

## **Research and Practice of Cultivating Students' Teamwork Spirit based on Psychological Training**

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**Keywords:** Teaching Practice; Psychological Training; Unity and Cooperation

**Abstract:** it is an important content of psychological teaching and training in Colleges and universities to strengthen the students' team cooperation spirit and team cohesion, and it is also an important part of cultivating students' excellent psychological quality. Training students' team cooperation spirit based on psychological training can help them overcome fear, improve their psychological quality and meet the post requirements. At the same time, it has far-reaching significance for strengthening the reconstruction of psychological teaching and training content and enhancing military combat effectiveness.

President Xi pointed out: "under the guidance and call of the goal of building a strong army, all levels focus on fighting and winning battles. The atmosphere of real combat and military training is more intense. The strength and intensity of military training are increasing. This not only makes soldiers' physical functions undergo great challenges, but also puts forward a severe test on their psychological quality." [1] Within the company group, the close distance and high frequency of communication between students are incomparable to any other group of people outside the army. This factor, which is very close to each other in time and space, has become a very favorable external condition for the formation of intimate comrades in arms relationship among students. The cadets study and live in a highly centralized and unified military environment. The emotional support of the comrades in arms is conducive to the Cadets' happy mood, physical and mental health, and to the enhancement of the collective cohesion. It is of great significance to promote the comprehensive and healthy development of the individual and the collective and to strengthen the construction of the company. Within the collective, a person who lacks stable good interpersonal relationship for a long time often has obvious personality defects such as depression, loneliness, depression, indifference, sensitivity and so on. [2] Through teamwork, the trainees can deepen their understanding of the role of soldiers, internalize their own discipline concept and internal quality, and guide the role behavior to complete socialization. Therefore, based on the psychological training practice teaching to promote the team spirit of students, in the teaching and training into the students have the personality quality, to improve personal physical and mental quality and collective cohesion is of far-reaching significance.

### **1. Background of Training Students' Team Spirit Based on Psychological Training**

The implementation of the military education policy in the new era points out that "war" is the key to educating people in the war, which means that the whole process of military education should be clearly established in the whole process of military education, which is facing the battlefield, the army and the future. [3] The future information war is not only an integrated operation based on information system, but also a war of all-round, high speed, high intensity, high damage and damage and high consumption. The hardship of the battlefield, the cruelty of the war, the complexity and variability of the war conditions, etc. all put forward higher requirements for the physical and mental quality of the students and the ability of team cooperation. Carrying out Xi Jinping's strong army thought, focusing on realizing China dream and strengthening army dream, and trying to cultivate students' positive psychological quality, need to strengthen team

consciousness and improve teamwork ability in psychological education training.

First, it is necessary to study the psychological quality of the students based on the cause of national defense education, meet the training objectives of training the combat ability of the team, and meet the practical needs of focusing on the actual combat and closing to the army“ The style of Daxing education war, research war, learning war and practice war will strengthen the value pursuit and professional military quality style resulting from the war, so as to make the talent training supply side accurately connect with the demand side of the future battlefield.[4] Through effective psychological education and training methods, students' psychological quality can be improved, team spirit and cohesion of the students will be enhanced, and students can actively face and deal with various problems in their growth, form good psychological development skills, improve their psychological quality and improve their personality to achieve the teaching objectives of training practical talents. For the comprehensive implementation of the spirit of reporting It is of great significance to promote the modernization of the Navy.

Second, it is of great theoretical value to expand the theory of military psychological training and students' psychological quality education and enhance the effectiveness of education and training. The research on the psychological training of the cohesion and team cooperation ability of the cadets can not only enrich the theory of military psychology, expand the research field of the theory of psychological quality education, but also provide the standard for the evaluation and selection of the psychological quality of the cadets in the naval colleges and provide practice and basis for the psychological quality education and training.[5]

Third, it is committed to the promotion and application of the achievements in practice, which is conducive to improving the pertinence and effectiveness of the psychological education and training in military schools, and has a strong practical application value. This project starts from the theory of group psychology, takes military cadets as the research object, and applies it to the actual undergraduate students education to verify and modify, and finally to the army colleges and grass-roots forces.

## **2. The Connotation Structure of Cultivating the Team Spirit of the Students based on Psychological Training**

The purpose of this study is to enhance the students' psychological quality, enhance the spirit of cooperation and team cohesion of the students, and train the practical talents for the top use. On the basis of the existing research on the students' psychological quality generation and the practice of psychological education training, the ideological and political elements of the psychological education and training courses will be increased, In psychology course, the organization and implementation of psychological training are carried out by using group experience teaching mode. Different theme contents of psychological training activity module help students understand their own characteristics and advantages, let them understand the characteristics of soldiers' psychological activities in different situations, enrich psychological experience of breaking psychological limit, overcoming psychological fear, and mastering the characteristics of group psychological activities, Enhance self-security and collective belonging, cultivate the team spirit and team cohesion of the students, master the ability of scientific psychological training, forge a brave, calm, trust and tough character. This study integrates ideological and political into the construction of psychological education and training courses, highlights group training and practical practice, aiming to form a psychological education training program with navy characteristics through a complete psychological education and training organization system, which provides reference indicators for the teaching management and students' growth in Military Academy.

### **2.1. Theoretical Basis of Psychological Training**

Group experience teaching, based on the cognitive characteristics and rules of students, through experience or situation experience, enables students to understand and construct the teaching concept and teaching form of knowledge, development ability, emotion and meaning generation in the process of their own experience. [6]Group experience teaching is based on the development of

human life, which has high value and significance. It respects the uniqueness, autonomy, generativeness and integrity of human beings. Through the guidance of guidance, students explore their unique inner self and realize the state of body and mind. A large number of discussions and exchanges are arranged in teaching, and the students and teachers are promoted in mutual inspiration and inner touch. The students promote the formation of psychological quality and team cohesion in the psychological training of self experience and team cooperation.

Through the help seeking people to learn and practice constantly to correct their discomfort behavior, try to provide the method to solve the special behavior problems from the perspective of learning principles. One is system desensitization. This is a basic technology of behavioral therapy, which is often used in the treatment of phobia and anxiety. Through the exposure of fear or anxiety to patients from less to more, it can gradually adapt to and increase tolerance until the reaction of fear or anxiety is eliminated. The second is the method of strengthening. The strengthening method is based on the principle of operational conditions, and the strengthening method is applied systematically to improve some adaptive behaviors and weaken or eliminate some inadaptive behaviors. The types of reinforcement are positive reinforcement and negative reinforcement, and a certain behavior is rewarded, and the frequency of repetition of this behavior increases; On the contrary, if an act is punished, the number of such acts will decrease.

## **2.2. Content Structure of Psychological Training to Cultivate Students' Team Spirit**

By studying and summarizing the characteristics and laws of psychological teaching of military cadets, aiming at mental health maintenance and psychological quality improvement, the content system of comprehensive subjects including group cooperation, perceptual training, attention regulation, adaptive training, will quality improvement, emotional management, psychological defense, psychological expansion, psychological warfare, etc. is formed, and the theoretical framework is improved; The teaching effect can meet the post requirements. Through online course learning, online club ability development, military training integration and other ways to improve the post holding ability of the cadets, to meet the post holding needs of the grassroots units for the flight cadets, and to achieve the unity of teaching effect and teaching objectives; To achieve the integration of teaching and training methods, we should establish a teaching and training method system that integrates in class and out of class, psychological service and backbone training, group experience and group measurement, psychological training and military training.

Based on the experience of foreign military psychological training, combined with their own training practice and characteristics, the training subjects and contents are determined from two aspects of teaching and training. In terms of theoretical teaching, to help students understand the composition of soldiers' psychological quality, understand that psychological training is the basic means to cultivate soldiers' excellent psychological quality, enhance their psychological adaptability, stability and endurance, and is an important way to improve their psychological preparation for combat [7].

The teaching content realizes the teaching module close to the army, the practical training of teaching methods, and the interactive participation of teaching groups. Around the teaching reform of psychological training, according to the principle of combining the scientific nature of the discipline system with the practical nature of the students' needs, the theme is designed to carry out team building. Master the main content of group and individual psychological training. This paper mainly introduces the explanation and demonstration, practical operation, understanding and memory of psychological training knowledge, promotes the mastery of psychological training methods, and sharpens the excellent psychological quality of students. [8]Through grouping and role setting, students can get inspiration, learn knowledge, form ideas, correct attitude and cultivate emotion in group learning through independent thinking, viewpoint collision, sharing and communication, combined with intensive lectures in class and homework after class.

## **3. The Practical Application of Cultivating Students' Teamwork Spirit Based on Psychological Training**

Through group learning, explanation and demonstration, practical operation, teaching efficiency can be improved, everyone's participation can be ensured, students' experience of psychological activities such as anxiety and fear and psychological qualities such as courage and trust can be enhanced, students' understanding and memory of psychological training knowledge and mastery of psychological training methods can be enhanced, and their ability to carry out individual and group psychological training can be improved. Through the training of trust back wrestling and self-confidence speech, we can enhance the trust of individuals and teams, and master the methods and processes of self-confidence and mutual trust training. Through carrying out joint force impact, life and death barrier training activities, experience the importance of working together and close cooperation, enhance the understanding of team strength, and master the methods and processes of team spirit training. Specifically, it includes basic subjects aiming at maintaining mental health, including various strength items, psychological exercises, mental health education, etc; In order to improve the special psychological quality of the special subjects, swimming, roller ladder, electric swivel chair, simulator training, anti-G and anti hypoxia training, psychological adaptation training, relaxation training, psychological behavior training and other subjects are set. [9]Pay attention to make the students always keep positive mood and glow high morale in the training, fully reflect the fusion and integration characteristics of psychological training; It is a comprehensive subject aiming at stimulating individual potential ability and cultivating team and fighting spirit. Each training subject contains the psychological training objectives to be achieved, and improves the individual psychological quality and team cohesion in team cooperation.

### **3.1 Integration of Psychological Training and Military Physical Training**

The psychological training module and unit are added to the teaching training, and the combat psychological model or psychological setting of the flight students are established to improve the psychological tolerance and psychological immunity, and enhance the effectiveness of military training. In the teaching training, the four links of "theoretical knowledge teaching", "group psychological guidance", "psychological measurement evaluation with the classroom" and "on-site psychological intervention and counseling" are adopted to teach in the same classroom. The psychological instructor will observe, record, track and test silently according to the teaching training module, and handle and solve the practical problems in the training in the classroom, If there are special individuals and impedence, arrange consultation and guidance after class.

### **3.2. Integration of Psychological Training and Physiological Training**

Through training to improve the function, at the same time, promote the students' psychological quality. First, the anti-load training, while comprehensively developing the strength and quality of the students, mastering the anti-load movement and improving the anti-load ability, improves the students' will quality forging. Second, illusion training, using vestibular function chair, three degrees of freedom training device, visual cage and other equipment training, in order to improve the stability of vestibular function, make the students experience common illusion, improve the ability of spatial orientation. [10]Third, environmental adaptation training, physical training in simulated marine humid and hot environment, or repeated training between natural environment and simulated humid and hot environment, to improve the adaptability and physical function of the students to environmental changes.

### **3.3. Integration of Psychological Training and Military Skill Training**

Each military training is the best situation setting for psychological training. Through the integrated training, the flight cadets can master military skills, stimulate achievement motivation, combat will, improve sensitive response ability, thinking ability, stress ability, self-confidence and team spirit, etc., and they will improve their psychological quality.

## **4. Enlightenment and Summary**

War is not only the confrontation between soldiers, but also the competition between heart and

heart. The psychological factors such as human cognition, emotion and will play an important role in the victory and defeat of war. In the information war, the military war and the heart war are interwoven, the battlefield environment is more complex, the psychological confrontation is unprecedented fierce, the psychological quality and team cooperation directly affect the military skills and battlefield adaptation, and become an important part of the combat effectiveness. It is one of the important tasks of psychological education and training to cultivate the good psychological quality of officers and soldiers according to the needs of military posts in the Navy and promote the comprehensive development of the psychology of the officers and soldiers.[11] Psychological training is an important goal of psychological education and training by using professional means, setting training subjects, creating specific situations, cultivating the fighting ability of officers and soldiers and the tenacious style of fighting. It is an important goal of psychological education and training. Through the opening of psychological education and training module, it can lead to positive psychological experience, optimize basic cognitive attitude and promote the formation of socialization of navy officers and soldiers, It is the only way to help officers and soldiers establish correct behavior response mode and form team cooperation ability which is suitable for the future war demand.

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