the development of school sports has a policy guarantee. School sports development ushered in the new beginning, the school physical education should be positioned, return to “education” function, let the students in sports activities, physical training, and sports competition, enjoy the fun of sports, and can be effectively enhanced physique, but also to cultivate healthy personality; temper indomitable will be quality.

Integrated Education of Physical Education and Moral Education

Although the physical education permeates the moral education, the moral education does not permeate the physical education; in order to better train the students, the physical education and the moral education should be integrated. Moral education can change students' disdain for foreign cultures in ideology, change students' worship of TV dramas and short videos with delicate makeup, "little fresh meat" and "beautiful men with flowers", and increase China's ancient excellent culture and education, such as the poem "The wind is bleak, the water is cold, and the heroes are gone." "Since ancient times, no one has died, so stay loyal to history. Tai Shici, the general of the Eastern Wu Kingdom of the Three Kingdoms, was born in troubled times. He should take a "three foot sword" with him and make immortal contributions. It seems that his ambition has failed. The ambition of Add antagonistic sports courses in physical education classes, such as sports with high difficulty coefficient and high challenge (martial arts, fighting, rock climbing, etc.). The role of school physical education as an intervention in the “feminization of young men” is certain, and it can regulate and guide the normal and healthy growth of teenagers through physical education. In the course of physical education, increase the intensity of exercise, increase the density of exercise, increase the difficulty to change the previous “three no seven no”. According to medical research, in the male development period to have a certain exercise intensity, such as strength and speed exercise, the body will secrete male testosterone, and testosterone will decline male Yang rigidity, which is an important symbol of obesity. Regardless of male and female students, after 30 minutes of

moderate and high intensity exercise, happiness factors will be produced, including the increased secretion of dopamine. Of course, in the process of sports, students will experience the spirit of adventure, feel the control of physical and mental willpower, and the perception of life. With this kind of dedicated investment, boys' "masculinity" will arise spontaneously, and girls' "dexterity and decisiveness" will also naturally form (Wang, Zhang, & Dai, 2021). The combination of sports and moral education to intervene students changes the timid, weak character of students, and cultivates resolute, bold, responsible, blood blooded youth.

Improve the Competition System, Promote Learning by "Competition", and Promote Teaching by "Competition"

School physical education plays an all-round role in the education of students, which contains great potential and profound connotation. Especially in the process of sports competition, students can fully experience various kinds of leadership such as following rules, planning, making decisions, and influencing others (Li, 2018). We should put what we learn into practice, and carry out more sports events to form an educational form of promoting learning, teaching, and evaluation through competition. By carrying out sports competition, students can not only consolidate their learning skills, but also form a competitive and cooperative relationship through the competition. The failure of the competition can improve students' ability to bear and resist setbacks. The victory of the competition can promote the students to continue to move forward, to overcome the difficulties, to enhance the confidence of students. Through sports competition, cultivate students' correct view of winning and losing, that is, students to win and lose, a correct understanding and view of the results of winning and losing, to develop the correct concept of "not arrogant in victory, not hungry in defeat"; cultivate students' sense of competition, the quality of taking responsibility; learn to control emotions and so on.

Strengthen the Condition Guarantee: "Match" and "Strengthen" Physical Education Teachers, Reform Physical Education Teaching Content

To strengthen the allocation of physical education teachers, China's school physical education teachers have been facing a serious shortage for a long time, school physical education "teacher-student ratio" serious imbalance, hindering the development of school physical education. Especially in remote areas, there are other teachers who concurrently serve as P.E. teachers. There is a shortage of P.E. teachers in primary and secondary schools, so how can we talk about strong P.E.? The prejudice of physical education subject, the lack of attention to physical education subject, and the imbalance between the school and the subject system have led to the marginalization and neglect of physical education subject and teachers in the education system, which to some extent leads to the lag of physical education teacher allocation. To strengthen the condition guarantee and reduce the threshold of young P.E. teachers to enter the school, the schools actively introduce young P.E. teachers, and strengthen the physical education teacher staffing. Schools actively accept new physical education teaching ideas and methods, formulate teaching objectives, put forward principles and requirements, and implement them into extracurricular and in-class physical education activities. Reform the teaching content; pay attention to the improvement of students' physical fitness; the improvement of physical quality is an important content of the training of students "masculinity"; shoulder can not carry the load, hand cannot carry the basket, and run a few steps on the panting, so with such a constitution how to talk about "masculinity"? Strengthen students' physical exercise, appropriately increase the exercise load, and from the students' physical fitness level, body shape, function, skills, and other aspects improve the students' physical quality, strong body, keeping energetic, in order to build solid "masculinity".

Conclusion

“Masculinity” is an excellent culture and national spirit that has been passed down by the Chinese nation for thousands of years. It plays an important spiritual and cultural pillar in the development and survival of the Chinese nation. Now in the rapid development of information technology, gender temperament also in the development of diversified, “just” male “NvRou” tradition is broken gradually; male is influenced by many factors: the rising trend of female members of the opposite sex, especially in youth groups, the lack of teenager “masculinity”, which not only affect the physical and mental health of adolescents, but also a serious threat to the survival of the whole country and the nation. Especially in the context of the increasing international situation, the promotion of youth “masculinity” is related to the survival and development of the Chinese nation. School physical education, as an important part of school education, should take on an important task in the process of cultivating teenagers’ mental health and ideological education. Schools at all levels and of all kinds should strengthen the implementation of policies at every level, improve the teaching and education system, and supply excellent physical education teachers. Strengthen the moral education in physical education to establish the values, outlook on life, and world outlook of teenagers to promote the development of teenagers’ mental health.

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