

Research article

Research on the Psychological Intervention Training of Influence to the University Volleyball Training Skills and Study Achievements

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Abstract

In recent years, volleyball in P.E. teaching at university has become very popular; developing the speeding up of teaching volleyball, therefore methods on teaching volleyball has also become an important issue that many university sports teachers are facing. The Psychological Intervention Training (PIT) plays an important part of university volleyball teaching, and the correct PIT plays a significant role in improving the quality of volleyball teaching. This article first analyses the significance of PIT to university volleyball teaching, and discusses several methods of PIT based on this, which will provide certain reference for the enhancement of university volleyball teaching quality in the future. **Copyright © WJER, all rights reserved.**

Keywords: Psychological Intervention Training, University volleyball training

Introduction

As the country takes serious development of university sports, more and more sports were integrated to P.E. teaching at universities, with volleyball being one of them, therefore the higher quality of teaching brings the high attention of volleyball tuition. The PIT is an important link to improve the university volleyball teaching quality, by unifying the actual situation of students and adopting the scientific and rational training methods to accomplish the optimal result, using a fraction of the effort, which will be significant in attempt to improve the quality of teaching.

Methodology

(1) Significance of PIT to the university volleyball teaching

We know that the request of the psychological quality of any sports to athletes has been very high, and volleyball is no exception. At present, the PIT is in an important status in university volleyball teaching, which gained high attention to many volleyball teachers. In the university volleyball teaching, the significance of PIT includes three main aspects. First, the effective PIT can promote the student's enthusiasm and initiative to studying volleyball, which enhances an interest in learning. If the teacher constantly explains the main points of volleyball-related techniques and movements for the students, then he/she has actually neglected the training to the psychological quality intervention. When students participate in volleyball sports events, inevitably they wouldn't be able to grasp the mentality, thus presenting the technique to a loss of shape, with no standard movements or other issues. However, if the psychological training can be put into the teaching of movement, then fundamentally it will stimulate the student's desire to play volleyball, and transfer positive emotions in to playing volleyball. Next, the effective psychological training can enhance the ability of the students to resist setbacks to a certain extent. As present, the psychology of the majority of universities students handles the setback in a very poor manner. It will enhance the students' inevitably to a certain extent, facing the ability of setback through the effective psychological training. Finally, it can promote the student's ability through the desire to win. In university volleyball teaching, teachers must correctly guide the student to regard success and defeat, correctly treating his/her own superiority and insufficiency, thus enhance the knowledge and the speculation ability.

(2) Methods of Psychological Intervention Training in university volleyball teaching

(2.1) Psychological suggestion method

We know that the inner potential of a person is theoretically infinite, so if the teacher wants to fully stimulate the inner potential of a student, teaching the student self-psychology is very important. In the study of volleyball, it has many psychological suggestion links, with volleyball passing being an example, because in the study of volleyball,

passing is a key aspect of the game, and the psychological suggestions in passing mainly consists of two parts. First, it suggests that the student should adjust his/her whole body to be fully coordinated; because the passing movement is complete during the strength that is fully generated by the player. Secondly, when paying attention to distinguish the sound of a ball being hit, hitting it too loud or too quiet is due to the fact that his/her body has not fully coordinated.

(2.2) Control training method

The so-called control training method, mainly with the aid of imagination of inner feelings, makes the students outline one correct and complete set of skills in mind, then applying this in practical training. Compared with other psychological training methods, this procedure is slightly more complex, and mainly includes five steps. First, the teacher must make the student relax, allow him/her to participate with the best mentality. Next, the teacher must guarantee that the students can fully concentrate. Thirdly, the teacher must guarantee that the students fully grasp the volleyball movements they study, thus lay the solid foundation for the outlining of skills. Fourthly, to do the actual procedure, fully demonstrating the movements in mind. Finally, he/she must be good at carrying self-analysis and summarization, continuously building upon self-perfection. In order to control the function of training method fully in the university volleyball teaching, the teachers hold arrange this kind of training as many times as possible, generally at least 20 minutes per week, meeting the requirements of the student psychological training.

(2.3) Relaxation method

Relaxation is for the student to demonstrate the skill action and key points. Relaxation training method is mainly through suggestion, breathing and other methods, where the training method makes all the body muscle fully relax. Relaxation training method can be divided roughly into three types: One type is the breathing relaxing technique, which enables the student to serve the purpose that the body and mind relaxes through the technique of deep breathing. Another type is to use muscles relaxation technique, making in short supply for muscles to be alleviated gradually, and let it be at the best condition. The final one is the imagination relaxation, which mainly eliminates the tense conditions using the imagination to relax the situation, eventually achieving the purpose that the body and mind are relaxed.

(2.4) Awareness training method

The awareness training method is also one of the PIT methods in the university volleyball training. The Awareness training method that is present in university volleyball teaching, mainly includes three types: Firstly, stimulating the students' inner feelings through the excitement of fighting spirit, thus enables them to complete each task that the teacher issues, particularly when the body is at an exhausted condition, hence they need the stimulation to gain the best results. Secondly, acting accordingly to the actual situation of students, constantly enhancing the request to the students. Finally, to enhance durability during training, where the teacher can increase the training quantity and

difficulty according to the student, simultaneously using the method of punishment and reward to enhance the training effect.

Conclusion

In summary, the PIT is in the indispensable position in university volleyball teaching, because not only can it enhance the tactical levels and athletic skill so students, but it can also cultivate the overall quality of students as well. Therefore, the teachers must know the importance of the development of PIT in university volleyball teaching, and simultaneously master many training methods, and according to the actual situation of students, adopt the scientific and rational training methods, fundamentally enhancing university volleyball teaching by this overall quality.

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