

Analysis on the Influence of Implementing Sports in the "Boy Crisis"

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Abstract: China's 2022 Winter Olympics has been applied successfully. Under this background, people pay more and more attention to the physical education curriculum of primary and middle school students, and more and more attention has been paid to the cultivation and promotion of the sports spirit of primary and middle schools. Especially in the context of the current phenomenon of "false mother" culture in China, how to realize the masculinity of the boy through the promotion and cultivation of sports spirit, and to resist the infringement and wrong influence of the "false mother" culture on the boys in primary and middle schools has become a major challenge before people.

1. Introduction

At this stage, the phenomenon of "boy crisis" in China's cultural education is becoming more and more obvious. The boys in primary and middle schools have gradually shown a trend of weaker than girls in terms of cultural studies, psychological quality and physical exercise. The "boy crisis" has become an impossible. The fact of denial. This article takes the promotion and cultivation of sports spirit as the basic point, and in-depth exploration and analysis of the cultivation of excellent boys will have certain reference significance for the solution of the current "boy crisis" problem in China.

Second, the specific performance of China's "boy crisis"

2. Overview of the "Boy Crisis"

The word "boy crisis" first appeared in the West. After the concept of development in recent years, it was gradually introduced into China, and with the continuous development of society and the gradual progress of the times, more and more people pay more attention and attention, especially In the context of the "pseudo-mother" culture and the "fancy male" in recent years, the "boy crisis" has become more and more explicit, and the existence of the "boy crisis" has caused people's growing concerns. The "boy crisis" was originally manifested in the fact that boys were weaker than girls in school. However, with the current accelerated pace of social development and the gradual changes in social ideology and social trends, the "boy crisis" is purely academic. The weakness gradually expands into many aspects such as capacity development, behavioral habits and gender identity. The existence of the "boy crisis" problem is not only a cultural phenomenon, but more of a problem that must be faced and solved in China's current development. Social hotspots, whether this issue can be well controlled and resolved will affect the overall development of young people in China and the talent cultivation of the national society.

3. The specific performance of the current "boy crisis" in China

3.1 Boy academic crisis

At present, one of the main manifestations of the "boy crisis" in China is that the learning ability, learning status and learning effectiveness of boys in the academic field are obviously weaker than girls. The "boy crisis" is weaker than the performance of girls in school. It is not limited to the primary and secondary school. The overall quality and performance of boys at all levels of education are weaker than that of girls. Some scholars in China have discovered through

investigation and research. Is the gender ratio of the top academic achievement or the gender ratio of the college entrance examination champion? In recent years, the number of male students is significantly less than that of female students. For example, some scholars have conducted a sample survey of 1,000 junior high school students and primary school students in Hangzhou. The average score of each subject is the best, and the overall performance of girls is better than that of boys. The current primary and secondary education "boy crisis" The problem has gradually evolved from a hidden problem in the past to a dominant problem. Therefore, all aspects of our society should give sufficient attention to this issue, and strive to achieve the maximum extent of the containment of this phenomenon and the promotion of this problem.

3.2 Boy constitutional crisis

In the traditional sense, the boy's physical fitness and physical ability should be significantly higher than that of girls. The boy's "physical crisis" seems to be sensational. However, judging from the development of physical education curriculum practice in primary and middle schools in China in recent years, the physical quality of male students is stronger than that of female students. At present, the physical fitness of boys in primary and middle schools in China is gradually showing a downward trend, even though the current boys are in height. In terms of weight, the weight has been greatly improved, but the indicators of male living capacity, speed, strength and vision have decreased significantly, and the speed has gradually accelerated. Under the test and observation of the National Child and Adolescent Physical Fitness Test Working Group, the pass rate of physical education for boys in primary and middle schools in China is significantly lower than that of girls. The decline in physical fitness of boys has gradually attracted the attention of society and the state. . The strength of young people is strong, and the quality of young people is directly related to the quality of talent training in China. How to improve the physical quality of young boys in China and make them have a healthy body has become a way to improve the physical fitness of our country and improve the safety of our country. A key step in sexuality and stability.

3.3 Boy gender identity crisis

In the process of human society development, men and women have different gender identity due to their respective physiological characteristics and psychological characteristics. Under the joint action of social factors and biological factors, gender identity has played a guiding role in guiding men and women towards their respective roles. The role of behavioral patterns and personality traits development, therefore, the correctness of gender identity in primary and secondary school students is related to the overall direction and trend of its future development. However, based on the current development trend of adolescents' gender identity in China, the boys in primary and middle schools in China have already shown a relatively obvious gender identity crisis. The existence of gender identity disorder has already had a great impact on the boy's masculinity training and cultivation. negative impacts. Specifically, the gender crisis of boys in China is mainly manifested by the fact that the current gender roles are increasingly blurred, and the behaviors, manners and dressing of teenagers are gradually becoming neutral, especially in recent years, "female man" and " Under the influence of the culture of pseudonym and "fancy male", the girl's personality is increasingly unrestrained, and the phenomenon of boy's character gradually becoming more and more obvious. Many primary and middle school boys tend to imitate the image of "fancy male" in film and television works, leading to their own development. The overall situation is that there is a lack of masculinity, lack of masculinity, feminine expression and behavioral behavior, and the boy's gender identity crisis has gradually spread.

4. To train excellent boys with sportsmanship

4.1 Overview of sportsmanship

Since China successfully hosted the Beijing Olympic Games in 2008, the sportsmanship has been widely contacted, recognized and promoted in China, especially in the context of the

preparations for the 2022 Winter Olympics in recent years. And the promotion has been further deepened and enhanced.

In essence, sportsmanship is a reflection of the overall appearance, level and fairness of sports, and is the pillar and soul of sports. It should be clarified that sportsmanship is not just about physical exercise, nor is it limited to physical exercise. The important purpose and main role of sportsmanship in the broad sense is to achieve the purpose of enhancing people's physical fitness and improving people's willpower through body movements. When people can master and control their own body, they can control their own thinking and spirit, thus achieving self-improvement, with sufficient ability and courage to cope with challenges and difficulties in life. Sports spirit promotes human physical quality and moral quality. The promotion and promotion of the progress of human spiritual civilization are crucial to promote.

4.2. Measures to train excellent boys with sportsmanship

4.2.1 Correct understanding of the essence of sportsmanship in the primary and secondary schools

Under the background of the current "boy crisis", the correct understanding of the essence of sportsmanship in the primary and secondary schools is conducive to redefining the essence of primary and secondary school sports, making specific guidance and direction for primary and secondary school sports, and curbing the current The impact and adverse effects of the "false mother" culture in the society on primary and secondary school boys.

It should be clarified that the essence of sportsmanship is to promote the improvement of human physical fitness and the enhancement of willpower through physical exercise. Its essence is adventurous and powerful. It needs to achieve the enhancement of the original strength of sports with the effect of a certain intensity of external force, but At present, there are quite a few primary and secondary schools in China that place too much emphasis on the protection and attention of boys in the setting and practice of physical education curriculum. In physical education curriculum, physical education programs with less intensity and less impact are often used to carry out sports. Classroom practice, this reflects to some extent the current wrong direction in the physical education curriculum in primary and middle schools in China. Therefore, at this stage, a correct understanding of the essence of sportsmanship in the primary and secondary schools is of great significance and role in changing the current physical education curriculum in primary and secondary schools in China and alleviating the "boy crisis."

Correct understanding of the spirit of sports in the primary and secondary school stage should start from the field of thinking consciousness. Therefore, the physical education curriculum in primary and middle schools in China must correctly understand the sports spirit. Thinking determines actions, people's behavior patterns and methods of dealing are largely influenced and restricted by their own ideology. Similarly, the setting and practice of physical education curriculum in primary and secondary schools will be largely subject to their compliance. The influence of the sports spirit, the correct sportsmanship will play a role in the setting and development of the physical education curriculum, guiding the physical exercise of primary and secondary schools to play its due role, and cultivating the boy's excellent physical quality and strong physical fitness. At the current stage of sports psychology cognition in primary and secondary schools in China, physical education teachers in primary and secondary schools should clearly pay attention to safety. However, blindly and excessively attaching importance to safety issues and ignoring the role that physical exercise should have, there will be problems of retreating. Therefore, in the current physical education curriculum, the boy should not be overprotected, the original rough sports equipment should be replaced with smooth high-grade equipment, and the original sand should be replaced by plastic, carpet and artificial turf, but the boy's physiology should be followed. The natural law of psychological development increases the confrontation and intensity of sports equipment to a certain extent, so that boys can release the wildness and vitality that men should have in the physical education curriculum, and achieve the goal that physical exercise should achieve.

4.2.2 Unleash the original vitality of boys in agricultural labor

Agricultural labor is the labor carried out by farmers in cultivating good crops during the planting process, and it has certain strength and difficulty. The purpose of physical exercise by allowing primary and secondary school boys to participate in agricultural work is not only conducive to the physical fitness of primary and secondary school boys, but also to a large extent to improve students' understanding and understanding of agricultural work. Promote it to cherish food more in daily life.

Agricultural labor is mainly carried out in vast fields and nature. Therefore, in agricultural labor, primary and secondary school boys can get close to nature and feel the masculine milk shaping and cultivation while feeling the primal nature of the original natural forces. For example, the strength and willpower of boys can be exercised by setting up items such as cutting rice, picking fruits and transporting food in the physical education curriculum of primary and secondary schools. The competition will be used to enhance the confrontation of the project and release the boy's original natural wildness. Improve the purpose of masculinity.

4.2.3 Improve the physical exercise effect through the form of outdoor sports

In the primary and secondary school, the child's nature is still more inclined to learn during play. Therefore, the physical education curriculum in primary and secondary schools should fully combine the sports spirit and outdoor sports form to allow more primary and middle school boys to achieve physical exercise during the process of playing. The purpose is to increase the chance of boys to contact with nature in the field exercise, so that boys can improve their physical and willpower in nature. In outdoor sports, primary and secondary school physical education teachers can fully combine sportsmanship, encourage boys to actively participate in physical exercise programs while explaining the essence of sportsmanship, and develop their own male essential characteristics to cultivate their own masculinity in sports. Fully combine the characteristics of outdoor nature to enhance its own strain, willpower and accommodation, and cultivate a basic quality that a boy should have. However, at this stage, primary and secondary school teachers should pay attention to the combination of safety knowledge and skills education, frustration education and adventure activities in the process of outdoor sports, so that boys can exercise their strong body and body in outdoor sports. Can learn how to protect themselves and lay a good foundation for their future development in terms of physical quality and spiritual will.

4.2.4 Enhance the effect of physical exercise through the form of game activities

For boys in the primary and secondary schools, game activities have a strong appeal to them, and many boys tend to play games. Therefore, the primary and secondary school sports can improve the physical fitness of the boy and exercise his masculinity by adding the form of game training in the physical education curriculum. Specifically, enhancing the effect of physical exercise through the form of game activities and realizing the cultivation of boy masculinity can be carried out from the following two aspects: First, select a game with certain intensity and difficulty from the traditional game project to integrate into sports. course. In traditional sports games, the game items with greater intensity and difficulty are more sandbags. Therefore, primary and secondary school physical education teachers can add sandbags game items to the physical education curriculum practice to improve the intensity of physical exercise and exercise the speed of boys. Responsiveness, cooperation and endurance. Second, add obstacle-based game projects to the physical education curriculum. For boys, the setting of obstacle-type game projects is conducive to stimulating their original motivation, stimulating their intrinsic challenging motivation for men, allowing them to fully develop their potential in the game project, gaining self-confidence while enhancing willpower and exercising physical fitness. For example, obstacle-type games such as "Crossing the Jungle", "Strong Crossing the Reed Beach" and "Crossing the Cotton Donkey" can be set in the primary and secondary school physical education curriculum, so that the boys can develop their potential in high-intensity physical exercise and improve their own needs. Manly.

5. Conclusion

This article takes the study of the "boy crisis" in primary and secondary schools from the perspective of physical education as the starting point, and conducts an in-depth analysis of the specific performance of the current "boy crisis" in China, such as the boy's academic crisis, the boy's physical crisis and the boy's gender identity crisis. On this basis, further proposed measures such as correctly understanding the essence of sportsmanship in the primary and secondary schools, releasing the boy's original vitality in agricultural labor, and improving the physical exercise effect through the form of outdoor sports, etc. It has a certain positive impact on the promotion of the "boy crisis" problem in our country and the cultivation of boy masculinity.

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