

2-2024

A67: The Influence of Physical Exercise on College Students' Psychological Pressure: A Chain Intermediary Effect

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Recommended Citation

Zhou, Zhenqi and Li, Zhen (2024) "A67: The Influence of Physical Exercise on College Students' Psychological Pressure: A Chain Intermediary Effect," *International Journal of Physical Activity and Health*: Vol. 3: Iss. 1, Article 17.

DOI: <https://doi.org/10.18122/ijpah.3.1.17.boisestate>

Available at: <https://scholarworks.boisestate.edu/ijpah/vol3/iss1/17>

A67: The Influence of Physical Exercise on College Students' Psychological Pressure: A Chain Intermediary Effect

Abstract

Purpose: At this stage, the increasingly fierce social competition makes college students face significant challenges while striving for development opportunities. They will encounter various setbacks and challenges, causing excessive psychological pressure on college students, which will affect their mental health. As an effective means to promote people's physical and mental development, physical exercise plays an important role in the development of college students, It plays a very important role in relieving college students' psychological pressure. Therefore, it is particularly important to study how physical exercise affects college students' psychological pressure and the role of other factors. The purpose of this study is to explore the impact of physical exercise on college students' psychological pressure, as well as the intermediary role between emotional intelligence, adversity beliefs, physical exercise, and college students' psychological pressure, it provides theoretical basis and empirical reference for relieving college students' psychological pressure. **Methods:** A convenient sampling method was used. 383 college students aged 18-25 were investigated by using WLEIS, Psychological Stress Scale, Physical Exercise Rating Scale (PARS-3) and Adversity Belief Scale. **Results:** (1) physical exercise, college students' psychological stress, emotional intelligence and belief in adversity were significantly correlated; (2) Physical exercise can negatively predict college students' psychological stress (direct effect=-0.0032, 95% CI: [-0.0007, 0.0010]), but physical exercise does not have a separate intermediate role in the impact of physical exercise on college students' psychological stress through adversity beliefs (indirect effect=0.0001, 95% CI: [-0.0007, 0.0010]), but physical exercise has an impact on college students' psychological stress through the chain intermediary role of emotional intelligence and adversity beliefs (indirect effect=0.0008, 95% CI: [0.0003, 0.0014]). **Conclusion:** Physical exercise can have a direct impact on college students' psychological stress, and it can also have an impact on college students' psychological stress through the mediation of emotional intelligence and belief in adversity. In the face of numerous challenges in the society, college students can relieve the psychological pressure brought about by life and study through physical exercise and promote their own mental health by cultivating their own belief in adversity and emotional intelligence, so as to meet the challenges in the future with a more positive outlook.

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