

Effectiveness of Cultivating Sports Humanistic Spirit Based on Computer Education

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Abstract: With the continuous development of our country's economy and society, more and more students love and pay attention to sports, and are keen to participate in sports. But for a long time, the cultivation of the humanistic spirit of sports has been neglected, and the humanistic spirit of sports has not fully entered the field of vision of college students. For college students, the cultivation of the humanistic spirit of sports is more important. This article aims to study the effectiveness of the cultivation of the humanistic spirit of sports based on computer education. On the basis of analyzing the principles of physical education (PE) and the necessity and feasibility of adding humanistic spirit to PE, in order to further understand the current situation of the integration of humanistic spirit into PE in colleges. This article conducted a questionnaire survey on teachers from three universities, and put forward relevant suggestions after analyzing the results of the survey. The survey results show that the cultivation of humanistic spirit in PE is developed through multiple channels, but in terms of its role in promoting the cultivation of humanistic spirit, it needs to be further improved.

1. Introduction

In today's rapid development of science and technology and the market economy in a new era, people's work and life are getting faster and faster. People pay more attention to learning and improving their own scientific knowledge, keeping up with the development of the times, and thus forgetting to relax. Slowly take a closer look at the true temperament needed in society [1-2], or it can be manifested as a heavy obstacle to interpersonal communication, putting interests first, lacking sincerity and trust, and gradually losing the humanistic spirit [3-4].

Many scholars have achieved good results in the cultivation of humanistic spirit. Gai Y and Qi Z used big data methods to study the humanistic spirit of college sports, and concluded that the

competitive trend of college sports and curriculum implementation methods will lead to the decline of the humanistic spirit. Therefore, colleges should strengthen the reshaping of the humanistic spirit of college sports. Further promote the development of the humanistic spirit of colleges, encourage the comprehensive and coordinated development of college students [5]; at present, some experts and scholars have analyzed the modern humanistic spirit in modern sports in China from the perspective of in-depth study of the modern humanistic spirit and its ideological connotation in modern sports. The interaction between humanistic spirit and our modern society, discuss how to rebuild a modern humanistic spirit strategy in modern sports in the environment of today's harmonious society, in order to better promote the modern humanistic spirit of modern sports in our country[6]; some related researchers said that integrating humanistic spirit into PE is not only conducive to the healthy growth of young people in our country, and promotes the ideology and voluntary service of the whole society, but also has a positive effect on promoting and promoting the spiritual civilization of socialism with Chinese characteristics[7]; some scholars have shown that humanistic sports is a sports concept based on people-oriented and civilized. It emphasizes that the humanistic spirit of the Chinese nation is fully integrated into sports and sports to promote the improvement of interpersonal relationships between communities, build a good ecology and civilization, strengthen the unity between communities, and promote the overall healthy growth of everyone. It also plays an important role in the whole process of building a harmonious society [8]. In summary, the research mainly focuses on the connotation of the humanistic spirit, the cultivation of the humanistic spirit contained in other fields, and the content, methods and approaches of the humanistic spirit in the cultivation of PE. These results provide a reference for the research of this article.

Based on the analysis of the principles of PE and the necessity and feasibility of adding humanistic spirit to PE, this article conducts a questionnaire survey on teachers from three colleges, in order to further understand the current situation of the integration of humanistic spirit into PE. After analyzing the survey results, relevant suggestions are made.

2. Research on the Effectiveness of Cultivating Sports Humanistic Spirit Based on Computer Education

2.1. Principles of PE

(1) Humanistic Principles

"Human nature is the foundation of all disciplines." "Sports is a basic applied science. The most important thing is to explore and study "people" and "human emotions." Human emotions help people have empathy for the things around them, and thus have interest and interest in the things around them. Understand, it also plays a positive role in improving mental health, and also helps to enhance the individual's sense of mission to society and nature. Therefore, in PE, teaching can cultivate people's "humanity" and promote people's emotions and sense of responsibility. The development in the direction of "sports humanism" makes people have a more complete humanity. The addition of education to PE to cultivate the humanistic spirit of sports is an important manifestation of the principle of "sports humanism" [9-10].

(2) Scientific Principles

The scientific principles of PE mainly include two aspects: biological science and psychological science. Biological science provides a scientific theoretical basis for the changes in human body's internal organs, body shape, exercise ability and other related factors during exercise. Psychological science is the scientific and theoretical basis for revealing the inner psychological changes of human

emotion, will and emotion in the process of PE. The cultivation of sports skills, physical endurance and physical fitness in PE is an important manifestation of the principle of "sports science" [11-12].

2.2. The Necessity and Feasibility of Adding Humanistic Spirit to PE

(1) Necessity

With the development and progress of society, the whole world has entered an era of rapid development, and our country has gradually entered a new stage of all-round development. PE is also an important part of college education. College PE plays an important role in enhancing team consciousness, improving psychological quality, and improving personality. Therefore, we must realize that cultivating and cultivating the humanistic spirit of sports in colleges is an important responsibility entrusted to us since ancient times, and it is also an inevitable requirement for the development and progress of society and education.

(2) Feasibility

Compared with other subjects, PE is more extensive. It includes and contains thematic parts in many areas. PE contains many scientific and theoretical knowledge, including psychology, biology, pedagogy, humanities, sociology, etc. The development of humanistic spirit in PE is faster, more convenient, easier, more comprehensive, and more tolerant.

The temporal and spatial characteristics of PE have also significantly promoted the development of the humanistic spirit of sports. The characteristics of PE determine that it is not limited to limited space for activities such as the classroom, nor limited to the limited time in the classroom. As long as there is time and a small space, sports can be played.

3. Experiment

3.1. Questionnaire Design

According to the needs of the research content and purpose of this article, the questionnaire of this article is designed on the basis of referring to the relevant literature. The content of the questionnaire is the knowledge of college teachers on the cultivation of the humanistic spirit of PE, the ways to cultivate the humanistic spirit of sports, and the humanistic spirit of sports restricting factors for cultivation, the questionnaire is selected for 50 PE teachers from three universities in the city. The questionnaire is distributed and collected on the spot. A total of 50 questionnaires were issued, and 50 questionnaires were finally returned. The number of valid questionnaires was 50, and the effective rate was 100%.

3.2. Reliability Test of the Questionnaire

In order to test the reliability and stability of the questionnaire, the variance of the questionnaire results was first calculated, and then the reliability of the returned questionnaire was tested by the method of "half-half reliability" test. The test results confirm that the questionnaire is reliable.

$$S^2 = \frac{(M - X_1)^2 + (M - X_2)^2 + (M - X_3)^2 + \dots + (M - X_n)^2}{n} \quad (1)$$

$$r = 1 - S^2(1 - r_1) / S_n^2 \quad (2)$$

$$r = \frac{2r_{ban}}{1 + r_{ban}} \quad (3)$$

4. Discussion

4.1. College Teachers' Understanding of the Cultivation of Humanistic Spirit in PE

Table 1. College Teachers' recognition of the necessity of cultivating humanistic spirit in PE

	n	%
The inevitable requirement of the development of the times and social progress	25	21.73%
The inevitable trend of modern education development	15	13.04%
The internal requirements of constructing a harmonious society	15	13.04%
Necessary measures to implement the scientific outlook on development	13	11.3%
The inner needs of students' self-development	16	13.91%
The basic requirements of the new curriculum reform	16	13.91%
The lack of humanistic spirit is serious	15	13.04%

It can be seen from Table 1 that 21.73% of the people who believe that the cultivation of humanistic spirit in PE is "the inevitable requirement of the development of the times and social progress", think it is the "intrinsic demand for students' self-development" and the "basic requirement of the new curriculum reform". The proportion of 13.91% is considered to be the "trend of modern education development", the "intrinsic requirements for constructing a harmonious society" and the proportion of responding to the "serious lack of humanistic spirit" is 13.04%, which is considered to be "necessary for the implementation of the scientific outlook on development "Measures" accounted for 11.3%.

4.2. Ways to Cultivate the Humanistic Spirit of Sports

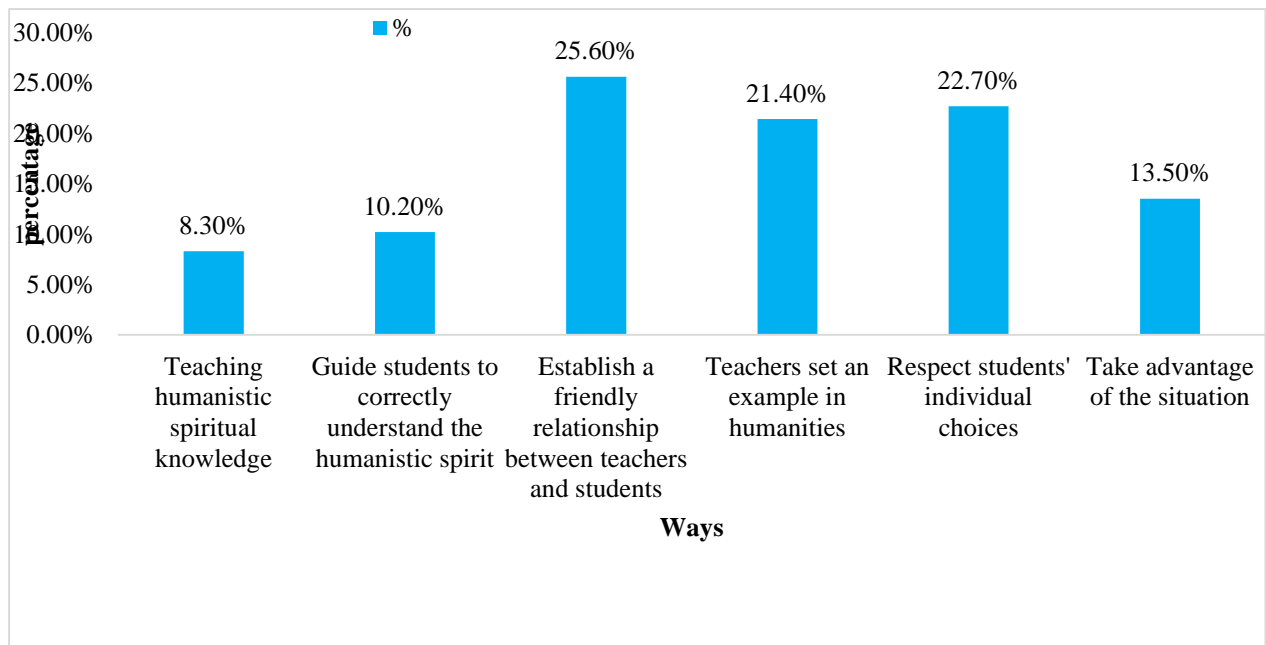


Figure 1. Ways to cultivate the humanistic spirit of sports

The way to cultivate the humanistic spirit in PE is to combine the cultivation content, methods, scenes and other aspects, and adopt the methods that help the humanistic spirit to better integrate into PE. It mainly includes teaching humanistic spiritual knowledge, guiding students to pay attention to and correctly understanding humanistic education, establishing a harmonious relationship between teachers and students, respecting students' personalities and choices, teachers setting a good example of humanities, and cultivating according to classroom conditions, etc. These methods help to create a good the atmosphere of the sports classroom in the country, and then develop the cultivation of the humanistic spirit. It can be seen from Figure 1 that the way for PE teachers to cultivate humanistic spirit in PE is as follows: the proportion of establishing a friendly relationship between teachers and students accounts for 25.60%, respecting students' personality and choice 22.70%, and the proportion of teachers who are exemplary in humanities. 21.40%, according to the situation, the proportion of humanistic spiritual content accounted for 13.50%, the proportion of guiding students to correctly understand humanistic education accounted for 10.20%, and the proportion of teaching humanistic spiritual knowledge accounted for 8.30%. It is not difficult to see that this reflects that there are many ways to cultivate the humanistic spirit in PE, but after field investigations, these cultivation ways do not have much promotion effect on the cultivation of humanistic spirit in PE. It can be seen that the cultivation of humanistic spirit in PE is developed through multiple channels, but in terms of its role in promoting the cultivation of humanistic spirit, it needs to be further improved.

4.3. Restrictive Factors in the Cultivation of Sports Humanistic Spirit

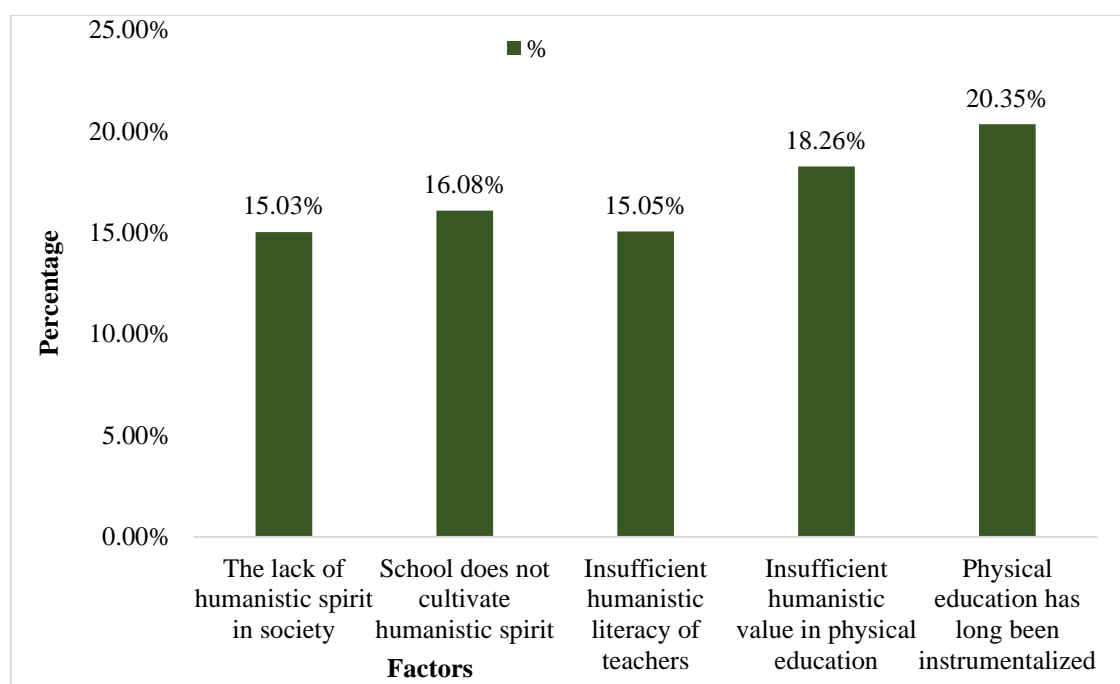


Figure 2. Restrictive factors in the cultivation of sports humanistic spirit

It can be seen from Figure 2 that the restrictive factors of the cultivation of the humanistic spirit in PE, as the name suggests, refer to the reasons that have a negative impact on the cultivation of the humanistic spirit in PE, are not conducive to its cultivation or hinder its cultivation effect. It can be seen from Figure 2 that the restrictive factors for PE teachers to cultivate humanistic spirit in

teaching are as follows: PE is instrumentalized, resulting in 20.35% of the lack of humanistic care in the teaching method, and the proportion of insufficient research on the humanistic value of PE courses accounted for 18.26%, 16.08% of the schools did not pay enough attention to the cultivation of humanistic spirit and the influence of social trends on the creation of campus humanistic atmosphere accounted for 16.08%, the proportion of teachers with insufficient humanistic literacy accounted for 15.05%, and the proportion of lack of humanistic spirit in the society accounted for 15.03%. It is not difficult to see that the factors restricting the cultivation of humanistic spirit in PE are the three factors of society, school, and teachers.

4.4. Ways to Cultivate Humanistic Spirit in PE

(1) Cultivate Students' Sense of Social Responsibility

In the process of PE, every student should actively participate in sports activities, set different teaching goals according to different students, let students do their best to achieve their goals, let students experience the charm of sports activities; improve students' self orientation, so that every student can experience how to cooperate and get along with others, make due contributions to the society, in order to achieve the purpose of regulating their own behavior.

(2) The Cultivation of Sports Humanistic Spirit Runs Through the Entire Sports Teaching Activities

Through games, competitions, collaborative teaching methods, interest teaching methods, theory teaching and other methods, the cultivation and education process of the humanistic spirit of sports runs through the sports activities, so as to encourage students to understand the humanistic spirit of sports unconsciously. Become part of his own ontological consciousness and ontological spirit. Cultivate the humanistic spirit of sports in the process of PE, inspire and awaken students' sense of social mission and historical responsibility.

(3) Incorporate the Teaching of Sports Humanities Knowledge into PE

At present, most colleges only focus on the education and training of students' sports technical skills, while the education and training of students' sports theoretical and cultural knowledge is relatively lacking. In the actual teaching process, the theoretical knowledge of sports should be run through, so that students not only understand technical skills, but also know why they need to learn technical skills, so that students can establish correct sports concepts and change from passive learning to active learning.

(4) Care and Support to Students after Class

In addition to putting the humanistic spirit of sports throughout the classroom, it is also necessary to provide support and care to students after class, through after-school interviews, after-school discussions, introduction of books and videos related to sports culture to students, and the establishment of QQ WeChat groups, students can shape and cultivate the humanistic spirit of sports.

5. Conclusion

As an important content and part of higher education, sports can not only cultivate and improve students' comprehensive sports knowledge and skills, enhance and exercise their quality, but also integrate the socialist spirit and modern sports awareness that China's sports itself needs. Harmony thinking mode is directly transmitted to our country's college students to cultivate and carry forward the socialist humanistic spirit of students. This article mainly starts from the point of view of the significance and necessity of cultivating and carrying forward the socialist humanistic spirit

in the teaching of PE in colleges. The above further study explored the ways of cultivating the humanistic spirit of students in the PE curriculum of colleges.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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