

Exploration on the Significance and Implementation Strategies of Enhancing Physical Exercise in Cultivating the Struggle Spirit of College Students from the Perspective of Sports-education Integration

Lin Song

Wuhan City Vocational College, Wuhan 430068, China

Abstract: 2021 is the first year of China's "14th Five-Year Plan", and it is also the year of striving for the great rejuvenation of the Chinese nation. With the development of current society and technology, series of practical problems such as home isolation, campus closure, and online teaching have gradually emerged, which has led to a serious lack of sports for college students at school, unable to relax their physical and mental development, and gradually reducing their physical and mental health. The cultivation and forging of quality and character will. Therefore, in this critical period, how to cultivate qualified successors is particularly important. This article takes firm ideals and beliefs as the core, strengthens physical exercise and strengthens setback education as the starting point, elaborates in detail the requirements of the times for contemporary college students to cultivate the spirit of struggle, analyzes the significance of cultivating the spirit of struggle for contemporary college students, and concludes that the cultivation of the spirit of struggle is not only a practical Practicing the important spirit of "four self-confidence" and realizing the specific requirements of the great rejuvenation of the Chinese nation is also an important method for the implementation of " integration of sports and education " in colleges and universities, and is closely related to the development of contemporary college students.

Keywords: ideals and beliefs; physical exercise; fighting spirit; integration of sports and education

1. The significance of ideals and beliefs in current college education

Ideals and beliefs are the spiritual activities of people as individuals, and at the same time one of the realistic foundations for personal development, and they are a whole of the unity of opposites [1]. Without lofty ideals and beliefs, it is impossible to realize the sustainable development of human beings, but ignoring the characteristics of individuals will become unrealistic empty talk. Today's international situation is turbulent, and the external environment is complicated. As the successors of socialism, college students, when faced with the impact of current concepts that are difficult to distinguish between true and false, usually because they lack practical experience and do not have sufficient ability to distinguish right from wrong, thus easily Affected by related bad motives and forces with ulterior motives, it will lead to confusion and decadence, and lose the drive and motivation to work hard. Ideals and beliefs are inevitable products of social development, and they cannot be created out of thin air. For college students whose minds are not fully mature, if they are allowed to spontaneously establish ideals and beliefs, it is very likely that they will be affected by the environment and form

unscientific ideals and beliefs. As the main positions for cultivating people through morality, colleges and universities must shoulder firm ideals and beliefs, and clarify the training tasks with plans, goals, organizations, and scientific basis, so as to achieve the goal of cultivating people through morality.

For the views and understanding of the issue of adhering to correct ideals and beliefs, one can learn and research from General Secretary Xi Jinping 's expositions on various public occasions. For example, at the 2018 National Education Conference , the General Secretary emphasized in his speech that it is necessary to "work hard on ideals and beliefs" and to "educate and guide students to establish the lofty ideals of communism and the common ideals of socialism with Chinese characteristics, thereby enhancing students' Chinese characteristics. Self-confidence in the socialist road, theory, system, and culture, and determination to shoulder the important task of the era of national rejuvenation . " At the meeting commemorating the 100th anniversary of the May 4th Movement in 2019 , the general secretary requested that "Chinese youth in the new era should establish lofty ideals. Only young people have lofty ideals, firm beliefs, lofty aspirations, and great ambitions. In order to better realize the value of life . " In 2021 , Xi Jinping emphasized in his inspection speech celebrating the 110th anniversary of the founding of Tsinghua University that : "The majority of young people should shoulder the historical mission, strengthen their confidence in moving forward, set up great ambitions, be virtuous, become great talents, take on great responsibilities, and strive to become worthy of the nation. The newcomers of the era who are rejuvenating the heavy responsibility, let the youth bloom brilliantly in the unremitting struggle for the motherland, the nation, the people, and mankind . " It can be seen that ideals and beliefs are the necessary support and important requirements for the growth and success of contemporary youth. Every contemporary college student must always study and make continuous progress in life.

2. The requirements of the times for the cultivation of the struggle spirit of contemporary college students

2021 is the first year of my country's " 14th Five-Year Plan" and the year of victory in building a well-off society in an all-round way. At present, our country is undergoing major changes unseen in a century . The main force and successors of building a modern socialist country in an all-round way and realizing the two centenary goals should actively devote themselves to the cause of contribution, so that youth will have no regrets and enthusiasm [2]; Encourage them to be the first to be the first and fight bravely. At the same time, they should comprehensively and timely understand the difficulties and challenges they will face in the process of progress , guide them to face setbacks correctly, and effectively relieve pressure. Reasonable catharsis and adjustment can keep them healthy and active physically and mentally, and they can cope with challenges and pressures in the future, so that they can face new life issues in the future with more sunshine and confidence, and take every step of life steadily. Therefore, cultivating the hard -working spirit of contemporary college students and strengthening their setback education and anti-stress qualities are the natural meaning of the integration of ideological and political courses, sports and education in colleges and universities . This is not only out of the responsibility for the sacred mission of teaching and educating people, but also the specific trust given to contemporary college students by the times.

The composition of contemporary college students is mainly " post- 00s ", accompanied by a small number of "post-90s". Therefore, this paper mainly analyzes and studies "post- 00s " as the main structure. Born in China's economic boom after the reform and opening up, science and technology, information technology, and material life were greatly developed. " Post- 00 " students have many titles, such as "the only second generation", "network aborigines", "millennial babies", etc. . Therefore, they themselves have a very unique imprint of the times. The main characteristics are: strong self-awareness, distinctive personality, quick acceptance of new things, relatively independent life, etc., which will be analyzed in detail below.

2.1. Main characteristics of contemporary college students

2.1.1. Strong self-awareness and relatively independent life

00s " who have entered colleges and universities since 2018 have benefited from China 's economic take-off and the gradual improvement of its international status since 2000. They have a better and richer living environment than previous college students, and no longer need to pay attention to material goods. There are too

many worries. At the same time, the improvement of national status also makes this generation of students lack the perception and understanding of the international environment, so the development of self-awareness is more rapid. At the same time, the development of technologies such as scientific information has also allowed them to form a more closed and independent life style . This kind of independence in life does not refer to the qualitative improvement of people's activity and processing ability, but is passively caused by the development of the technological age, changes in family structure and division of labor, and the advancement of educational resources and the environment [3]. In daily life, all the affairs of college students can be initiated and completed through the network platform. This phenomenon has become the most important part of daily life. It seems that they have "independence" among individuals, but in fact they have lost their team spirit , Cultivation and promotion of cooperation awareness.

2.1.2. Higher acceptance of new things

Different from the past, at the beginning of the birth of contemporary college students, my country's network information technology has been greatly developed, and various trendy things are updated rapidly, and the great convenience of the Internet also allows them to have more means of contacting the outside world [4]. In the process of contacting and absorbing this information, their acceptance of new things has been greatly improved, and at the same time, their worldview structure has become more complex and diverse.

2.1.3. Distinct personality

Thanks to the richness of the information environment, contemporary college students can obtain various information more easily in the mature stage, which has had a great impact on the formation of their personalities. A distinctive personality that likes to choose independently and does not want to be arranged [5].

2.2. *Analysis of the reasons why contemporary college students lack education in the spirit of struggle*

This paper believes that contemporary college students lack motivation in the process of inheriting and carrying forward the spirit of struggle , and the main reasons for the little achievement are the influence of negative social factors, insufficient training in colleges and universities, and insufficient motivation for their own struggle.

Especially in terms of the cultivation of colleges and universities, in the daily teaching work , through investigation and research , it is found that there are mainly the following aspects that can be attributed to the lack of struggle spirit education for contemporary college students : First, the content of teaching materials is old-fashioned, and the induction is relatively vague. Knowledge such as wind and arduous journeys are associated with the education of the spirit of struggle, which is divorced from the reality of the current living standard, leading to a one-sided understanding of the spirit of struggle among contemporary college students. Secondly, our country is now in the era of all media. The self-media is developing rapidly, and it is extremely convenient for receiving, sending out, and commenting on information. As a result, information on the Internet has brought a strong impact on college students whose world outlook, outlook on life, and values have not yet stabilized. Loss of independent judgment, the ability to think correctly .

3. **Physical exercise is an effective way to cultivate the spirit of struggle**

The spirit of struggle is the excellent quality of our party to lead the Chinese nation to victory and achieve prosperity and strength. In recent years, the party and the state have attached great importance to the cultivation of young people, and have taken the integration of sports and education as an important policy of college education, actively advocated that students should establish a Marxist world outlook, outlook on life, and values in education, and cultivate qualified socialist successors [6]. Frustration education is an effective way to stimulate students' fighting spirit in the process of continuously tempering students' ability to resist pressure. This article will discuss how to combine physical exercise and setback education to finally cultivate students' fighting spirit from three aspects.

3.1. *Physical exercise is the basic step of frustration education*

"What is learned on paper is always superficial, but what you know must be practiced." At present, in the

process of frustration education for students in colleges and universities, theoretical lectures and case studies are mostly used as the main teaching content. The frustration capacity reflected in their actual experience cannot be classified as an equal sign to a certain extent. The best and fastest way for students to walk out of the classroom and experience frustration education is to actively arrange certain content of frustration education during physical exercise, so that students can intuitively feel the setbacks they will experience in the process of approaching and achieving goals during physical exercise consciousness [7]. For example, according to the actual physical condition of the students, set a slightly more difficult physical exercise goal, so that the students can experience the limits and challenges of physical ability in the process of reaching the goal; another example, by setting up group confrontation, guide the students in the embodiment of scoring wins and losses. Correctly view failure and success, victory and regret, these are the educational content and methods to intuitively understand the frustration consciousness, and it is the specific practice of effective frustration education through physical exercise.

3.2. Enhancing physical exercise is the main way to realize frustration education

Cai Yuanpei, a great educator in our country, said: "Perfect personality lies first in sports." For many years, the slogan "Developing sports and enhancing people's physique" has been deeply rooted in the hearts of the people. "If you want to be civilized, you must first be barbaric in your body. If you want to be barbaric in your body, then the spirit of civilization will follow." This is also the proper meaning of today's "integration of sports and education". Adding frustration education to cultivate the body and mind in the physical exercise of contemporary college students can not only enable students to exercise efficiently, but also precisely exercise and improve their spirit, will, and emotions. The relationship between the two should be that there is me in you, and you in me, influencing each other and spiraling up to form a unified and complete whole.

3.3. Enrich the content of physical education with setback education as the material

In the face of setbacks, many people will not be able to bear the impact of setbacks because of their strong sense of frustration and contrast. This is not only because of the intensity of the setback itself, the core reason is how students understand setbacks and evaluate themselves [8]. Therefore, through continuous frustration education, it will have an impact on the development of students' thoughts, concepts, and understanding, and let students gradually establish a correct and positive awareness of frustration. The ultimate goal is to cultivate students to establish a scientific outlook on life and values, and on this basis to promote the development of college students' physical and mental health, and finally realize the all-round development of morality, intelligence, physical education, art and labor, and achieve the ultimate goal of the integration of sports and education.

4. The specific application of frustration education in the cultivation of the spirit of struggle

4.1. Setback education enriches the method of fighting spirit education

ultimate goal of conducting frustration education among contemporary college students is to cultivate students with a good fighting spirit. There are mainly two ways of frustration education that can be implemented [9]. The first is emotional counseling. When faced with negative emotions, students should be guided to face up to the current state, not to escape, let alone ignore, otherwise, when the negative emotions cannot be relieved in time, corresponding negative behaviors will occur, which may cause irreparable consequences, thus Affect the prospects and future of young students. Therefore, it is particularly important to correctly and effectively reduce or eliminate the influence of negative emotions and avoid corresponding negative behaviors. Applying the emotional counseling method to the cultivation of the spirit of struggle can allow students to quickly evaluate and counsel when setbacks occur, so as to regain confidence and continue to struggle. The second is psychological counseling. Timely and scientific psychological counseling can effectively solve the practical difficulties encountered by students, so that they can form better adaptability and enhance their sense of struggle.

4.2. Enhance the awareness of struggle through setback education

The main content of setbacks is the interference and difficulties encountered when achieving a certain goal. How to face setbacks and how to act to deal with setbacks determines whether a person can truly succeed, but this ability is not innate. It needs continuous experience and learning to continuously improve. General Secretary Xi emphasized at the 2016 National Conference on Ideological and Political Work in Colleges and Universities: "It is necessary to help students temper their strong will and character, cultivate the enterprising spirit of striving to be the first, and practice the spirit of not being afraid of failure. Psychological quality, maintain an optimistic attitude towards life, and dare to face all kinds of difficulties and setbacks." It is also an earnest hope for college students and educators.

4.3. Form the spirit of independent struggle through setback education

"The spirit of self-struggle is a kind of introspection and sublimation from the heart. It is a responsibility and attitude towards a certain state of oneself. It is a kind of belief, a concept, and it is the sustenance and intellectual support of the soul. Thinking and exploring from multiple perspectives and multiple dimensions to make their behavior more practical and valuable. Contemporary college students are the new force and fresh blood of socialist construction, and they are also a vital force for the great rejuvenation of the Chinese nation." Therefore, it is even more necessary to continuously temper students' spiritual will and ideological quality through setback teaching, so that they can correctly understand the spirit of struggle and form a sense of self-struggle.

2018, General Secretary Xi Jinping pointed out that the great spirit of creativity, struggle, unity, and dreams profoundly explains the great spirit of the Chinese nation. In the process of building a well-off society in an all-round way in our country, realizing common prosperity, and realizing the great rejuvenation of the Chinese nation, the spirit of struggle will surely become an important spiritual pillar. Contemporary college students shoulder the heavy burden of the future of the motherland, and even shoulder the heavy responsibility of national rejuvenation, so they must inherit and carry forward the fine quality of fighting spirit.

To sum up, in the post-epidemic era, under the background of the integration of sports and education, by strengthening physical exercise, we can actively guide contemporary college students to establish a correct outlook on life and values, so that they can quickly and effectively regain confidence in the face of setbacks, and learn to learn through perseverance. It is an inevitable requirement and an important measure to cultivate qualified socialist builders and successors through the struggle to obtain happiness.

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