



Research on the Relationship between College Students' Leadership Ability and Participation in Extracurricular Sports Activities

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Abstract

In the history of higher education, more and more universities take cultivating future leaders as one of the important tasks. Leadership education for college students is an important dimension of quality education for college students, an effective carrier of ideological and political education, and a rational demand of college students' lifelong development. With more scholars expanding the field of leadership research, the research of leadership education among college students has received extensive attention. Related research results are growing rapidly, the research content is expanding rapidly, and the research level is improving rapidly. Peter Drucker notes that the management is doing the right thing, and the leadership is doing the right thing. The critical period for leadership development is in college, where it begins to try and accept new things and learn new skills. Extracurricular sports activities are a relatively open and free form of physical exercise, so that when participating in extracurricular sports activities, it can better show the leadership cultivation of college students.

Keywords

College students, leadership, extracurricular sports activities

Introduction

Cultivating the leadership ability of college students is a win-win situation for individuals and the whole society. The development of college students' leadership ability is not only conducive to the development of their personality, self-esteem and empathy, but also to consider more comprehensive and rational problems in the big model, which is conducive to the future development (Wu Fengli, 2017).

For the society, the comprehensive quality of college students directly affects the future and destiny of the country. The development of leadership ability is an important way to develop national democracy. College students should not only maintain the democratic situation of the country, but also assume the responsibility of choosing and becoming future leaders. But at present, the development of our country leadership is still in the early stage, the leadership of college students' leadership training system and the integrity and accuracy to improve and improve, previous research mainly focused on enterprise adult leadership, leadership research object is less, the leadership of college students is almost blind area, therefore, this study tries to explore the basis of the basic.

1. Discussion on college student leadership and extracurricular sports activities

1.1 Extracurricular sports activities

Extracurricular physical activities, as a supplement to physical education, a component of school physical education

and a means of education, have a history of nearly a hundred years, which has become an educational system in the world, and has new development in content and form. Different versions of the textbook have different definitions of extracurricular physical activities, such as the 1991 "School Physical Education" textbook defines extracurricular physical activities as organized physical education activities that students participate in inside and outside of school (An Xiang & Liu Yinghai, 2018). In 2000, the latest textbook of "School Physical Education" is defined as: extracurricular physical education activities are an important part of school physical education, which constitute the overall school physical education together with physical education teaching. Extracurricular sports activities include extracurricular physical exercise, extracurricular sports training and extracurricular sports competition. This article thinks that extracurricular sports activities refers to the sum of physical education outside students, including both students in and outside the school purposeful, planned, organized sports activities, including students spontaneous all sports activities in and outside the school, it is an indispensable part of school sports, is one of the important ways of real school goal task.

1.2 Factors influencing youth leadership

As for the influencing factors of youth leadership, Plato stressed that leadership needs to be educated and cultivated on the basis of innate talent, seeing the dialectical relationship between talent, education and environment, that is to say, the interaction of genetics and environment on the development of leadership. Scholars' research on the factors influencing leadership mainly includes the following aspects:

Influenced by traditional stereotypes and mainstream culture, parents adopt different views on leadership according to gender. The same ability means power for men, and is considered radical for women, because at most times women are expected to play the role of followers rather than as leaders.

1.3 Leadership for College students

Leadership research focusing on college students began for nearly 30 years. At present, there are two points of view on the definition of leadership of college students:

(1) College student leadership refers to a series of abilities that college students in leadership positions or holding leadership positions have or need to master.

(2) College students' leadership includes the ability to lead themselves, but also includes the ability to lead others to achieve their goals. Specifically, college students who analyze their own strengths and weaknesses, set an example and provide guidance all belong to the category of their leadership (Routledge, 2017).

1.4 Relationship between youth leadership and extracurricular physical activities

Some scholars believe that extracurricular sports activities are an important way to develop youth leadership. Extra-curricular sports participation enhances the potential of individual development, helps develop students' interpersonal skills, and promotes their personality growth and self-development (Mac Neil C. A., 2018). Sheikh sought to examine whether the development of MBA students' management-related skills was related to the extracurricular activities they participated in, and found that students who developed better skills than those who did not participate in them, and improved their communication skills and leadership. Some scholars have also studied the impact of outdoor activities on leadership, such as teamwork activities in summer camp can promote the development of youth leadership, and camping experience can improve the leadership self-perception of camp members (Wei Linjie, 2018).

2. The influence of extracurricular sports activities on improving college students' leadership

College students' leadership belongs to a variety of comprehensive abilities, which fully refer to a series of contents of extracurricular sports activities, and focus on exploring the various abilities covered in such activities, so as to specifically train and improve the leadership of college students. Students' active participation in such activities can make them appear more handy when integrating into the society. It gives college students to challenge themselves, explore their own potential, cultivate perseverance and courage, and help to cultivate college students' firm faith, strong confidence and brave and tenacious will quality.

2.1 Influence of extra-curricular sports activities on improving the communication ability of college students

Communication is the communication between people. If there is no communication, then there will be no social adaptation. As is known to all, the level of communication can fully affect a person's development and progress to a certain extent, and it is the key basis for college students to improve their leadership level. However, in the real process

of communication, these students will also face a lot of confusion and confusion, such as interpersonal disharmony or more obvious conflicts (Huang Huining, 2020).

2.2 The influence of extracurricular sports activities to improve the ability of college students' fair competition

In the whole society is widespread, competition is progress, of course, there will be greater development. All-rounded people often have a certain sense of competition. The enhancement of self-confidence is restricted by the following elements: the result of activities, the attitude of others towards themselves, and the self-evaluation. The result of the activity can be attributed to both success and failure. Generally speaking, results are effective in improving personal confidence, on the contrary, failure may reduce people's confidence. Psychological research shows that the person's confidence is proportional to his success rate: those who succeed more often have more confidence; instead, those who fail many people obviously have lower confidence. A person's level of self-confidence is often related to others' attitude towards him. This includes the level of expectations and trust of others. Generally speaking, the more others expect, the more trust, the more confidence. A person's level of confidence is often dependent on self-evaluation. Appropriate evaluation of their own moral character and ability, will enhance self-confidence. In extracurricular sports activities, students will encounter many unexpected difficulties, but through everyone's efforts and teachers' encouragement and help, students can more or less obtain the successful experience, establish the courage to overcome difficulties. The emergence and solution of every difficulty in extracurricular sports activities have enhanced the students' confidence. So I can also walk 85 kilometers of mountain road in two days! Such exclamation, revealed the joy of success after the challenge of difficulties.

2.3 The influence ability of extracurricular sports activities to improve the physical and mental health of college students

Extracurricular sports activities can not only achieve the purpose of strengthening the body, but also its collective nature also provides an ideal platform for the normal communication between students (Lin Zhengda, 2021). At the same time, for students, extracurricular sports activities can also improve their psychological state and adapt to the intense study. It mainly reflects the following aspects:

2.3.1 Extracurricular physical activities can strengthen students' physical exercise

By participating in extracurricular sports activities, college students can make themselves more healthy and strong, and they can also improve their love for sports.

2.3.2 Extracurricular sports activities can let college students know about themselves

Extracurricular sports activities to their own physical conditions and the love of sports to understand, so that they can objectively evaluate their hard conditions, explore their love for sports, let them find their own value in sports.

2.3.3 The friendship between students can be enhanced through extracurricular sports activities

College students can increase their understanding of each other by participating in extracurricular sports activities, which can exercise their unity ability and their sense of collective honor.

2.3.4 Extracurricular sports activities can cultivate students' character

Participating in extracurricular sports activities can make them become optimistic and lively. In the process of exercise, they can exercise their willpower, cultivate their all-round development of morality, intelligence and body, and promote their healthy growth.

2.3.5 Students' thinking can be spread through extracurricular sports activities

Make students in life and study to form a combination of work and rest, which can better promote the motivation of students to learn. The understanding of social adaptation and mental health means that, in order to pursue a certain value, people can better adapt to the development of the society through the psychological adjustment of themselves, so that their value can be finally realized. There are two activities in this process—psychological adjustment and behavioral adjustment. As a sport, sports have outstanding advantages over other courses in cultivating students' mental health. First, physical education courses must require students to participate in it, and a certain intensity of physical exercise, so that they in the process of learning and exercise, taste the bitter and bitter, success and failure, joy and hesitation, which have a better role in students' psychological endurance and the ability of future social exercise. Secondly, in terms of learning environment, the physical education courses are basically opened on the playground, the vision is relatively open and the teaching space is relatively large, which poses a challenge to students to adapt to the environment (Zhang

Di, Zhang Yiheng, & Li Chunhui, 2022).

2.4 Extracurricular sports activities to improve the ability of college students' teamwork

In today's society, in the job fair of graduates, employers will give certain pressure and requirements to the employees to be recruited—have the ability of teamwork. The society of the 21st century needs people to have team spirit (Zhao Ying, 2021). Therefore, it is more important for students to cultivate team spirit before graduation, so that college students can better adapt to the development of society and integrate into the new working environment more quickly. This kind of team cooperation spirit can be better displayed in sports activities, and better cultivate students' ability of division of labor and cooperation and unity. Such as college extracurricular sports activities in the collective picnic, division of labor cooperation, those cooking, those life fire, those people cook each assigned different tasks, eventually in the food ready, the students will have a strong sense of pride, they for their efforts and partners and feel satisfied, this time they feel and partners is more talented. Students understand the importance of teamwork: in today's world, to achieve results, you need to work with them, and you need help with each other to achieve results. An energy and ability are limited, once we work together so difficult things can be solved. Therefore, the school is constantly organizing activities to let more students participate in it, so that they can learn the spirit of cooperation, better deal with their cooperative relationship with others, put themselves in a suitable position, and finally realize their own life value (Wang Xiuxia, 2018).

3. Conclusion and suggestion

3.1 Conclusion

This study is a study on the current situation of college students' leadership, the current situation of leadership and the demographic differences of leadership skills, as well as the relationship between leadership and extracurricular sports activities, and finally make suggestions based on the research results.

Extracurricular sports activities in colleges and universities are a series of activities with social value, such as group style, sports, competitiveness and cooperation, and provide a place for students to try and practice to learn the experience and skills of social life. Extracurricular sports activities are not only purely physical activities, but more than just an important starting point for leadership development under the guidance of teachers, which are gradually produced in such activities.

3.2 Suggestion

(1) Research shows that there is a correlation between college students' leadership and their participation in extracurricular sports activities, so that college students' leadership courses can be implanted into extracurricular sports activities to improve students' leadership ability and promote their physical and mental health through entertainment and sports.

(2) The choice of extracurricular sports activities in colleges and universities. The teaching content of extracurricular sports activities in colleges and universities should not only fully take into account the physiological and psychological characteristics of students, but also fully consider how to improve their leadership level and promote its all-round development. Therefore, it is necessary to deeply explore the innovative characteristics and educational functions of extracurricular activities in colleges and universities, so as to improve their leadership more effectively to a certain extent.

(3) Parents should provide a better environment for their children to learn and grow up, and cultivate students' leadership. In the life and study, pay attention to cultivate students' self-confidence, communication ability, timely incentive and encourage students to improve themselves Physical ability, improve students' personality and values.

(4) The creation of extracurricular sports activities in colleges and universities

In the process of actual extracurricular sports activities, teachers need to have a purpose to guide or create a certain emotional color and more vivid scene, to stimulate students' interest in sports learning, further expand their knowledge, and then through a variety of ability to exercise the students' social adaptability.

So, extracurricular sports activities in colleges and universities need to actively to guide students reasonable disposal of the connection between individual and collective, others, and also need to guide it to take the initiative to assume social responsibility, put itself in a suitable position, in the common progress of the collective for their own promotion and progress, through the above methods gradually establish a good environment of college students' leadership.

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