

The Importance and Application of Psychological Factors Training Based on Big Data Analysis in Volleyball Teaching

Renchao Fu

Hainan Vocational University of Science and Technology Haikou 571126, China;

397081924@qq.com

Keywords: Big data analysis; Psychological factor training; Volleyball teaching; Importance; Application

Abstract: With the progress of psychological training, the athletes' physical quality is constantly improving. The players can better keep awake on the court, play their own advantages in a non-tense state, and increase the chips for the perfect cooperation of the team. In a good state of mind, athletes are more likely to find their own rhythm and the possibility of victory. In the actual volleyball training process, students are prone to poor mental state. At this time, psychological training is required to be implemented, and the position of psychological training in volleyball training is faced up, and then the teaching plan is formulated in a targeted manner. This paper analyzes the current situation of psychological training in college volleyball teaching, and puts forward the importance of psychological factor training in volleyball teaching and the application of psychological factor training in volleyball teaching.

1. Introduction

As we all know, in sports, the athlete's sense of the field directly affects the performance of the technical level, so it is very important to say that good volleyball awareness in volleyball matches [1-3]. To cultivate a good sense of the field requires a better physical quality and tacit understanding of the team, the improvement of consciousness can directly make the athletes in the training and competition skills and tactics level is perfect [4-5]. Psychological factors play an important role in the teaching of volleyball. Its training methods play an important role in the play of volleyball players. Once teachers deal with mistakes, they will have a great impact on students and teaching [6-8]. Therefore, it is necessary to strengthen the training of students' psychological training [9-10]. College athletes have their own unique psychological characteristics, and there are often some common bad mental states during the game [11-12]. In the traditional volleyball teaching process, in order to improve the volleyball players' volleyball skills, the coaches only focus on the physical training of the athletes and neglect the psychological guidance of the athletes, so that the volleyball players can not play high. Level.

2. Overview of Psychological Training in College Volleyball Teaching

2.1 The Meaning of Psychological Training.

Psychological training is mainly carried out from the aspects of improving the individual's inner emotional control ability, self-practice cognitive ability and frustration tolerance. The ability to control inner emotions refers to effective practice adjustment in negative emotions such as anxiety, loss and tension, and gradually eliminates various unfavorable factors and gradually improves self-psychological quality. Self-practice cognitive ability is mainly to systematically and accurately assess self from both objective and subjective aspects, correctly analyze and recognize its own advantages and disadvantages, avoid biased assessment of self-inferiority, and hinder the individual's physical and mental health development. Frustration tolerance means that people can use their theoretical knowledge and ability to cope with setbacks in the face of various setbacks, and truly overcome the difficulties. The practical training of psychological training is the basic

condition necessary for all sports competitions, especially the hard psychological quality of group sports such as sports volleyball. The excellent psychological quality can play a decisive role in the volleyball competition.

2.2 The Purpose of Psychological Training in Volleyball Teaching.

If volleyball players want to play their own good level in the competition, good quality and quality are the key, especially when participating in major competitions, the outcome is often dominated by the quality of the school. Therefore, good psychological quality is necessary for volleyball players. Whether the psychological stability and psychological readiness of the players can reach a relatively high level is the key factor in determining the outcome. After the big data-based information technology, the refined site location and digital information are enriched compared to the traditional half-field six-zone division. Before the game, the technical statistics and analysis of the other party are more accurate and clear. Compared with the past, the volleyball players' self-confidence will be strengthened and the tension will be reduced. However, when using data analysis to compare a strategy, a clear brain and accurate judgment are especially important. As the rhythm of the game changes, the coach's guidance and teammates' exchanges will definitely make greater changes in thinking and rationality. If you can't grasp your inner activities, you will not be able to play the proper level of skills and tactics. At this time, good quality is also important

2.3 Current Situation of Psychological Training in College Volleyball Teaching under Big Data Analysis.

According to the network data survey, college volleyball players satisfaction analysis, as shown in Figure 1.

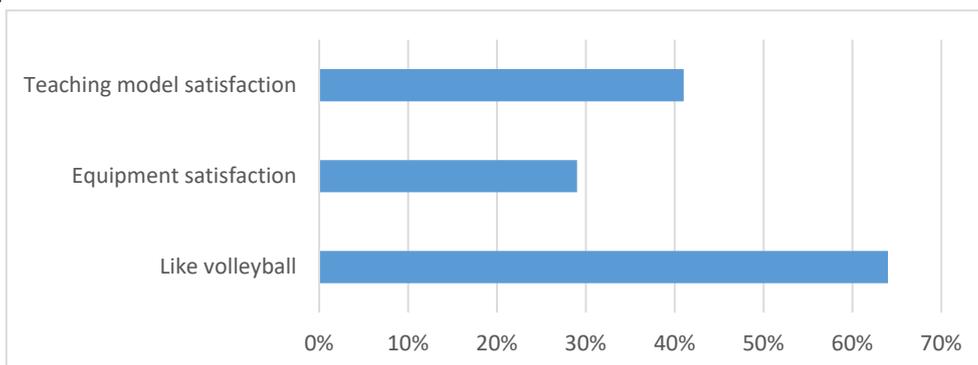


Figure 1. Satisfaction Survey of Volleyball Players

There are several problems in psychological training in college volleyball teaching. Lack of attention to volleyball. The current volleyball teaching in colleges and universities in China is not very ideal. Especially in the elementary and junior high school, volleyball is not widely popular. The opportunities and time for students to participate in volleyball are very small, which leads to the lack of a certain foundation for college volleyball. Many students I don't know the rules of volleyball very much, which makes many college students do not like to play volleyball. They have a strange feeling about volleyball and have many negative effects on college volleyball teaching. The teaching hardware equipment is short and backward. Due to the lack of attention to volleyball in colleges and universities, there is a clear shortage of equipment and investment in hardware facilities. The volleyball training and sports venues of many colleges and universities are generally too small, lacking enough hardware and equipment; the teaching model is backward. In college volleyball teaching, due to the influence of traditional teaching mode, teachers still use the old and backward teaching methods, and put more time and energy on the training of physical skills, but do not pay attention to psychological training in volleyball. importance.

3. The Importance of Psychological Factor Training in Volleyball Teaching

3.1 Improve Mental Ability.

If an athlete wants to play his own level in the game and win the game, then it is inseparable from two factors, that is, whether the athlete can play normally, one is hardware-physical quality, and the other is a kind of software. Practice has proved that when an athlete's psychological quality level is not high, it is difficult to effectively adjust and control his posture when he performs actions. Even if the athlete's physical fitness and skill level are high, he can't play its true level in the absence of internal motivation. At the same time, psychological training can enable athletes to gradually learn how to control their bad emotions and coordinate the relationship with teammates on the field; for example, how to adjust their mentality and improve the will of the game when there are many mistakes; the key game bureau must have Sufficient self-confidence; how to restore confidence when the score is backward is the experience and cultivation of the athletes' good personality and psychological characteristics. Therefore, proper psychological training is an indispensable part. Appropriate psychological training can enhance the psychological ability of athletes to a certain extent, and can also be more suitable for competition.

3.2 Improvement of Skill Level.

College volleyball teaching is only enough to teach students skills and tactics. It is not enough. In the game field, there is a higher requirement for the athletes' psychological quality. This requires the coaches to strengthen the psychological training for the students. Only the students have A strong level of psychological quality, can be in danger, can fully play their own volleyball skills and tactics. In the process of learning, the same is true. To cultivate students' good psychological quality, students can respond to a series of problems encountered in the volleyball learning process with a positive and optimistic attitude, so that students are not afraid of difficulties and are active. Aggressive. At the same time, the psychological quality training involves many aspects such as individual personality quality, practical cognition and spiritual will. Therefore, in college volleyball teaching and training, it is necessary to carry out comprehensive and systematic study on students' practical competitive skills. The organic integration process of competitive ability, comprehensive physical ability and intellectual experience. Therefore, in Volleyball technical training for college students, we should carry out all-round training of students'psychological quality, ensure that students have enough bearing capacity and practical ability to achieve the organic integration of all abilities, and promote the coordination and unification of students' professional competitive level and comprehensive psychological quality. Therefore, the teaching practice also fully shows that effective psychological training can help students to deepen their understanding of volleyball sports and improve their sports skills, so as to cultivate volleyball talents who are both skilled and psychologically excellent.

3.3 Physical Recovery.

Athletes will consume a lot of energy during long-term overload training, especially after participating in tense competitions, fatigue and physical strength will often decline seriously. At this time, certain psychological training can restore fatigue to a certain extent, which can help athletes quickly. Restore physical strength. Under normal conditions, this kind of physical and psychological fatigue can be eliminated by proper rest and increasing or supplementing nutrition, but psychological training is like a catalyst, which can shorten the recovery time of eliminating physical and psychological fatigue. Coaches or teachers can make use of psychological training to make athletes recover their normal psychological state in time and throw them into the next matches and training in time. Science shows that psychological training can play a positive and effective role in athletes, not only can promote athletes to better concentrate, fast self-regulation, but also can cultivate athletes'strong will quality.

4. Application of Psychological Factor Training in Volleyball Teaching

4.1 Will Training Method.

Volleyball is a high-intensity sport that requires strong willpower as a support during training. It is the responsibility of the coach to exercise the willpower of each athlete. When the game is in trouble, when fighting with the opponent, you must have a strong willpower and a strong spirit to win the opponent. In the training, first of all, through inspiration and explanation, each athlete can have certain consciousness. When encountering difficulties, he can face and solve difficulties bravely. Secondly, the coaches should train more in daily training. The rigorous degree, demanding them according to higher standards, motivating athletes, and constantly increasing their information and courage. This paper points out the more common methods of volleyball willpower training. First, construct a rigorous system norm, strict requirements and constraints on students' behavior, and ensure that they complete training tasks within the prescribed time. Second, if you want to have strong willpower, you can strengthen the training difficulty and intensity during the training fatigue period, and maximize the quality of training through the combination of reward and punishment. Third, students can be guided to practice on time through language incentives. Enhance the student's training ability through verbal stimulation and motivation. Through such methods, the important role of the willpower training method is reflected, and the corresponding guarantee for the students' volleyball training in the future.

4.2 Simulation Training Method.

In order to make the athletes play better in the game, the athlete's psychology can quickly adapt to the competitive state of the game, and a short-term training method for designing the simulation game before the game. In the application of this training method, we must first make a comprehensive assessment of the factors that may affect the athletes in the venue, such as the strength level of the opponent, the venue environment, lighting, room temperature, audience and referee, etc. The psychological impact of variables on athletes is shown in Figure 2. According to the results of the evaluation, the real situation of the stadium is simulated, so that the athletes are in the real situation, so as to better exercise the psychological anti-interference ability of the participating players. The ability of athletes to achieve excellent results is inseparable from the daily scientific training methods. With the continuous development of competitive sports, various competitive sports programs have adopted the simulation training method. Volleyball belongs to the team's antagonistic sports project. It has high requirements on the athletes' physical and mental qualities. Sometimes the two sides who are evenly matched will often drag the game into the deciding period, grab the game and even grab the game. Often, the athletes will be tested more and more at this time. For the psychological endurance of the key moments of the game, it is often the party with strong psychological quality and stable mentality to win the game. Therefore, the training method of the simulated game plays a vital role in the psychological quality of the volleyball players.

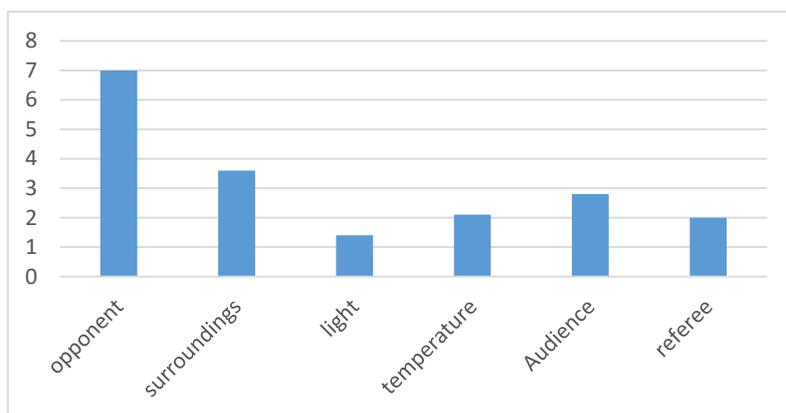


Figure 2. mpact of external factors

4.3 Relaxation Training Method.

This method is suitable for a relatively quiet environment, to relax your body, remove distracting thoughts, and then slowly close your eyes. The relaxation training method is mainly a training method that makes the whole body muscle fully relaxed by suggesting, breathing and the like. The relaxation training method can also be roughly divided into three types, one is the breathing relaxation method, the deep breathing method is used to enable the students to achieve the purpose of physical and mental relaxation; the other is to use the muscle relaxation method to gradually relieve the tense muscles, at the most The good state; the last is to imagine the relaxation method, mainly to use the relaxed situation of imagination to eliminate the state of tension, and finally achieve the purpose of relaxation. Therefore, the anxiety and burden in my heart need to be overcome by myself. I can hint at myself that "I can do it, I can do it." After proper self-introduction, the nervous emotion will be relieved.

5. Conclusion

A good psychological quality can cultivate students' special skills, which is an important internal factor to promote the professional skills and theoretical knowledge of college students in China. Therefore, colleges and universities must fully recognize the importance of psychological training in volleyball teaching and training, innovate teaching methods and content, gradually improve students' psychological endurance and quality awareness, and encourage students to carry out active practical learning for future students' health. Growth provides useful help.

References

- [1] Elferinkgemser M T, Roos I D, Torenbeek M, et al. The importance of psychological constructs for training volume and performance improvement. A structural equation model for youth speed skaters [J]. *International Journal of Sport Psychology*, 2016, 46(6):726-744.
- [2] Nusseck M, Richter B, Echternach M, et al. Psychologische Effekte eines pr?ventiven Stimmtrainings im?Lehramtsreferendariat; Psychological effects of preventive voice care training in student teachers; [J]. *HNO*, 2016.
- [3] Klaeijsen A, Vermeulen M, Martens R. Teachers' Innovative Behaviour: The Importance of Basic Psychological Need Satisfaction, Intrinsic Motivation, and Occupational Self-Efficacy[J]. *Scandinavian Journal of Educational Research*, 2017:1-14.
- [4] Symeou M, Georgiou S. Externalizing and internalizing behaviours in adolescence, and the importance of parental behavioural and psychological control practices[J]. *Journal of Adolescence*, 2017, 60:104-113.
- [5] Mielgo-Ayuso J, Zourdos M C, Clemente-Suárez, Vicente J, et al. Can psychological well-being scales and hormone levels be used to predict acute performance of anaerobic training tasks in elite female volleyball players?[J]. *Physiology & Behavior*, 2017:S0031938417302524.
- [6] Yildirim K, Şenyurt Yenipinar. Psychological Unsafety in Schools: The Development and Validation of a Scale[J]. *Journal of Education & Training Studies*, 2017, 5(6):167.
- [7] Leeming E, Hayes S C. Parents Are People Too: The Importance of Parental Psychological Flexibility[J]. *Clinical Psychology: Science and Practice*, 2016, 23(2):158-160.
- [8] Hally J, Freeman R, Yuan S, et al. The importance of acknowledgement of emotions in routine patient psychological assessment: The example of the dental setting.[J]. *Patient Education & Counseling*, 2017, 100(11).
- [9] Serrano J S, Abós Catalán, Lanaspá E G, et al. Importance of support of the basic psychological needs in predisposition to different contents in Physical Education[J]. *Analysis of Cosmetic Products*, 2016, 29(47):3-8.

- [10] Meyer D, Dunphy S. The role of knowledge-based psychological climates in human resource management systems[J]. *Management Decision*, 2016, 54(5):1222-1246.
- [11] Zagenczyk T J, Jarvis S, Scott K L, et al. The Moderating Effect of Psychological Contract Violation on the Relationship between Narcissism and Outcomes: An Application of Trait Activation Theory[J]. *Frontiers in Psychology*, 2017, 8:1113-.
- [12] Dosch A, Rochat L, Ghisletta P, et al. Psychological Factors Involved in Sexual Desire, Sexual Activity, and Sexual Satisfaction: A Multi-factorial Perspective[J]. *Archives of Sexual Behavior*, 2016, 45(8):2029-2045.