The Research on the Psychological Quality for University Sports Development Training

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Abstract. The expansion of training in recent years more and more known to everyone, it gradually began to enter the lives of many businesses and individuals. At the same time, college students in all aspects of physical and mental there are many problems to be solved; these problems seriously affect their healthy growth. Students participate in quality development on the effectiveness of training were compared in order to further improve and enhance the overall quality of college students provide information reference material.

Keywords: college students, Development Training, Research.

Expand training in recent years more and better known are also beginning to enter the lives of many businesses and individuals. Outward Bound (Outward Development), and some called Outward Bound (Outward-bound), its original meaning refers to a boat leaving the calm haven, hesitate to invest in the unknown journey, the journey to meet the process again and again predictable and unpredictable challenges, to overcome the difficulties one by one [1]. Outward Bound is in fact a new type of experiential learning, through the use of some of the most dangerous natural conditions and the external environment, complemented by a scientific and rational challenging training program, so participate in the training of personnel to wear practice will, strive to improve the melting team personality and training goals.

Overall quality of a sound personal, just a healthy body is not enough, he also need to have good psychological quality and strong ability to adapt to society. Currently, the college students in all aspects of physical and psychological, there are many problems to be solved; these problems seriously affect their healthy growth. How to crack the existence of various groups of college students is not conducive to the healthy growth of further problems, the University itself has become the focus of society as a whole. Outward bound as an effective way to enhance the physical and psychological training of personnel activities, people placed their high expectations. In this paper, the test from this point of view, to explore and expand the training of students of different gender differences between, with a view to further improve and enhance the overall quality of the student population may refer to the material provided.
1 Object of Study and Research Methods

1.1 The Study

Randomly selected individuals out of 130 students study conditions, including the number of male and female students were 38 and 92.

1.2 Research Methods

1.2.1 The Documents and Materials

Through access to relevant information (monographs, periodicals, etc.), combined with relevant research results for further in-depth study.

1.2.2 The Questionnaire Survey

Study of relevant personnel to be released survey, a total of 130, fully recovered and is valid questionnaires; the effective rate was 100% (Table 1).

Table 1 Statistical result of valid questionnaires

<table>
<thead>
<tr>
<th>Sex</th>
<th>Number</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>38</td>
<td>29.3</td>
</tr>
<tr>
<td>Female</td>
<td>95</td>
<td>70.7</td>
</tr>
<tr>
<td>Total</td>
<td>130</td>
<td>100</td>
</tr>
</tbody>
</table>

2 Results and Analysis

2.1 To Establish a Strong Self-confidence Analysis through Training

Have a strong self-confidence, is a main indicator of the maturity of mind. Self-confidence is a man made various preparations for their emotional assessment, and a person with strong self-confidence refers to constantly better ourselves, from the heart to produce a most powerful force in the process [2]. Through this study, the research let college students participated in the training with different gender self-confidence to overcome difficulties in comparison and evaluation. Shown in Table 2, the face of difficulties self-confidence "unsure" of this part of students benefit the most, the effect is most obvious. After attending the training attitude remain "strongly disagree" and only one student. Overall the data shows that most college students develop a positive attitude towards the effectiveness of training. This also proves that through training can effectively enhance their self-confidence.