

The Importance of “Happy Running” to Human Mental Health

Yongbing Chen

West Yunnan University of Applied Sciences, Dali, 671000, China

Abstract: With the rapid development of the times, the quality of people’s life has also been effectively guaranteed, which has gradually changes from meeting the needs of life to the pursuit of high quality. On the one hand, it is because of the increase in per capita income; on the other hand, it is also because of the incubation of social environment. At present, people not only strive to obtain more valuable goods in their own jobs, but also adhere to exercise in order to keep healthy. Sport is an indispensable part of people’s life, especially “happy running”, which occupies the first place in the list. Running can help people discharge the excreta in the body. At the same time, it can also regulate people’s mood and relax people’s mood, which plays an important role in human mental health. This paper starts from the importance of “happy running” sports to human mental health, specifically explores the effectiveness of “happy running” sports for human psychology.

Keywords: Happy running; Psychology; Health

1. Introduction

Running is the most common sport in sports, and it can be realized without other auxiliary facilities. At present, people are under more and more pressure from life. The wandering between family and work, and the struggle between reality and ideal are the portrayal of the current state of people. Under the high-intensity pressure, people’s psychology has also been greatly affected. According to the relevant data, more than 20% of the young people are prone to be depressed. There is a need for an excretory outlet the negative emotions, and running has become a good choice for people. Whether it is morning running or night running, it can bring great changes to people’s body and mind, and offers new inspiration in life during running. Next, this paper starting from the “happy running” project, specifically explores the importance of “happy running” sports for human mental health.

2. The Concept of “Happy Running”

“Happy running” means running through a variety of different ways. Compared with the traditional form of running, “happy running” can stimulate people’s interest in running, make it easier to persist in running for a long time, and improve the psychological system of runners and promote their mental health. “Happy running” uses the form of fun running to gather people who love sports, so as to establish a group of running to clock in. In this group, you can meet like-minded friends and exchange running experience and skills with each other to form a set of self running system. At the same time, “happy running” can learn other sports knowledge, and provides professional coaches to train and teach to ensure the cor-

rectness of the running posture. It can make scientific running planning suit for each runner, to avoid a lot of running problems. At the same time, through “happy running”, you can participate in professional offline competitions, such as national marathon, fun running and other large-scale running activities, where you can feel the charm of running, gain a new sense of value in running, and get a new self in running.

3. The Importance of “Happy Running” to Human Mental Health

“Happy running” is a group of runners and a gathering place for a group of people who love running. Here you can feel different running atmosphere. According to the data survey, at present, one third of the people in China will suffer from emotional and psychological problems, so it is difficult to balance life and work, causing psychological harm. Therefore, “happy running” is one of the numerous psychological healing methods. It can take people out of the psychological dark place, to the right direction of light. In the process of running, people can feel the psychological relaxation, temporarily forget the worries, and devote themselves to sports and experience the infinite joy brought by running. Therefore, we listed the following points to explain the importance of “happy running” for human mental health.

3.1. Venting and controlling emotions

For the current people, the material demand is undoubtedly the biggest pressure. In the work, there is the urgency from the boss, the competition from colleagues, and the verbal criticism from relatives and friends at home, which makes people to be easy to fall into the emotional

vortex that is difficult to get out of. Both the rapid development of society and the ever-changing social outlook exert pressure imperceptibly, bringing a great sense of oppression to people. If you have negative emotions, you need to vent them out. If these negative emotions are accumulated in your heart for a long time and there is no one to talk to, it is easy to cause self closure, and the self state will become worse and worse. You will repeatedly fall into negative emotions, and it is difficult to get out of the predicament, or even keep negative all the time. Venting emotions needs the right sustenance, which needs something to be the carrier. Therefore, “happy running” is a good choice. In “happy running”, if you are a beginner, you can choose a suitable coach to learn. Communication with others can stimulate your sense of attachment in your heart, stimulate your efforts, and relieve the pressure in the exercise to get emotional release. If you are a skilled runner, you can choose to join in a team. Whether you participate in activities or competitions, you can make friends in the team. You can tell your troubles in the communication. With the care and advice of the team, you can get out of the predicament faster and get a great growth. “Happy running” can help to vent the negative emotions and the negative energy in heart will also be forgotten during the running. Thus the whole person’s emotions can be well controlled and they can better control their own emotions.

3.2. Cultivate people’s will

People’s will guides people to move towards different directions. With the development of society, people’s living standard is gradually improved, and the material requirements are also significantly increased. And the cultivation of will is relatively deficient. Nowadays, exam oriented education is the main form of teaching, which makes many people pay attention to the knowledge in books, but ignore the cultivation of spirit. Spiritual will is often the most real face of a person. Without the support of correct spiritual will, it is difficult to find a breakthrough point in life, and it is easy to fall into a dilemma and difficult to get out. Among today’s young groups, many of them will retreat when they encounter difficulties. When they encounter some tired things, they will easily lose their patience and are not willing to insist or try. They often like to choose things that are easy to obtain and needs no so many efforts. However, such things are rare, and they will only achieve nothing in the long run. If a person has no will, he has no faith. No matter what he does, he will not last long. Therefore, in order not to be eliminated by the times in social development, and be more outstanding in real life, we need to have certain will support. Will is often considered as a natural existence, and is often mistaken as a gene, which is completely untenable. Will is cultivated during one’s daily life. On the one hand, it comes from

education and learning, on the other hand, it comes from something in life, such as “happy running”. “Happy running” can lead people to adhere to their original intention, and integrate running into their daily life. As a daily plan, it can cultivate people’s belief, enhance their ability to resist pressure and improve their psychological defense. For example, at the initial stage of running, you can set a starting goal for yourself, and then increase the distance appropriately every day after entering the state. In the process of persistence, you can improve your will, persist in completing your daily goal, and enhance your endurance. At the same time, in the “happy running”, runners can also communicate with others, exchange experience, enhance their ability of self, improve their adaptability, and gain the growth of willpower in running.

3.3. Establish team spirit

The strength of the team is often greater than that of the individual, and the power of the team is also the basis for the individual to go further. The impact of a person’s single effort is often small, but if countless individuals come together to become a huge group, then the appeal power brought by it cannot be underestimated. In the current society, the only-child family accounts for the majority, compared with the family structure which has multiple children in the past. The only child grows up in a family full of love and gets great attention, but at the same time, it also shapes his or her strong personality consciousness and prominent self recognition. In many cases, the only child is more self-centered, has stronger personality, and is difficult to integrate into the team cooperation. Not only that, when the only child goes into the society, he or she often feels a great sense of gap. They will be dragged out of the atmosphere where they are the family center and get all the loves, and come into the harsh social reality which is hard for them to quickly accept. And in the group, their personal awareness is relatively strong, and lack of communication and coordination ability. When dealing with the discussion, they tend to ignore the feelings of others and make judgments based on their own feelings, which is difficult to convince the public. Under such an environment, they are also easy to be isolated by the people around, resulting in isolation by others. If it develops for a long time, it will be derived into psychological gap, resulting in psychological distortion, which is not conducive to the development of physical and mental health. Participating in the “happy running”, they can communicate with others in the group, feel the care of the team in running, so as to establish a sense of team and collective honor. In “Happy running”, they can join the running competition of collective events. In the collective running training, they can supervise each other and learn from each other. In the competition, they can overcome one difficulty after another, strengthen the relationship between teammates,

and improve the sense of self collectivity. They can get more efficient growth in the collective. Their mood will also be driven by the activity of the collective and get more comprehensive growth.

3.4. Improve adaptability to the outside world

In the current society, due to the influence of exam oriented education, the newly graduated students only know the knowledge in the textbook, and lack of specific social practice, so it is difficult to join the social groups. At the same time, with the improvement of living standards, people's demand for materials is also increasing. Relevant data show that people who stay in a living environment for a long time will have a certain dependence on the environment, and they are not willing to jump out of the comfort circle. They are more and more accustomed to the surrounding things. However, once they come out of this environment, they will be under great psychological pressure and be out of tune with the outside world, making their inner feelings accumulate more emotions. If they cannot adjust their mood in time, it will lead to unnecessary psychological harm. "Happy running" is actually another way to strengthen adaptability. Through a variety of running ways, people can switch between different running forms to adapt to different running methods. In this process, they can indirectly strengthen their adaptability and switch freely between different links. At the same time, running can stimulate people's nervous system, can play an exciting role in the human body, and promote people to face things bravely. And it can establish a complete psychological system, strengthen psychological defense, thus make people be able to better deal with a variety of things.

3.5. Enhance self-esteem

The pressure of life and the busy work make people feel very tired. Even many people have the idea that is not conducive to their own growth. They abandon themselves to life and finally hurt themselves. No matter what life is like, we should keep our original mind and firmly believe in the future. Even if you are not satisfied, you should learn to find ways to stimulate your growth and keep moving forward. "Happy running" is a good way to relieve self stress. It can release the dissatisfaction and deficiency of self in different running forms, place the troubles in daily life on the running, gradually put down the uneasiness in self heart in the steps forward, and at

the same time, it is also the driving force to firmly move forward. Traditional running is more difficult to adhere to in the process. At the beginning, people are often very motivated, but in the later stage, they will give up because they can't bear it. But "happy running" is different from the traditional way of running. It has multiple forms of running, as well as a certain amount of stretching exercise to enhance the intensity of the exercise. It can improve people's determination to run in a consistent manner, and people exam can themselves on their shortcomings during running, constantly improve their advantages and comprehensively optimize them. In addition, regular "happy running" can also improve self-esteem and ability, and can find self-worth in dealing with affairs and obtain more recognition. Also it can enhance self-confidence, makes people firmly believe in the charm value of themselves and lead them have more outstanding performance and win more praise in the work.

"Happy running" is a healthy way of running. In busy life, "happy running" can help people relieve pressure, vent their emotions and learn to control their emotions. In running people can also cultivate their will, enhance their resistance to stress, better adapt to strange environment, and improve their self endurance. At the same time, it can also cultivate people's team spirit, making them better integrate into the team, and establish team awareness. People can communicate with others in the running team, improve their ability to deal with things, learn to get along with others, and get more rapid growth in the team. Adhering to "happy running" can improve people's self-confidence and maintain emotional stability. Running can stimulate people's nerve cells, stimulate people to make continuous efforts, keep people happy in mood, establish a sound psychological system, establish a solid psychological defense line, and maintain a positive mood in the face of anything, thus promoting the healthy development of people's body and mind.

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