

THE INFLUENCE OF FOLK TRADITIONAL PHYSICAL EXERCISE ON STUDENTS' MENTAL HEALTH

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Background: Folk traditional sports is an important part of our traditional culture, and the characteristics of folk traditional sports are simple, convenient and popular. It is uniquely entertaining, educational and cultural. In the process of physical exercise, students can not only enhance their self-confidence, but also help to improve their well-being. Folk traditional forms of physical exercise mainly include rope skipping, shuttlecock kicking, tug-of-war and stacking of Arhats. The elements of running, jumping and balance are effectively integrated into the exercise content. On the one hand, it can effectively improve students' athletic ability, and it is also helpful to cultivate students' sense of teamwork, establish a fighting spirit, and form a healthy mental quality. Physical and mental health has a positive impact. Carrying out folk traditional exercises in schools will help improve students' physical exercise forms and promote national culture. At the same time, physical exercise activities have low requirements on venues and equipment, and the rules are easy to understand and highly entertaining, which can fully mobilize the enthusiasm of students, improve students' interest in learning, and ensure the normal development of physical education activities.

Objective: Through in-depth investigation and analysis of the development of folk traditional physical exercise in many schools, we can understand the positive impact of folk traditional physical exercise on students' mental health, and aim to provide support and help for the healthy development of folk traditional physical exercise.

Subjects and methods: This paper takes a middle school in a city as the research object, conducts an in-depth analysis of the current situation of its folk traditional physical exercise, and actively explores the role of folk traditional exercise in middle school physical education, its positive impact on students' mental health, and the existing problems in current school physical education. In-depth analysis of the problem of folk traditional physical exercise provides a reference for the inheritance and development of folk traditional physical exercise. This article uses Internet information resources, retrieving academic journals, and consulting library materials to search for physical exercise and traditional folk sports as keywords. Questionnaire survey and interview method were used to investigate the content of traditional folk physical exercise in 12 middle schools in a city to understand the current situation, existing problems and impact on students' mental health in middle schools in the city, and put forward corresponding solutions.

Result: Through the research on the folk physical exercise activities carried out in a middle school in a certain city, the results are as follows: 1. There are few traditional physical exercises in a certain city. Although there are more resources and types of traditional physical exercise projects in the city, it still faces a series of problems. . Second, at present, the main problem of carrying out folk traditional physical exercise in middle schools in the city is that teachers and parents have insufficient understanding of folk traditional physical exercise, and the exercise content, exercise method and exercise time are short, which cannot have a positive impact on students. At the same time, the folk physical exercise programs mastered by teachers are uneven, and schools have few facilities for traditional folk physical exercises, which are limited by factors such as venues, resulting in low professional skills of teachers and inability to form good guidance for students. 3. In-depth analysis of the positive influence and performance of folk traditional physical exercise on students' mental health. Fourth, propose corresponding solutions. Actively change the concept of physical education in schools, create a good physical education environment, and continuously strengthen the publicity of traditional folk physical exercise. As an education management department, it is necessary to formulate relevant systems and policies to promote the development of traditional folk physical exercise, increase investment in sports equipment, carry out relevant exercise content, and pay attention to the cultivation of students' mental health. Strengthen the investment of teachers and reduce the burden on students. Pay attention to the important position of folk traditional physical exercise in physical education, enhance the fun and entertainment, and improve the health level of students.

Conclusion: In the development of traditional folk physical exercise activities in the city, there is still a problem of paying more attention to the text than the physical. There is a serious disconnect between family education and school education. Sports equipment varies greatly among schools, and sports games are carried out unevenly. In addition, schools, teachers and parents lack attention to traditional folk sports, resulting in insufficient school sports venues, lack of related equipment, inadequate security measures, and weak educational strength. In addition, with the development of the economy and the rapid development of the Internet, more and more students are addicted to online games and lack interest in outdoor sports activities, resulting in the lack of an environment for traditional folk sports to

be carried out. Based on this, it is necessary for the competent education department to do a good job in the publicity of traditional folk physical exercise, hold regular lectures, carry out physical exercise activities, etc., to strengthen exchanges between students, cultivate a sense of cooperation, and promote the physical and mental development of students. At the same time, we will continue to increase capital investment in non-governmental sports facilities, design more targeted sports equipment and facilities, and improve students' enthusiasm for sports. Pay attention to the practicality and innovation of physical exercise activities, and strengthen students' sense of participation.

Key words: mental health - folk traditional - physical Exercise

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THE TRANSLATION STRATEGIES OF NATIONAL TRADITIONAL CULTURE FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Effective ways to spread National culture. The current implementation of the "One Belt, One Road" initiative has strengthened cultural exchanges between my country and countries along the route, and has provided new historical opportunities for National culture to go global. Under the new situation, the research on the path of National culture's external dissemination is particularly important. The implementation of effective methods of cultural dissemination can enhance the effect of promoting National culture, thereby speeding up cultural exchanges and cooperation, better promoting understanding, eliminating differences, promoting the joint construction of the "Belt and Road", and promoting the construction of the "Belt and Road" to a new level Provide cultural soft power, enhance my country's cultural soft power, and promote the construction of a community with a shared future for mankind. Culture is the sum of the customs, behaviors, values, daily life, literature, art, music, etc. of a nation or group of people, highlighting the nature of the people of a country. The National culture we promote includes excellent traditional National culture and contemporary Chinese values. Excellent traditional National culture is the ideological and moral essence of traditional culture, not the dregs that loses rationality and runs counter to the spirit of the times.

Objective: The research on the path of international communication of National culture provides a specific solution for effectively carrying forward National culture. China's one belt, one road, and the other's own, will be able to enhance the effectiveness of the National culture's external communication, and accelerate the process of realizing the great Chinese dream of the great rejuvenation of the Chinese nation. At present, the research on the promotion of National culture to foreign culture is mainly discussed from the perspective of communication, and less from the perspective of social psychology. The information processing theory of social psychology and the construction essence of memory are helpful to understand the characteristics of foreign people processing and storing cultural information, and provide an effective way for the dissemination of National culture. Therefore, we should use cognitive strategies to promote foreign people to deeply process National culture information; Adopt memory strategies to improve the ability of foreign people to store National culture information; Build a practice platform to promote foreign people to extract National culture information and speed up the international dissemination of National culture.

Subjects and methods: The special research on foreign translation in translation studies has just begun and has not occupied a dominant position. The conscious dissemination of human culture and the organization of large-scale foreign translation must be based on a certain economic basis and material and technical conditions. Therefore, in history, in addition to the large-scale foreign communication of religion and the foreign translation of powerful countries in order to show their national strength and implement the policy of Huairou alliance, translation studies are more related to the introduction of culture and translation. Only recently, with the advancement of global integration, nation states have gradually realized the importance of their own cultural identity and cultural soft power. With the increasing practice of foreign translation, foreign translation research has begun to receive extensive attention. Under the influence of its translation discipline, foreign translation studies follow the tradition