

Research on Teachers' Emotional Regulation Strategies in Physical Education Teaching Behavior

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Abstract

A person who can control his emotions is greater than a general who can win a city. -- Napoleon, emotions have always been the most difficult and most beautiful cultivation for human beings. As a physical education teacher, in daily life and teaching work, like ordinary people, you will encounter different contradictions, such as family, colleagues, friends, and so on. These factors will produce adverse psychological stimulation, cause emotional reactions, and then affect teaching behaviors, and ultimately lead to poor teaching effectiveness. Research how to block this "kick the cat effect", how to reconstruct cognition, use rational and positive cognition, cut off the transmission channel of negative emotions, and enable teachers to communicate knowledge, skills and emotions with students in a harmonious classroom atmosphere. It is of great practical significance to improve the teaching quality of physical education.

Keywords

Teaching Behavior; Emotion Regulation Research.

1. Foreword

Emotion regulation is a special form of human reflection to the objective world, a human response to objective things, and an attitude experience that meets subjective needs. Emotions have both positive and negative sides. Positive emotions help individuals to take effective actions to achieve motivational functions; negative emotions are not conducive to the production of effective actions, more destructive actions, or inaction in a pessimistic negative state. Individuals with positive emotions are at the best level of arousal, can study and work more effectively, can form more creative thinking, and can solve problems better.

There are three main reasons for teachers' negative emotions in physical education teaching: first, their own reasons, from family, work, body, etc.; second, objective environmental factors in the classroom, such as weather, venue, etc.; third, students violate classroom discipline; fourth, students The enthusiasm for learning is not high, and the learning atmosphere is poor. Psychology believes that it is not the stimulating events themselves that affect teachers' emotions, but teachers' cognitive evaluations and attitudes towards stimulating events. According to the standards for teachers' mental health put forward by Yu Guoliang, etc. , the establishment of harmonious interpersonal relationships, the rational perception of teaching behavior and other aspects, the following intervention strategies are proposed.

2. Consciousness Transfer, Rational Grasp of the Real Self

It is necessary to rationally grasp the gap between the real self and the ideal self. The gap between the high ideal self and the relatively low real self is one of the sources of negative emotions. Therefore, teachers should accept the real self, make reasonable expectations, and

improve their own abilities. . Before class, you should constantly hint yourself to maintain a good mood, put a smile on your face, and try to maintain a good look and posture, look at everything with an optimistic attitude and smiling eyes, and get rid of your psychological imbalance.

In order to maintain rational self-cognition, it is recommended to use Ellis' rational emotional therapy for cognitive reorganization and reconstruction. Its complete operation mode is "ABCDEF": to clarify the inducing events A. Cognition B. Emotion and behavioral results C. There is an obvious interaction and causal relationship between the three. To eliminate or improve bad emotions and behaviors, it is necessary to put The irrational factors in B are detected, self-persuasion, self-justification, self-intervention are carried out, and rational concepts are replaced by irrational concepts. This process is D. D produces effects E. People will have positive emotions and behaviors, and psychological troubles will be eliminated or weakened, and new feelings of pleasure and fulfillment will be generated F. In the face of many practical problems, teachers can use the complete "ABCDEF" process to reorganize their cognition, change their emotional behavior by changing cognition, and obtain new psychological feelings. This is a method of actively accepting another stimulus to relieve anger. If you are angry or in a bad mood, you should carry out some conscious activities, such as singing, listening to music, dancing, participating in your favorite activities, etc., through these conscious activities Activities to divert one's attention, temporarily forget unpleasant things, so as to eliminate their anger as soon as possible, the bad mood is improved. The practice of exercise regulation method has proved that a large number of physical exercises with oxygen inhalation can enhance self-confidence and regulate emotions. Especially for physical education, it is easy to complete the movement techniques gracefully and correctly, which is helpful for psychological success and happiness, thereby eliminating bad habits. emotional disturbance.

3. Intervention Environment, Preset Environment Suitable for Teaching

Under the modern education system, there are many methods of physical education. It is no longer just students listening and teachers speaking. Common methods such as organizing student competitions in the classroom and setting teaching scenes to bring in are all conducive to the improvement of the teaching environment. students' interest in learning. Teaching environment preset is a kind of preparatory activity in advance, which increases the relevance of the environment and teaching content. In physical education, it is necessary to preset the environment according to the project or learning needs of the classroom, so as to achieve the purpose of better teaching. For example, when learning sports dance, you can preset some traditional and beautiful background music, which not only creates a learning atmosphere, but also increases students' sense of identity and pride in traditional Chinese culture; for example, playing ball in a low temperature environment In this class, teachers warm up the classroom by arranging a warm-up match before the class, which not only achieves the effect of warm-up, but also increases the interest, bringing students into the classroom content in advance, and improving the enthusiasm of students to participate; in the horizontal bar of gymnastics During movement learning, prepare mats around the horizontal bar in advance to create a safe teaching environment so that students can avoid the fear of doing movements on the bar.

4. Be Both a Teacher and a Friend to Create a Harmonious Classroom Atmosphere

Teachers should be the leaders of harmonious relationships. Sukhomlinski said: "To establish a friendship between teachers and students, it takes a lot of labor and energy. The famous educator Mr. Tao Xingzhi said: "Education is social transformation, and teachers are the leaders of social transformation. By. In the hands of teachers, the fate of young people is in control of

the fate of the nation and mankind. "As a teacher, not only must master the relevant professional knowledge and professional skills, but also must have sufficient teaching ability and organizational ability, in order to carry out quality classroom teaching, ensure the smooth realization of education and teaching goals, and comprehensively improve the quality of education, Make due contributions to building a harmonious society and realizing the dream of a strong country.

Emotions are people's attitudes, experiences and corresponding behavioral responses to objective things, which will change with different external situations. The discordant atmosphere created by the main teachers and students involved in teaching in the physical education classroom most directly affects the teaching effect, and the sense of ineffectiveness and powerlessness in the communication between teachers and students will also arise. Then in the physical education behavior, how should teachers regulate themselves to create a comfortable teaching environment, so that teachers and students can communicate reasonably and effectively. We can refer to the German philosopher Hegel's sentence: "The same sentence, an old man has more meaning than a child uttered." The intersection between teachers and students is the foothold of effective communication. Therefore, harmony The classroom atmosphere requires teachers to conduct self-regulation first. Of all expressions, a smile is a comforting and contagious one. For students, the teacher's smile not only plays a role in conveying positive psychology, but also a silent affirmation and encouragement. In daily physical education, teachers manage their facial expressions well and manage their own emotions in the classroom, which can better drive students to actively participate in classroom learning, narrow the distance between teachers and students, and make the relationship between teachers and students more harmonious. It can create a harmonious classroom atmosphere and immerse students in a relaxed and pleasant teaching environment.

So how should teachers teach with a smile? First of all, physical education teachers should adjust their expressions and state before entering the classroom, maintain a relaxed and happy mood, and enter the classroom with a smile on their faces. When students see the teacher's face With a smile, you will automatically relax yourself, so that you can participate in classroom interactions more easily and immersively. Secondly, in the grouping activities, teachers should also guide students to group quickly and effectively with a smile on their faces, so that students can actively Participate in different sports. When students have friction in group activities, teachers should give positive psychological suggestions to themselves, adjust and control their emotions and expressions, and help and guide students to solve positive problems with a smile on their faces.

Instead of berating the student right away.

A good teacher-student relationship can help teachers solve many "difficult and miscellaneous diseases" in daily teaching. Primary school students are in the stage of insufficient cognitive ability. They have not fully formed a sound self-consciousness, their physical and mental development is not stable enough, and they will make some small mistakes from time to time in the physical education class. When physical education teachers face these small mistakes, they should not be angry with the students. They should face the students with a tolerant attitude, and give positive guidance to the students in a "moisturizing and silent" way, so that the students can feel the teachers' good intentions.

5. Respect Individuality and Return the Classroom to Students

Emotional intelligence is the abbreviation of emotional intelligence quotient, which is a person's ability to recognize and manage their own and others' emotions. The main content of emotional intelligence includes four aspects: self-emotional cognition ability, self-emotional management ability, ability to recognize other people's emotions, and interpersonal

communication ability. Simply put, it is a person's ability to use emotions, effectively deal with self and interpersonal relationships, and achieve life goals. Research has found that emotional intelligence tends to have a greater impact on people than intelligence. Although emotional intelligence is affected by genetics, acquired education and learning are more important. A good parent-child relationship, family education under advanced concepts, and school education full of charm and motivation will definitely make up for the "congenital deficiency" of children's emotional intelligence, and cultivate children with high emotional intelligence.

In the traditional physical education classroom, the teacher is the leader of the classroom, and the students are often in a passive position. But everyone wants to be valued and respected, and students are no exception. In daily physical education, teachers should learn to think in a different position, respect students' dominant position and classroom feelings, and let students become the masters of the classroom. Based on this, when primary school physical education teachers design teaching, they should try to figure out what kind of classroom they like from the standpoint of students, and carry out teaching according to the needs of students, so as to improve the teaching effect and quality of physical education classroom. Physical education includes both physical education and psychological education of students. Only by communicating with students on an equal basis can teachers approach them, understand their real needs, and further promote the better development of students. In physical education classes, teachers should not only pay attention to the students' compliance of various items, such as whether the students' 100-meter run meets the standards, whether the standing long jump has improved, etc., but also pay attention to the students' psychological conditions. Physical education should be oriented to the whole, and each student's physical function, physical skills, psychological quality, personal hobbies, etc. are different. Teachers should carry out different physical and health education for different students, and at the same time, they should carry out different education for different students. psychological counseling.

6. Epilogue

To sum up, the essence of education is that teachers guide children purposefully according to the training goals, influence children, and let them grow happily on the way forward. This kind of influence is not only reflected in the learning of knowledge and the improvement of ability, but in all aspects, including students' thinking mode, behavioral habits, emotional experience, value cognition, multi-dimensional development, self-reflection, conscious growth, etc. Emotional language is the emotion that bursts out of the human heart, and it is also the expression that emotion shows on the face. It is a silent teaching language form that gathers joy, relaxation and love. Its application in physical education can not only make teaching go smoothly, make teachers and students integrate into each other, and students and students communicate with each other, but also make students relax, adjust their mood, and restore their physical strength. The most important thing is to make the students really like the physical education class, so that they can move, enjoy the class, and learn in the music.

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