

Study on Individual Behavior and Psychology from the Perspective of Exercise Psychology

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Abstract: Psychology is a subject that has been gradually developed and valued in recent years. With the development of the times and the continuous progress of the society, the psychological pressure of the public is greatly strengthened than before. The pressure from work, the pressure from life and so on emerge in endlessly, individual behavior difference is more obvious than before. On this basis, the individual behavior from the perspective of psychology should proceed from a specific and comprehensive way, and constantly analyze the specific psychological phenomenon of the individual.

Keywords: Exercise psychology; Concrete; Individual behavior component

1. Introduction

To a certain extent, psychology is the study of human beings. It discusses not only human development, but also human behavior and other psychological problems. In recent years, exercise psychology is a science with better development prospects. From the perspective of exercise psychology, individual behavior and characteristics will present certain development characteristics.

2. The Importance of Individual Behavior and Psychological Research from the Perspective of Exercise Psychology

Exercise psychology is a branch of psychology and physical education. It uses psychological theories and methods to describe, explain, predict and even interfere with exercise behavior to promote individual participation and adherence to physical exercise. Exercise is a discipline that explores the psychological causes, experiences and benefits of exercise. With the rapid development of economy and the continuous improvement of people's living standards, the social competition is increasingly fierce, the pressure of life is increasing, a series of mental health problems also make people pay more attention to physical and mental health. Since the promulgation of the National Fitness Program Outline in 1995, China's fitness industry has developed rapidly. In 2016, the State Council issued the national fitness program (2016-2020). National fitness has become a hot topic of research, and the relationship between physical exercise and mental health has also attracted more and more attention. Scientific research on health behavior and physical exercise has been deepened, and national fitness and national health

have been deeply integrated. In addition, many documents, such as the outline of the Healthy China 2030 plan and the outline of the Healthy Shanghai 2030 plan, have included the national fitness campaign as an important chapter and put forward action strategies, indicators and implementation guidelines, highlighting the importance of carrying out healthy exercise. Promote personal health through physical exercise. In order to make clear the research status, hot spots and frontiers of sports psychology, on the one hand, scholars can better understand the development of sports psychology in China and promote the theoretical research and discipline development of sports psychology. On the other hand, the study of sports psychology can better guide the exercisers to do sports, which is of great practical significance to promote physical and mental health.

The main purpose of exercise psychology research is to promote physical and mental health and form a good state of mind and body. The main content of exercise psychology research is how to maintain and improve physical and mental health, form a good state of mind and body, or prevent people from getting sick and unhealthy state of mind and body. Exercise psychology aims to help athletes and exercisers benefit mentally, emotionally and cognitively from physical activity. On the other hand, the research content of exercise psychology involves the psychological premise of participating in health-related physical activities, including the initial participation, selection and persistence of sports. On the basis of this study, we can understand people's exercise behavior and develop educational strategies and psychological interventions for those who neglect to improve their lifestyle and quality of life through exercise to help

them start, increase and establish appropriate exercise behavior.

3. The Significance of Individual Behavior and Psychology Research

People are pursuing impersonal harmony with the development of the times, and are pursuing more perfect social construction of human. By studying human development, exercise psychology can look forward to the characteristics of individual development and make human society more perfect. The study of psychology not only pursues the existence and value of human beings, but also explores the status and role of human beings in the process of development. It is precisely to meet the needs of development and society so that exercise psychology comes into being^[1]. Secondly, the perspective of exercise psychology is different from the previous general psychology. Exercise psychology itself emphasizes the role and value of practice. Compared with the previous general psychology, it is more able to glimpse the actual development track and process. Studying individual behavior from the perspective of exercise psychology can more completely link the actual process of individual development and the way of development. Human being is an indispensable and important part of the society, and studying individual behavior is an important impetus to promote social progress.

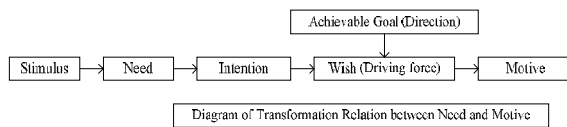


Figure 1. Studying Individual Behavior is an Important Impetus to Promote Social Progress

3.1. Promote social development

Exercise psychology can promote the development of the society through the study of individuals. By studying the problems of individual development and constantly solving the problems encountered in the process of individual development, it can promote people to better serve the society and development. The development of exercise psychology is related to the development of psychology. In the process of the development of exercise psychology, it is an important way to promote the development of exercise psychology to summarize the role and value of individuals and study the role and significance of individual specific behaviors through the analysis of individuals.

3.2. It is conducive to the improvement of exercise psychology

The study of individual behavior and psychology in exercise psychology is only an integral part of the develop-

ment of exercise psychology, but it is an important part and captures the perspective of characteristics and development of exercise psychology. The study of individual behavior is also a process of the continuous development and improvement of exercise psychology. The improvement of a discipline not only needs the construction and support of theory, but also needs the active and development of thinking mode. As a relatively new discipline, it is a process of continuous improvement, and the application of research personnel in exercise psychology is a key and important measure to develop it into a higher platform. The development of exercise psychology should pay more attention to human psychological process and reveal the law of human development, and individual behavior and psychology will play a bigger role in this process^[2].

4. Methods of Individual Behavior and Psychology Research

In the process of individual behavior and psychology research, we should first choose the right individual. This suitable individual includes age, occupation, personality and so on. For different individuals, their behavior shows different characteristics. Therefore, in the process of the development of exercise psychology, individual behavior and research should be determined by specific experts. It can be the same industry, also can be different industry, using control variable method to analyze its specific influencing factors. Individual behavior research in the field of psychology has a special status and role, and it is a bridge of psychology development especially in the development process of exercise psychology, and the individual behavior and psychological research also cannot be completely separated, the individual behavior on the integration of the wisdom of the collective is the key and the basis of psychological research, in the development process of exercise psychology, it should not only focus on individual behavior and psychological development, but also should summarize it into the general characteristics and laws, support the further development of exercise psychology. In the development process of exercise psychology, it not only involves individual behavior, but also a integration of psychological research, the development of psychology is a relatively special category, this category covers multiple subjects, multiple areas and phases, in the exercise psychology, it must grasp a good method to make its development more quickly and thus can integrate in to a complete one, this is what exercise psychology different from other important and key part of other kind of psychology, is also the premise and necessary basis for the development of exercise psychology, which matters the development of exercise psychology in the future.

In the process of individual behavior and psychology research, we should also pay attention to the infiltration

of theoretical knowledge. Theoretical knowledge is an important part that is different from other disciplines and has its own unique value. Each discipline has its own theoretical characteristics, exercise psychology is no exception. Before practicing psychology, we must pay attention to the systematic study of theory. Theory is an important driving force to support its development. Only a strong and solid theory can truly mobilize the enthusiasm of development, and the deepening of theory is also an important prerequisite for its development. Therefore, for this professional personnel should first develop unified teaching materials, systematic guidance and learning, and constantly find and solve problems.

The ultimate goal of individual behavior and psychological development is to solve the problems encountered in psychology. So, study its method, still should pay attention to process. Pay attention to the differences in the development process of different individuals, pay attention to the important results of their development, record the problems encountered, conduct targeted training and solution. If necessary, we should form a consensus on the problems we encounter, select a specific date for discussion, and try our best to solve the problems we encounter on the basis of discussion. For the problems that are really difficult to solve, we should start from people themselves, pay attention to special individuals, and infiltrate more humanistic feelings and values.

4.1. Respect individual differences

All development presupposes respect for individual differences. Since each individual is born with its own particularity, the attitude of respect should be maintained for different individuals, even though some individuals may not be able to meet the needs of the public and the so-called "unorthodox", the development of individuality should still be respected in the process of development. Respect for the development of individuality does not mean that it can be allowed to break the law, but should be made on the basis of respect for the law. Through analyzing their psychological motivation and possible development direction, specific behavioral choices and development measures are made to better promote individual development^[3].

Besides Respect individual differences, it also should respect individual secrets. Because psychology studies psychological problem, itself is a relatively sensitive but important measure. Some universities have to hold psychological tests, and for some students with slightly different psychology, if the results are made public, it is easy to hurt students' self-esteem, other students will look at them with different eyes. On this basis, the respect for individual differences should protect secrets from individual development, giving more individual guidance, and walking into the deep of hearts, understand their psychological problems arising from the development, so as

to make the best choice, as a new subject at the same time, it should record the practice experience, as valuable experience of this discipline.

4.2. Expand the discipline development system

In a broad sense, exercise psychology as a discipline, and as a new developed discipline, its system or its development history are insufficient. Since it is the study of individual behavior as well as individual and psychology, we should constantly expand the system of its development. The more perfect its development system is, the higher its development prospect and quality will be.

In order to expand the development system of disciplines, we should draw on the advantages and essences of other disciplines. Facing of diverse and complex development, it should have selection and choice. Different disciplinary systems bear different disciplinary characteristics. However, in recent years, with the development of the times, interdisciplinary has become the characteristics and highlights of development. It should learn to choose on this basis, learn to absorb. To expand the system of disciplinary development, we should infiltrate into the discipline and listen to the opinions and suggestions of experts and scholars. Each discipline has its own advantages, the development of each discipline has its own characteristics, each discipline area has excellent professional talents. We should keep improving within and between disciplines, and make clear the direction and foothold of future development by listening to the opinions and suggestions of senior people, so as to make it develop in a better direction.

4.3. Having several exercise through practising

Practice is the way to solve many problems, and the development of exercise psychology is no exception. In the process of the development of exercise psychology, practice is an important cornerstone of its new discipline. Through the development of practice, more problems in the process of human psychological development can be discussed, which is an important way to promote individual development.

Practice is a broader term. In the process of exercise psychology, we should not only pay attention to the process of the researcher's practice, but also pay attention to the process of individual behavior practice. Because the audience of practice and the subject of this research are individuals, individuals in different ages and different environments will affect their psychological development. And the characteristic dominated by this psychological development will also affect the process of its psychological development. Therefore, in the process of practical research on individual behavior, it is necessary to dig deeply into their different behaviors at different times and compare their differences in different environments through various ways^[4].

4.4. Combination with medical science

Psychology is a science as well as a medicine. Once a person's psychological problems, it belongs to a medical problem, which needs to be solved by the hospital. Therefore, in the analysis of psychological problems, it should be combined with medicine. In a broad sense, the two are themselves an inseparable whole. The level of medical development is making continuous progress. In recent years, outstanding figures in the medical field have emerged one after another, and the Nobel Prize for literature has emerged one after another. The development of medicine can promote the development of psychology to some extent. Therefore, the integration of psychology and medicine is an important part of the development process.

The combination with medicine reflects that medicine is a special discipline with strong practicality, and exercise psychology is also a discipline with strong practicality. The similarity between the two disciplines is also an important part of the combination. In the process of combining exercise psychology and medicine, we should first pay attention to the most identical part of the two disciplines. Exercise psychology is actually more theoretical, more focused on finding problems than medicine, and medicine is more focused on solving problems. The combination of the two is the further development and extension of the discipline of psychology, so we should pay more attention to the combination and development of the two.

Psychology itself is a branch of medicine, which not only can promote the development of medicine, but also involves the cultivation of talents. Therefore, in the process of psychological development, the combination of psychology and medicine is the basis and key for psychology to play a real role. The application of psychology is very extensive, the system is relatively complex, but the prospect is bright and substantial. The future of psychology suggests that its branches should become more diverse. In the process of psychological development, exercise psychology will also play a great role and value in its field with its unique status. Psychology will also become more prominent in the international community than ever before. The development of psychology is inseparable from the development of medicine, and the development of medicine is inseparable from the support of psychology. The research of separate disciplines has increased the breadth and depth of disciplines, and can promote the common development of each other.

5. Psychology uses the Scientific Method to Study the Behavior and Psychology of Individuals

Since it is a science, psychology must meet three scientific criteria: systematic positivism (observation-based prac-

tice); solvable, specific and detailed problems; peer reviewed, repeatable public knowledge. Many philosophical questions, such as whether human nature is good or bad, are not the subject of psychological research because the conclusion cannot be determined, resolved or repeated. Why is there so much pseudo-psychology circulating in the market? Psychology has three characteristics: it cannot be forged; Case studies can prove the point of view; It cannot be public knowledge. If the conclusion is correct in every case, and the proponents can prove it correct under any doubt that is inconsistent with the conclusion, then the conclusion is certainly unscientific. Psychological communicators also demonstrate their conclusions by highlighting individual cases, which cannot be repeated without peer review.

There is a close relationship between the dynamic change of exercise psychology research in China and the research content. Research shows that with the continuous attention from the state and society to the field of physical and mental health, the research on sports psychology has been well developed. Through the analysis, it is found that the research on sports psychology in China has gradually transferred from the early sports and fitness exercise to the research on body self-esteem, self-efficacy, life satisfaction, mental health and cognitive function. Theoretically speaking, there have been many different theories in sports psychology since its development. The theoretical model of sports behavior can effectively explain and predict individual sports behavior, improve individual sports level and promote healthy development. In order to enrich the theoretical system of sports psychology, better guide people to participate in sports and improve their physical and mental health, sports psychology theory needs more scientific development. With the great influence of social environment on human life, ecological model will become a new research direction of theoretical model of movement behavior in the future. In addition, the research object of motor behavior theory can be developed to middle-aged people. In future research, we should strengthen the role of theory in guiding practice, better serve practice, and enable more people to experience the benefits of physical exercise on physical and mental health.

6. The Role of Individual Behavior and Psychological Research from the Perspective of Exercise Psychology

"Sports motivation" is not only an important aspect of physical exercise for college students, but also a psychological motivation to promote physical exercise for college students. It mainly includes sports motivation and emotional benefits, sports motivation influencing factors, sports motivation theory research and so on. The research on psychological disorders mainly focuses on the exercise intervention treatment methods such as depression,

anxiety disorder and obsessive-compulsive disorder, as well as the influence of exercise prescription to correct the psychological disorders of college students. Sports associations focus on sports behavior and its influencing factors. "Juvenile" is another important key word in sports psychology research. Extracurricular physical exercise, as an important supplement to physical education and a part of school physical education and an educational means, has become the world's education system, with new development in both content and form. Extracurricular physical exercise is one of the important ways to improve adolescent's health and realize the goal and task of school physical education. The heavy burden of Chinese children and adolescents is a very heavy topic. It has long troubled and hindered the deepening of China's education reform, and also affected the overall promotion and realization of quality education, seriously harming the physical and mental health and comprehensive development of children and adolescents. Physical education teaching in schools should strengthen the cultivation of sports interests of children and adolescents, stimulate their sports motivation, make adolescents develop the awareness and habit of lifelong sports, and promote the formation and development of the quality of core subjects.

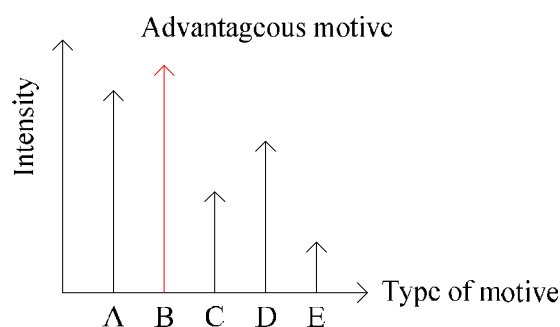


Figure 1. Diagram of relation between motive structure and intensity

Meet the three basic psychological needs for personal growth, namely autonomy, ability and relationship. These three basic psychological needs are essential, otherwise the individual will not survive and develop. The research on the influence of the theory of teenagers' basic psychological needs on teenagers shows that there is a positive correlation between the three basic psychological needs and the two variables of extracurricular activities and independent support, and the three basic psychological needs can be positively predicted. The research on stress and emotion is another hot spot in sports psychology. A large number of studies have shown that psychological stress may be one of the important factors leading to the occurrence of physical and mental diseases. Mishandling stress can have a negative impact on one's

physical and mental health. There is an interaction between physical exercise and psychological stress. Taking more physical exercise can reduce the negative effects of psychological stress on health. Studies of physical activity and emotional experience show two sides. On the one hand, physical exercise can improve the negative emotional experience and promote the release of catecholamines, thus improving the individual's psychological state to a certain extent. Physical exercise can also reduce an individual's level of anxiety. The researchers point out that for people who are unhealthy and have high levels of anxiety, the relief from exercise may be greater, while for people who are healthy and have low levels of anxiety, the relief from exercise may be relatively small. Exercise also has antidepressant effects. On the other hand, physical exercise can promote positive emotional experiences. Subjective well-being is one of the important indicators of mental health, is the expression of psychological self-well-being, and is closely related to emotion.

7. Research Contents of Individual Behavior and Psychology from the Perspective of Exercise Psychology

7.1. Research object

The research population of exercise psychology in China mainly focuses on students, and the research on students is mainly reflected in the research on middle school students and college students. The research of college students is mainly reflected in the aspect of mental health. It discusses the influence of physical exercise on the physical and mental health of college students under the level of psychological pressure. The results show that physical exercise is related to psychological stress and physical and mental health. By strengthening physical exercise, the psychological pressure of college students can be reduced, the physical health of students can be improved, and the physical and mental health of college students can be promoted.

7.2. Relationship between Exercise and Psychology

Explore the effects of exercise on mood, self-efficacy, and mental health. Research shows that exercise can directly affect mental health, and indirectly promote mental health by improving mood and self-efficacy. In other words, mood and self-efficacy play an intermediary role in the influence of exercise on mental health. This study provides a scientific basis for formulating sports intervention strategies to reduce college students' mental health. The research on middle school students is mainly reflected in mental health and the promotion of sports behavior. Based on the theory of self-determination, this paper studies the motivational mechanism of physical exercise of middle school students and its promoting

effect on physical exercise behavior. The research shows that the model of sports behavior based on SDT is suitable for middle school students' physical exercise behavior. It also suggests that environmental factors can be used to interfere with their physical activity. The intervention method of individual psychological factors can effectively improve middle school students' sports behavior. The structural test of the self-determining theory based on the structural equation model shows that the exercise environment, personality characteristics and pursuit of exercise goals can enhance the exercise ability of individuals. The autonomous motivation and the promotion of the internalization of external motivation promote the emergence of individual movement behavior.

7.3. Influence factors of individual behavior

As for the research on the influencing factors of physical exercise behavior, the influencing factors of physical exercise behavior of primary and middle school students mainly include personal factors, family factors and school factors. The factors influencing adult physical exercise behavior mainly include education level, family economic strength, class status, urban and rural differences. With the aggravation of social competition, all kinds of psychological pressure increase sharply, and psychological and mental health problems are becoming more and more serious and prominent. Therefore, people begin to look for ways to improve their spirit and psychology through physical exercise. The results showed

that group exercise program could make exercisers release psychological pressure and negative emotions more fully in physical exercise and technical communication, enhance social ability and self-confidence, enhance psychological factors and fitness effect, and enhance positive emotion and social connection of exercise. Positive emotions and social relations have good psychological benefits, and has an obvious role on the treatment of students' sense of inferiority. Individual exercise programs can easily make trainees feel lonely and helpless, forming a sense of inferiority. At present, the research on mental health is at the forefront of the field of sports psychology. Scholars can strengthen the study of mental health and serve the physical and mental health of the masses. In the early days, self-determination theory was mainly applied in the field of laboratory research and school sports. In the later period, with the booming of mass sports in the world, researchers began to focus on the feasibility study of self-determination theory under the condition of sports. It is of great significance to create an atmosphere of self-reliance in physical education. The sense of self-support can promote the development of self-determination motivation, so as to improve students' intention of extracurricular physical exercise. With regard to the application of self-determination theory in middle school students' sports behavior promotion, it is pointed out that the prediction model of self-determination behavior can effectively explain the sports behavior of middle school students in the context of Chinese culture.

Table 1. Attribution classification of success and failure

Dimension	Individual effort level	Individual ability size	Task (career) difficulty	Goodness or badness of opportunity condition
Internal and external causes	Internal	Internal	External	External
Stability	Unstable	Stability	Stability	Unstable
Controllability	Controllable	Uncontrollable	Uncontrollable	Uncontrollable

7.4. Research Methods

In terms of methodology, questionnaire survey, intervention study and experimental study have become the common research methods of sports psychology in China. Current research methods mainly focus on quantitative research and horizontal research. In the future, the research methods of sports psychology in China should be more diversified, combining qualitative research with quantitative research, horizontal research and longitudinal research. At the same time, we should be good at using various advanced scientific and information technology means for scientific research, so as to make the research more scientific and efficient. At the application level, public participation and adherence to the scientific guidance of physical exercise is an important goal of sports psychology research. The study of sports psychology has a good guiding significance for the public's motivation to participate in sports, the experience during sports and the

benefits after doing sports. With the emergence of various psychological diseases, sports psychology research has paid more and more attention to the positive psychological benefits brought by physical exercise, and also paid more attention to the improvement of the negative emotional state by physical exercise. At the same time, physical exercise can prevent and treat diseases caused by bad lifestyle has a certain role in prevention and improvement. Strengthening the practical application of sports psychology is the foundation of practicing the behavioral theory of sports psychology in China. In addition, the discipline construction of sports psychology should be strengthened in the future research. Only by stepping out of the new path of compound professional curriculum construction, cultivating truly qualified professionals and constructing sports psychology curriculum in our country, can we better develop the mass sports cause in our country and serve the public's physical and mental health.

8. Conclusion

The study of psychology not only pursues the existence and value of human beings, but also explores the status and function of human beings in the process of development, which meets the needs of development and satisfies the requirement from the society, thus the exercise psychology comes into being. The development of exercise psychology can meet the requirements and needs of the times, under the background of new era, the ever-growing golden age of the Internet era, studying the individual behavior under the perspective of exercise psychology can link the actual individual development with the development channels in a more complete way, people is an indispensable important part of society, studies the individual behavior is the important power to promote social progress. In the current situation of sports psychology research, besides the continue verification, development and application research under the guidance of existing theoretical models, empirical research based on phenomena should also be vigorously promoted. Phenomenology-based and empirical research also enables us to gain knowledge about the relationship between

physical exercise and psychological benefits, and the accumulation and development of these important knowledge has made important contributions to the gradual development of large-scale system theory. For example, compared with typical western exercise and aerobic exercise, studies on the effects of traditional Chinese exercise on the physical and mental health of exercisers have been empirically driven. The knowledge provided by this research is of great significance to the further development of our theoretical concepts.

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