Sport Promotes the Realization Path of Personal Physical and Mental Development—Based on Markovich’s Philosophical Perspective

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Abstract

National physical fitness is of great significance to the healthy development of the country, and it is necessary to carry out detailed research in this regard. Starting from Markovich’s philosophical perspective, this paper starts from the dimensions of sociality, free consciousness, creativity and self-realization, analyzes the basic characteristics of each thinking dimension, and then studies specific application methods, such as expressing sociality, forming free consciousness, stimulating creative ability, and achieving self-realization goals, so as to systematically study the realization path of sports to promote personal physical and mental development, aiming to provide more people with the thinking direction of personal physical and mental development, and guide more people to pay attention to the application value of sports. According to their physical fitness and sports conditions, carry out high-quality sports that are more in line with their own needs and contribute to the sustainable development of our society.

Keywords

Sports, physical and mental development, Markovich

Introduction

Based on Marxist philosophy, Mihailo Marlcovic makes a detailed analysis of the all-round development of the human person, and focuses on the practice of how to promote the physical and mental development of the person, that is, the gradual implementation of the physical and mental development plan from the dimensions of sociality, freedom and consciousness, creative ability, and self-realization, so as to achieve the desired development goals. Marković provides a new research direction for the sports community, provides rigorous theoretical support for personal physical and mental development, and also points out the practical direction of personal sports, which has high research value.

1. Sociability is a prerequisite

1.1 Analysis of social characteristics

Sociability is the behavioral characteristics of individuals who have a positive influence on the collective and society when members of society participate in various social activities. The "person" here is a social person, a person who has natural and social attributes and cannot be separated from the full meaning of society. In Markovich's philosophical research, he places human sociality at the core of human practical ability. From the perspective of descriptive characteristics, sociality generally refers to people's social environment, and all characteristics of individuals are part of social products, such as the language used, the way of thinking, personal behavior habits, and the content of education re-
ceved. From the perspective of normative significance, social characteristics refer to the areas of life where individuals can integrate with the social environment they are exposed to and have a development area consistent with society. In the field of common life created by a large number of people who are exposed to the same social environment, individuals continue to create their own life characteristics, and will also absorb and influence the life characteristics of others, so as to establish a social communication circle that connects multiple social people, which is the external manifestation of personal communication ability. This personal communication ability will in turn affect the social communication circle in which social people are located, and have different degrees of impact on the social environment, and will become an influencing factor shaping the social characteristics of individuals (CHEN Qi, 2021).

1.2 Expression of sociality

In the past, most of the studies on the social characteristics of sports focused on the relationship between individuals and objects in sports, but did not pay attention to the social characteristics of physical activity, resulting in a certain degree of bias in the research results. For example, when describing the concept of physical population, individuals participate in physical activities 3 or more times a week, each physical activity time exceeds 30 minutes, and maintain moderate or above exercise intensity (Chen Mo, 2020). The sports academic community has followed these three basic principles for many years and has been uniformly defined as "sports population". The reason for this boxed definition is to formally limit the scope of sports to a single relationship between individuals and objects, and focus on the motivation, frequency, and effects of individual exercise during their participation in sports, resulting in individuals participating in sports becoming "isolated points" in the study. If sports are generalized into general social activities and analyzed from Markovich's social point of view, it can be found that any physical activity is the product of the interaction of members of society. This means that individuals participating in sports activities are not simply exercising through sports, but should use physical activities as an opportunity to build new interpersonal relationships and play a role in physical and mental development. From the appearance analysis, individuals and individuals through sports activities, the formation of different sizes of sports clubs or sports communities, the internal law is that individuals through sports activities show social characteristics, so as to build a new social network and maintain the old social network. Individuals can also promote their physical and mental development in the benign interactions created by social networks. For ordinary individuals, they can actively communicate with other individuals involved in sports activities during sports activities, join sports clubs formed by others, and expand social communication. Individuals who have enough time and money can form sports clubs with sports partners who have the same ideas, and introduce a benign operation mechanism and member introduction system to expand the influence of the sports society in society and take the initiative to assume corresponding social obligations.

2. Freedom and self-consciousness are the intentionality of the individual

2.1 Free conscious feature analysis

Freedom and self-consciousness is intentionality, which is the ability of individuals to actively participate in corresponding activities in order to obtain the expected goals, and to shape their self-image and realize self-worth in specific activities. It should be noted that the intentionality mentioned here is affected by the individual's personal factors, which is fundamentally different from the instinctive behavior caused by the very small probability of individual factors. In most cases, most individuals in society behave that are influenced by social rules. At the same time, society will also impose the content output of various behavioral habits on individuals for a long time, resulting in individuals gradually losing the power to criticize society, losing the corresponding critical consciousness, and becoming part of following and maintaining social rules. In the characteristics of free consciousness, individuals are influenced by internal factors from the self and guided by external factors from society, but they have the ability to get rid of morality and responsibility and truly express their own ideas. In Markovich's philosophical perspective, the freedom of the individual is not a denial of certainty, and absolute freedom in theory cannot be reflected in real life.

2.2 Form free consciousness

In the process of participating in sports, individuals have a clear purpose, either through sports to exercise their body, improve their physique, or repeat certain movements, and finally obtain sports competitive results. In this process, individuals can give full play to the potential ability of self-decision-making and evaluation, exercise and exercise with self-awareness, and achieve the exercise goals set by the individual. Although on the surface, physical activity has a high degree of freedom and sufficient openness in choice, its essence is that individuals in the process of free consciousness, highlighting their self-intentions, forming a choice that best meets their own needs, is not the subjective
design provided by society to individuals, but the most rational choice of individuals in sports. In this process, the individual has developed the conditions for freedom and consciousness against the collective will of society and is objectively predicting the desired results that may be obtained by self-participation in sports. In order to achieve the desired sports results produced freely and consciously, it is necessary for individuals to continue to maintain this free and conscious effect, when encountering special events in sports, they can make reasonable judgments according to their own conditions and sports needs, and correctly grasp the development direction of special events, so as to achieve the use of sports to promote individual physical and mental development, consolidate free and conscious achievements, and re-treat the social environment with a critical attitude, so as to take the initiative to transform society and create good conditions for sports and life for more people (Lu Mengxin & Chai Danwei, 2020).

3. Creativity is an application tool

3.1 Analysis of creative ability characteristics

Creative ability is an individual's ability to solve existing problems through different methods than conventional methods and to create products with certain social value. In the perspective of Markovich's philosophy, the individual's creative ability is the external embodiment of the beauty of creation, and creative activities require the individual to have self-awareness, not to be too affected by external or internal factors, and has unpredictable characteristics. The individual's creative activity is related to the birth of new actions, and also involves the impact of the individual on the self after creating new actions. The individual's creative capacity is expressed through practice and is sufficiently open to objective reality. For creators, it is necessary to take the real society as the standard, create things that can express beauty according to self-reason, and express self-creation ability in social groups.

3.2 Stimulate creativity

For those who participate in sports, it is in China's democratic, free and equal social environment to carry out corresponding sports, individuals in the participation in sports can play a role in cultivating the sense of subjectivity, give full play to individual strengths, so as to achieve the goal of stimulating individual creative ability. In the process of individuals mastering motor skills through training, individuals will devote themselves to the development of abilities with a positive and active attitude, to a certain extent, tacitly allowing individuals to be different in sports. In this process, individuals need to put forward their own ideas with a positive attitude and according to the specific problems encountered in sports, which can not only provide conditions for self-stimulation and innovation ability, but also provide thinking directions for others to think about different sports methods, so as to achieve the "1+1>2" ideological transmission effect (WANG Shuping & ZHAO Tianjun, 2020). Moreover, if China's society and economy want to achieve further development, it is necessary to actively cultivate a large number of professionals with scientific and technological innovation capabilities and build a benign talent and job competition mechanism. At this stage, the training of professional scientific and technological talents in China is undertaken by the education system, and sports are an important part of the educational structure, which can help the physical and mental development of more individuals by influencing students, students' parents and social groups in schools. So as to expand the influence of sports in society, stimulate the creative ability of the whole society, and promote the healthy physical and mental development of the whole society.

4. Self-actualization is the development trend

4.1 Analysis of self-actualization characteristics

An individual's ability to realize self-worth, exert self-potential, and express self-talent in life and work is self-realization. Moreover, the stronger satisfaction of the individual in an activity requires the individual to be able to fully develop his or her potential in the activity. In the process of self-realization, individuals can get self-affirmation through activity feedback, and obtain certain benefits from it, which also has a certain degree of promotion effect on social interests. In Malkovich's philosophy, special emphasis is placed on self-realization content, and the content that individuals are good at based on past experience is not the content of self-realization pursuit, but requires individuals to follow objective laws and practice according to the laws of practice, so as to tap the potential ability of individuals. In real life, different individuals have a personality that conforms to their own personalities and habits, and there are also personalized characteristics in work, resulting in no fixed standards in the process of self-realization. For example, some individuals are good at playing basketball, and through reasonable potential development, they have the probability of becoming professional basketball players. Some individuals are not good at artistic creation and may be better at educa-
tion. In the process of self-actualization, all individuals will subconsciously turn to their own areas of expertise, in this way express their behavioral characteristics, showing the values generally recognized by the general public.

4.2 Achieve self-realization goals

Individuals who can achieve self-realization goals will invest their time and energy in a spontaneous way in life and work, complete tasks with perfect goals, and fully reflect their self-worth in the process, so that they can experience life and work more intensively and work towards their expected goals. The Olympic spirit of "faster, higher, stronger" is the process by which individuals achieve their self-realization goals in competitive sports. Moreover, when individuals participate in sports, they will also choose the sports they like or are interested in, and carry out repetitive physical exercises in the sports projects, fully feel the body movements in the sports projects, and deepen the understanding and understanding of the sports projects, which is an effective way for individuals to achieve their self-realization goals (Wei Ran, 2020). Analyzing the behavior of individuals participating in sports from this perspective, it can be found that the surface willingness of individuals to improve their physical health through sports, but the deep layer is that individuals use sports to reflect the value of life and gradually complete their self-realization goals. It is recommended that individuals equate sports with spiritual pursuits, integrate the original simple physical practice into self-realization goals, so as to obtain higher motivation to participate in sports, so as to break the underlying needs of individuals for physical health, rise to the high level of Maslow's hierarchy of needs, and realize the needs of self-realization. Especially in the process of China's social development, individuals will encounter a variety of content similar to the core of sports in life and work, and there will be multiple results of success and failure. Individuals in sports continue to repeat the process of success and failure, but also deeply understand the meaning of self-realization and the positive feedback it brings, and condense the ability of self-realization, integrate it into personal life, learning, and work, solve various problems with a positive attitude, and treat various things with a correct attitude, so as to achieve the effect of "victory is not arrogant, defeat is not discouraged", so as to achieve the limit of surpassing self, achieve healthy physical and mental development, constantly improve themselves, and finally reach the level of transcending needs of Maslow's hierarchy of needs.

5. Conclusion:

Social groups have high demand for sports, need a guiding theory with practical value, and constantly look for exercise methods suitable for their physical conditions and exercise habits in sports, so as to achieve the goal of healthy physical and mental development. I hope that more people can think about how to carry out high-quality sports on the basis of this article, put them into practice, maintain the good habits of long-term exercise, and devote themselves to life, work and study with a positive attitude and a healthy physique, so as to contribute to the construction of our society.

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