

A Study on Conflict and Adjustment in high school Physical education

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Abstract: With the deep promotion of high school physical education reform, physical education pays more attention to the cultivation of students' comprehensive quality, which also puts forward deeper requirements for high school physical education course teaching. In the physical education teaching work, due to the influence of the personality of the students within the group, the conflict of values, easy to cause the contradictions between the student group intensified, thus affecting the overall teaching work. Based on this, this paper analyzes and studies the conflict and adjustment in high school physical education teaching, expounds the outline of the conflict and adjustment in high school physical education teaching, analyzes the causes of the conflict in high school physical education classroom teaching, explores the functional impact of the conflict in high school physical education classroom teaching, on this basis, puts forward the adjustment strategy of high school physical education teaching conflict, for reference.

Key words: high school physical education; Conflict; adjustment

Foreword

Physical education has the characteristics of frequent interpersonal communication and strong interaction, which also bring difficulty to the management of physical education. It is very common for conflicts to occur in high school physical education activities. The conflicts in physical education activities include not only the conflicts of individual inner motivation, but also the conflicts between individuals and groups. When conflicts occur in physical education classroom teaching, teachers need to do a good job of adjustment and guidance, so as to solve the problem of contradiction.

1. High school physical education teaching conflict and adjustment summary

In the context of physical education classroom teaching, the conflict between teachers and students belongs to recessive conflict, which is manifested as the emotional opposition between teachers and students, and generally will not be reflected in the external behavior. Students venting personal dissatisfaction is mainly reflected in the classroom learning activities, the study enthusiasm is not high, malicious confrontation behavior, such dissatisfaction confrontation behavior is easy to cause the tension of the classroom activity atmosphere, leading to poor teaching quality.

In physical education teaching, teachers and students have different attributes and characteristics. Teachers play a leading role in classroom teaching and have special status and rights. In the classroom teaching work, teachers shoulder the important responsibility of cultivating students' quality and ability, passing on sports knowledge and cultivating students' physical quality and ability. Teachers should infiltrate the moral concept of the society in their teaching and impart more knowledge to students. However, due to the immature physical and psychological development of students, they are not willing to accept excessive restrictions from teachers in classroom activities. They hope that they can gain greater freedom in learning and behavior and have more autonomy. In this case, students will break the management and restraint of teachers, thus causing conflicts with teachers. This kind of teaching conflict is defined as social distance in social psychology, which also refers to the estrangement between culture and historical tradition. In traditional physical education teaching, teachers often ignore students' psychological needs and do not pay attention to cultivating students' dominant position in classroom activities, which is also the fundamental reason for the confrontation between teachers and students.

There are also conflicts among students. Physical education class has the characteristics of communication, which requires students to participate in sports activities, and the probability of conflict is much greater than that of other indoor classes. Students appear in PE class mutual anger, big fight phenomenon is not a few, which has a serious impact on the students' body, affecting the study of students.

2. High school physical education classroom teaching conflict analysis of the causes

(1) Poor communication between teachers and students

Due to the particularity of the physical education environment, it is also subject to the interference of other aspects, which is prone to the chaos of classroom teaching order. PE classroom teaching has the characteristics of openness, so it is not easy for teachers to manage classroom teaching. In addition, in the physical education teaching work, teachers not only need to explain and demonstrate actions to students, but also need to arrange a lot of physical exercise, students bear a greater psychological burden, but also need to bear the physical pressure. If teachers fail to communicate effectively with students in teaching and neglect to care for students' emotions, it may cause conflicts between teachers and students.

(2) Physical education teachers' improper management of students

Many PE teachers are impulsive and do things recklessly. When some students have problems, PE teachers need to optimize management methods and coordinate teaching activities. If in the teaching process there is not proper education methods, lack of patience

for students, students will be dissatisfied psychology, which is easy to cause conflicts between teachers and students. In addition, teachers' attitude towards students in education will also affect students' learning psychology. Teachers should conduct fair and just educational evaluation according to students' classroom performance, so that students can realize the fairness of classroom learning and actively participate in learning activities.

(3) Conflicts occur among students

Physical education class is body, language collision more courses, students in the classroom interaction prone to conflict, cause a quarrel, the situation will be serious fist and foot addition phenomenon, not only will affect the relationship between students, but also on the students' own psychological negative impact, affect the students' learning. To this end, teachers should strengthen the physical education curriculum teaching attention, do a good job in education management, channeling the contradictions between students, so as to fundamentally solve the problem.

3. The functional influence of high school physical education classroom teaching conflict

First of all, it is helpful to form the correct value concept. Physical education classroom teaching conflicts can be divided into several types. Although the knowledge in physical education classroom teaching is carefully selected, it does not mean that all students' ideas are the same. When there is inconsistency between teachers and students, students and students, they can understand each other's ideas through communication and expression, so as to establish dialectical thoughts.

Secondly, it can help release pressure and dissatisfaction. In PE classroom teaching, teachers will focus on explicit problems and solve explicit problems. However, the hidden conflict is the biggest hidden danger. In PE classroom teaching, teachers often tolerate students' mistakes in order to teach efficiency, therefore, PE teachers and students should learn to express their own opinions and opinions in PE classroom, resolve and vent personal discontent, to avoid greater conflict.

Finally, it is helpful to promote the professional development of teachers. After conflicts occur in physical education classroom teaching, teachers can review their own teaching, think about whether there are problems in the teaching methods and teaching management means applied in the classroom, so as to strengthen the teaching ability and promote the professional development of teachers.

4. High school physical education teaching conflict debugging strategy

It is very common for conflicts to occur in high school physical education activities. The conflicts in sports activities include not only the conflicts of individual inner motivation, but also the conflicts between individuals and groups. When conflicts occur in physical education classroom teaching, teachers need to do a good job of adjustment and guidance, so as to solve the problem of contradiction.

(1) Teachers should improve teaching management and strengthen communication

In the face of the conflict phenomenon in high school physical education classroom teaching, teachers need to understand the conflict correctly if they want to relieve the conflict phenomenon. Conflict is inevitable in physical education classroom teaching. If this happens, both teachers and students need to face this problem positively, change their own educational concepts, and play a positive role to help students relieve conflicts. In teaching management, PE teachers should pay more attention to students and pay more attention to the emotional elements of students' classroom learning activities. In teaching, PE teachers should learn to express themselves effectively, treat students with a sincere attitude, and manage students in appropriate ways.

Schools should build interactive platforms for teacher-student exchanges and increase channels for students to communicate. The reason for conflicts in physical education class lies in the lack of timely communication between teachers and students. Therefore, schools should build a perfect communication platform, so that physical education teachers can listen to students' voices and understand their ideas. Teachers should use the network information communication platform to communicate with students, using wechat, QQ, Weibo and other forms of communication, to increase the communication opportunities between teachers and students, students.

(2) Students should strengthen self-restraint and learn to put themselves in others' shoes

The students' learning attitude determines everything. Only by correcting their own learning attitude can they learn better. Under the background of exam-oriented education, cultural courses are paid more attention by schools and students, resulting in the vast majority of students pay more attention to cultural courses, thus ignoring physical education courses. Students' attitude towards physical education directly affects the classroom teaching effect, classroom atmosphere and teaching quality. Once students do not have a positive attitude towards physical education, it is easy to appear unnecessary conflicts. Only when PE teachers realize the importance of PE and health curriculum and the key significance of PE curriculum, can they strengthen students' understanding of PE curriculum and correct their attitude towards PE learning, so as to improve students' learning effect.

High school students are in the youth growth period, their study pressure is larger, emotional rich easy to be emotional, when things can not calm down, unable to control personal emotions. To this end, students should improve their self-discipline, strengthen their own restraint ability, regulate their own behavior, so as to control negative emotions. Students should avoid bringing their personal emotions into the classroom learning activities, otherwise it is easy to have conflicts with teachers and other students in sports activities, thus affecting the relationship between teachers and students.

(3) The correct direction of public opinion in the society and the change of negative prejudice

At present, conflicts between teachers and students occur frequently. Criticizing teachers and blaming students and parents have caused more negative public opinions, which also have a corresponding impact on parents, teachers and students. Public opinion can have a

great influence, whether it is for the organization or the individual, can have a guiding effect. It mediates the relationship between different groups and individuals in the organization. For high school physical education teachers and students, it can not only integrate interpersonal relationship, but also play a role in adjusting the teacher-student conflict in physical education course teaching. However, the public opinion is good and bad, some is positive, some is negative, only to coordinate the relationship between teachers and students, in order to better dissipate the conflict. Therefore, in order to avoid more conflicts in physical education classroom teaching, teachers can strengthen the guidance of dominant values and coordinate multiple values, so as to prevent the ideological chaos between teachers and students and conflicts in physical education classroom teaching.

(4) The family to improve the way of education, to achieve the home-school union

At present, the probability of high school physical education classroom teaching conflict is gradually increasing, which is also because many students' family education is not up to standard, poor family education will make students produce wrong values. Family is the initial education place for students outside school, and parents are the first teachers of students. Parents' education methods and quality thoughts have a great influence on students. At present, the majority of senior high school students are the children of the one-child family. Excessive indulgence is unavoidable, but indulgence will only harm the children. Therefore, teachers should improve the current education methods, adopt correct education methods, adopt more democratic and scientific education forms, reduce authority and autocracy, so that students can grow and develop freely in a certain space.

Family education as an aid to school education, to build a good family education atmosphere, help students to develop a correct behavior habits, so as to better cultivate students' sports awareness. The family should establish a joint education and training mechanism with the school, the parents should pay attention to the family physical education, pay attention to the school physical education concept, so that the students form the correct awareness of physical exercise. Secondly, parents should be rational in the face of students in the campus of physical education courses, some parents will find teachers because of the conflict of students, and even there will be conflicts with physical education teachers, in the case of no solution to the problem caused the second conflict, which is not conducive to the development of education work.

Epilogue

To sum up, high school is an important period of education, which is not only related to students' future growth and development, but also an important stage of students' adolescent development. As the main form of school sports activities, physical education curriculum is very important to build a harmonious relationship between teachers and students, harmonious environment between teachers and students. Under the background of social transformation, the changes of social environment also breed more new problems in school physical education. How to effectively adjust the conflicts in high school physical education and build a harmonious classroom teaching atmosphere is very crucial.

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