The Influence Law of Yoga to College Girls' Psychological Activity

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Abstract: Yoga was originated in ancient India, which has been introduced into China for 1000 years. It can be said that it’s advancing with the times for a long history of development and evolution in China. Nowadays, Chinese college girls, as the shining representatives of Oriental beauty in order to lose weight, shape and strengthen their body, have become one of the main sources of yoga practitioners. According to a large number of literature comparative study found, by practicing Yoga asana, pranayama and relaxation work not only can prevent diseases, but also effectively regulate the nervous system and endocrine system, keeping our body, as well as our mind, healthy and active.

1. Instruction

Yoga originated in ancient India, was derived from Sanskrit yoga. The original meaning is unity, which can combine spirit, wisdom, and body perfectly. That is what the Chinese call "harmony between man and nature". The reason why yoga is so popular in the world is that it is a philosophy of life and mind. The exact definition is: "the change of heart inhibition" in the book of yoga by Patanjali.

Yoga first came from the ancient book of India Rig Veda, which was then gradually spreaded abroad in the post-classical period (200ad, 1900). A very representative Yoga master named Zhang Huilan who first introduced yoga to China and awarded the famous lotus medal in India for her outstanding contribution. From 1985 to 2000, her 30-minute TV series was broadcast almost every day on CCTV one and two.

In order to establish a scientific, civilized and healthy way of life to improve the physical quality of the whole nation, the State Council promulgated the outline of national fitness program in June 1996, and then implemented it in the country. The National Women’s Federation and the National Sports Bureau held a “hundreds of millions of women’s fitness activities” ceremony, and held a large fitness exercise performance \cite{1} in Tianjin in April 2000. Owing to the support and efforts of the news media, the State General Administration of Sport and all levels of Aerobics workers, the women in our country gradually take "health" as the guiding ideology of body building. Many sports began to be very popular, such as yoga, water aerobics, belly dancing, fitness balls, street dancing, and so on, among which yoga was more popular than others \cite{2}.

College students are a large group in fitness active crowd. The movement mode suitable for young women has been continuously developed in Colleges and Universities, most of which have been offered yoga courses. Yoga \cite{3, 4} has a stimulative effect on physical and mental health \cite{5}, physiological indicators \cite{6} and professional quality growth \cite{7, 8} of college girls, etc. Even a number of studies have shown that yoga can be associated with nervousness \cite{9}, sleep \cite{10}, postpartum depression \cite{11}, trauma \cite{12-14} and many other physical health indicators \cite{15-16}.

2. Yoga Practice Motivation of College Girls

2.1 Lose Weight

The main motivation of college girls is to lose weight for a better body. Although many of them
also know that a person’s body shape and posture formation have numbers factors, such as genetics, exercise, nutrition and living habits, etc. It dose not happen overnight, but some female students tend to desperate for success. It needs to work together in class.

2.2 Correct Bad Posture

Each yoga posture can make people feel physical and mental unimpeded, then smooth ours the body and mind, make us to calm and emotionally stable. When people become healthy, mind become more open-minded, body become stronger, their receptive ability to life in all kinds of pressures and frustration will be more natural. At the same time, some yoga movements have the action of drawing abdomen and lifting up buttocks, some can achieve the effect of weight loss, so through the practice of yoga can improve our body shape. For example, some action can be hip abdomen, and some can achieve the effect of weight loss, so the people who have the poor posture can improve them through the yoga exercise, and then gain a better body.

2.3 Strengthen Physical Health

The practice of the yoga postures, abdominal breathing and psychosomatic relaxation for a long-term, can prevent some diseases. Especially hypertension, diabetes, arthritis, eating disorders, varicose veins, atherosclerosis, asthma and other chronic diseases, can be prevented through the yoga practicing. Studies have shown that long-term yoga people can control their body temperature, heart rate and blood pressure level easier than most people. Yoga can make the nervous system and the endocrine system regulated effectively, so as to improve the overall health of the individual. At present, the medical effect of yoga on the human body by scholars at home and abroad. Its influence on mental health and mental, is used to improve the inmates mental health level, to help them reduce the mental stress, aggression, fear, and to improve its ability to return to the society. The benefit of yoga is numerous. When we understand the physiological, psychological and mental health are inseparable, we will have a more thorough understanding of the life naturally. The ultimate aim of yoga is to broaden our consciousness and make us more aware of the significance and value of the present of life.

2.4 Improving Personal Cultivation

Most college students do have problems in their self-consciousness before taking yoga. The reasons are the influence of family, the influence of school education, the influence of objective society, and the subjective aspect. The psychology of contemporary college students is in the stage of rapid maturation but not real maturity. The college students in the period of psychological weaning have various positive and negative psychological characteristics, so their development is not balanced. Therefore, it often causes various internal conflicts. These subjective and objective effects lead to a large number of college students appear psychological problems, such as serious lack of self-awareness. As an important course in the dissemination of higher education, coaches should teach students the most foreword education concept, such as women should dare to challenge authority and challenge men. Coaches always adhere to equality between men and women, improve the status of women. Attach importance to the healthy growth of women, with the participation of women, can promote the harmonious development of human society. Coaches need to be confident, diligent in learning, bold in innovation, constantly challenge themselves. In the teaching of yoga, cultivate the female college students' spirit of self-improvement, self-education and self-development ability. Faced with difficult problems and complex and diverse society, judge independently, choose independently, absorb beneficial nutrients. Students can search their heart and self-control of their thoughts, emotions and behaviors.

3. Effect Analysis

3.1 Change the Body Shape

Through the practice of yoga, can enhance the body heat consumption, strengthen fat movement, inhibit the synthesis of fat, reduce fat accumulation, reduce fat accumulation, increase metabolic
rate, body fat weight decreased obviously than that of body fat decrease, so the yoga can not only make the weight loss significantly, but also can increase of body weight and change the body composition.

3.2 Improve Self-confidence and Self-esteem

Contemporary female college students are eager to express themselves and pay attention to self-image, which is the expression of self-esteem. However, when self-esteem is hurt, female college students often show great anger and shame, resulting in extreme emotion, which affects the life quality of female students seriously. Yoga is combination of music, fitness, edify the body and mind. It not only has the high, difficult, new, different, beautiful movements like the martial arts and gymnastics, but also is a group performance of the beauty of harmony. Therefore, practitioners are required to have good physical fitness.

In yoga practice, the instructor must be good at discovering the bright spots of the students, and not stint on encouragement and praise of them. Making the female students feel that although yoga practice is difficult to magnanimous, but through their own efforts they can master the technical action of yoga. Through the process of learning yoga, female students gradually understand their merits and demerits, such as good shape, strong musicality, or poor coordination. Combined with their own yoga teaching practice, the instructor should often teach students how to look at vanity, avoid anger and passion. Female college students gradually learn to understand their own bright spot more brilliant.

By practicing yoga, female college students have significantly improved in terms of inferiority complex, herd dependence, innovative learning ability, life attitude, image anxiety, success attribution, etc. In contrast, it is easy to find that female college students have changed considerably in thinking self-image anxiety and success attribution is greater, and the extent of improvement is larger after practice. It shows that most female college students can correctly understand themselves through elective yoga courses and physical exercise. Change the psychology of relying on others, no longer worry too much about their appearance, actively participate in interpersonal communication, can face up to the difficulties in life, learning and have self-confidence to overcome difficulties. Thus, yoga can take an active part in their society work and make beneficial contributions to a harmonious society.

3.3 The Heart Becomes more Peaceful and Stable

Most people are using the chest instead of abdominal breathing, which can not make the best use of pulmonary function, so oxygen can not completely fill the lungs. That is not healthy. The Yoga pmnayama is a kind of breathing technique, it can provide more oxygen to the brain, so it can make the whole state of mind becomes calm and positive. It can even shorten your every day needing for sleep, and keep a clear mind and stability. In the fast-paced society today, every day is too busy at school because all aspects of the pressure of life, the students lack of sleep at night, and is lethargic during the daytime, so yoga can help female college students to keep their mind clear and stable.

Yoga indicated that aging is due to self poisoning. The body accumulated a large number of toxins for years, but can not be excreted. Yoga postures, not only make the body become stronger, but also avoid the body accumulate too much fat and cholesterol. Then blood pressure returned to normal, the heart becomes healthier. People become more youthful and energetic.

3.4 Cultivating Students' Innovative Consciousness

In 1930s, Chinese famous educator Tao Xingzhi called for the creation of education, the teachers should foster the students' innovation and entrepreneurship ability. Nowadays, It is also necessary to cultivate innovative talents with personality. Yoga is a sport that needs to be innovated constantly. Whether it can arouse the interest of female college students, the key lies in the continuous introduction of its complete set of artistic innovations. Only combining highly artistic with perfect technology together, and having a unique style, yoga exercises can attract more female college students to attend.
Coaches must change the traditional teaching mode and pay attention to the cultivation of learning methods, learning ability and innovation ability in teaching. In order to quickly accept new knowledge in the knowledge explosion society, to create the world and create life, coaches must put forward the most advanced technology and theory, innovative and innovative arrangement. The latest competition rules are taught to students. Through study and practice, female students master some technical movements. Coaches should not devoid of students' innovative spirit, should give full play to students' creativity, enlighten female students dare to question. Encourage students to ask meaningful questions, and let students create Yoga action boldly. All of these can play the team spirit of students, cooperative learning and mutual discussion. If coaches give timely inspiration, even the student creation is not necessarily satisfactory at the beginning, but we believe that female students will create a rhythm, novel structure, outstanding personality style of yoga, after continuous summary of experience. During the process of female students learning and creating, it wakes up the students' dormant innovation potential gradually, and releases the imprisoned emotion, which not only brings the emotion and wisdom of female students into full play, but also cultivates their creative ability.

4. Conclusions

4.1 Renew Ideology and Improve Personal Accomplishment

Coaches should be full of self-confidence, diligent in learning, innovation, and constantly challenge themselves. Yoga practice can cultivate the spirit of self-improvement, self education and self development ability for female college students. Facing the problem and social complex, after yoga practice students can independent judgment, independent choice, self reflect the mood and behavior. And constantly improve themselves and improve personal accomplishment.

4.2 Moderate Pleasure of self and form a Healthy Life Attitude

Combined with their own yoga teaching practice, the instructor should often teach students how to look at vanity, avoid anger and passion. Female college students gradually learn to understand their self-image correctly, accept their shortcomings that can not be changed by themselves, and strive to make their own bright spot more brilliant.

4.3 Cultivate Innovation Ability through Learning

The latest competition rules are taught to students. Through study and practice, female students master some technical movements. Coaches should not devoid of students' innovative spirit, should give full play to students' creativity, enlighten female students dare to question. Encourage students to ask meaningful questions, and let students create Yoga action boldly. All of these can play the team spirit of students, cooperative learning and mutual discussion. If coaches give timely inspiration, It wakes up the students' dormant innovation potential gradually, and releases the imprisoned emotion, which not only brings the emotion and wisdom of female students into full play, but also cultivates their creative ability.

4.4 Correct Attribution and Enhance Self-confidence

In the analysis of attribution, the coach can encourage the students to advance continuously, or help the female students to set up a strong self-confidence. Then guide the students to realize that success belongs to the subjective effort and the failure belongs to the objective reason. The coach’s good faith attribution analysis makes the students believe that they have the ability to complete the difficult yoga movements, have the ability to deal with their own learning problems, feel that they are "useful", thus building strong self-confidence.

4.5 Cultivate Aesthetic Consciousness and Improve Personal Charm

Yoga originated in the traditional aerobic exercise, with a distinctive sense of rhythm. At the same time, yoga movement has a certain strength and flexibility. During practice and performance the yoga, the beauty of movement and the beauty of the queue (pattern) give people a strong sports
and fitness desire. In the teaching of Yoga, coach use the vivid language to explain, use the beautiful physique to demonstrate, then wake up students’ interest in art teaching method. Through the yoga practice, female university students can gain physical beauty, beauty of movement, beauty of posture and spiritual beauty. The female college students can establish a correct aesthetic view, improve the appreciation of beauty and performance of beauty, and enhance the ability to create beauty. Making female students have full of self-confidence and self-esteem on their life of learning and the future, then gradually improve their personal charm and reduce their anxiety.

References


