

Analysis and Research on the Effect of Rosenthal Effect on College Students' Volleyball Training

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Abstract

In this study, 40 undergraduates from Ludong university were selected as the research sample, and the methods of documentation, experiment and mathematical statistics were used to carry out the normal training by rosenthal effect groups, it was found that the students trained by the rosenthal effect was higher than that of the students not trained by the rosenthal effect. Not only could the atmosphere of the volleyball training be harmonized, but also the training effect was good, this shows that the rosenthal effect plays an important role in volleyball training.

Keywords: rosenthal effect, volleyball training effect, college volleyball

1. Introduction

The Rosenthal effect is a result of a study on the role of teachers' expectations in educational psychology research. It is a classic experiment by American psychologists Rosenthal and Jacobson, also known as the Pygmalion effect. Most of the related research on this effect by scholars at home and abroad focuses on education, management, medicine and other fields. The research on the Rosenthal effect mainly focuses on teachers' reasonable expectations of students, but there is a lack of discussion and research on teachers' expectations, and when it comes to college students' volleyball training and teaching, there is little research on this effect on volleyball training and teaching. Therefore, it is very necessary to choose the impact of the Rosenthal effect on the effect of volleyball training as the research topic.

2. Method

2.1 Method of Documentation

Use CNKI, school libraries and various online media to find and collect relevant literature on "Rosenthal effect", "college student volleyball training", "volleyball training effect", etc. In order to provide theoretical support for the article, the purpose is to understand the latest development status, and to make key reviews and records of relevant papers.

2.1.1 Analysis from the Characteristics of Volleyball

Volleyball enthusiasts all know that volleyball is a systemic sport, which can not only coordinate the coordination of the upper and lower limbs, but also promote the balanced development of the muscles of the practitioner's whole body. Since it is a competitive sport separated by nets, it is more confrontational than basketball and football. Safer and less traumatic due to intense confrontation. In addition, volleyball can also cultivate the practitioner's team awareness, improve the ability of unity and cooperation, and can improve the practitioner's reaction ability, enhance their movement speed and agile coordination.

2.1.2 Analysis From the Teaching Characteristics of Volleyball

The most important thing in volleyball training is the cultivation of basic skills, and at the same time, it is also necessary to further cultivate the practitioner's technical and tactical theory and the awareness of unity and cooperation. It's not just a hard smash that kills the game, a proper tap and a lob can do the trick, so Rosenthal's exemplary expectations can be used here. Teachers can use their solid basic skills and a full understanding of techniques and tactics to influence students, and use them as role models for students. Through good role models, teachers can promote students' desire to practice, so as to achieve expected teacher expectations. Therefore,

teachers should not be passive in the course of class, but should provide rational and scientific support and encouragement.

2.1.3 Analysis From the Rosenthal Effect

The process of volleyball practice is not only boring, but also has a great physical and mental test. Physical strength, without perseverance, you cannot persevere. Therefore, teachers should sincerely encourage and support students, and give timely affirmation to their short-lived outstanding performance, so that they can maintain this state or make greater progress, stimulate their interest in learning, and promote their active learning and practice, improve basic skills and acquire more advanced theoretical knowledge.

Therefore, in volleyball training, teachers should adopt the appreciation education method in the Rosenthal effect to stimulate students' desire to learn.

2.2 Method of Experiment

This paper takes 40 male students from Ludong University as the experimental subjects. The test indicators of volleyball teaching level in this study are padding against the wall, passing against the wall, underhand serving, and spiking.

40 male students of Ludong University were divided into two groups, and they were evenly divided into two groups of 20 students. The average physical fitness and movement skills of the two groups were not much different. One group was the experimental group. The "Rosenthal effect" was applied, to record its effect on college students' volleyball training. The other group is the control group. The optimal value is used for 3 times digs against the wall, the optimal value is used for 3 passes to the wall, and the effective score is used for 10 underhand servings, and the effective score is used for 10 smashes. Use professional measuring instruments and timing tools to effectively record students' training performance. Before the experiment, the basic athletic ability test of the two groups of students is shown in Table 1 and Table 2.

Table 1. Basic information of the two groups of students

group	number of people	age	height	weight	resting heart rate	p
experimental group	20	20.4±1.7	169.5±4.3	58.8±7.1	67.9±6.4	>0.05
control group	20	20.4±1.6	168.8±4.5	58.5±6.9	68.7±6.8	>0.05

Table 2. Basic athletic ability indicators of the two groups of students

test indicators	100 meters	1500 meters	standing long jump	shot put	pull-ups	p
experimental group	14.49±0.73	385.02±46.09	2.37±0.02	8.46±0.18	14.38±2.99	>0.05
control group	14.41±0.75	285.27±50.74	2.38±0.15	8.50±1.12	13.74±2.93	>0.05

2.3 Method of Mathematical Statistics

In the process of scientific research, the application of mathematical methods is increasing. This paper mainly uses state software to perform statistics and analysis on the data.

3. Results and Data Analysis

3.1 Results

The experimental group carried out the Rosenthal effect-appreciation education method after the normal volleyball class teaching, and the comparison of various indicators of the volleyball technique evaluation with the experimental group is shown in Table 3:

Table 3. The various indicators of volleyball in the experimental group and the control group after the experiment

test indicators	digging against the wall	passing against the wall	underhand serving	smashing	p
experimental group	33.15±1.78	38.75±3.54	8.88±0.45	7.12±1.02	>0.05
control group	28.75±1.64	34.85±2.75	7.23±0.36	6.45±0.86	>0.05

From the above table, it can be clearly seen that the experimental group has improved significantly compared with the control group. Although the basic conditions of the college and the physical fitness indicators of the two groups before the test are not much different, it can be clearly found that the performance of the experimental group of appreciation education method in the Rosenthal effect was significantly higher than that of the control group without effect, the experimental group of digging against the wall was 4.4 ± 0.14 higher than the control group, and the experimental group of passing against the wall was higher than the control group. It was 3.9 ± 0.79 higher than that of the control group. Compared with the control group, the underhand serve experimental group was 1.65 ± 0.09 higher, and the smash experimental group was 0.67 ± 0.16 higher than the control group. Because of $P<0.01$, the volleyball indexes of the experimental group and the control group were statistically significant after the experiment.

3.2 Data Analysis

As far as the Rosenthal effect itself is concerned, students are very curious about teachers' teaching methods, teaching content, teaching organization, teaching attitude and emotional investment in the teaching process, and they will have a strong interest in learning. The desire to learn further in-depth content is burst out, which meets the reasonable expectations of teachers. Students are cared and respected by teachers, and they will redouble their efforts and communicate actively. Involuntarily, they will improve the level of special skills.

Experiments show that under the Rosenthal effect teaching mode, teachers' good morals and will make the volleyball teaching atmosphere more relaxed and not produce teaching depression. For beginners, it can overcome learning obstacles and relieve learners' psychological pressure, to improve learners' ability to face and solve problems.

4. Conclusion and Recommendation

4.1 Conclusion

The Rosenthal effect has a positive effect on learners' training and learning, which can improve learners' interest in learning, enhance mutual communication and communication between learners and teachers, produce a relaxed and pleasant learning atmosphere, and promote learners' technical, tactical and physical The improvement of quality, reduce the psychological pressure of learners in the learning process, and enhance their ability to analyze and solve problems. To sum up, the Rosenthal effect can produce positive and good training effects in volleyball training, and promote students in all aspects. Balanced and coordinated development.

4.2 Recommendations

4.2.1 Help Students Build Self-Confidence

Self-confidence is a prerequisite for success. Nowadays, with the rapid development of science and technology, the communication between students is decreasing, and the number of autistic children is increasing. In the teaching process, students often miss face-to-face communication with teachers due to lack of self-confidence, resulting in a decline in academic performance. Therefore, teachers should help students regain their self-confidence, and use more verbal expressions such as praise and praise, as well as physical support and praise to give students self-confidence, help students regain confidence, and have the courage to express themselves, and lay a psychological foundation for students' future development.

4.2.2 Help Students to Form a Healthy Psychology

Education is to ask teachers to teach students to be healthy in body and mind and with good quality. Therefore, a healthy mind is essential. In a volleyball game, because of one person's mentality explosion, the whole team played abnormally and eventually lost the game. There are countless examples. In the 2016 Rio Olympic Games,

the Chinese women's volleyball team has withstood enormous pressure and finally won the championship, teach students to have the courage to face failure, reflect on the reasons for failure, and cultivate students' good quality of not being discouraged or giving up.

4.2.3 Forming Reasonable Expectations for students

The Rosenthal effect is also called the teacher's expectation effect. Therefore, teachers should have reasonable expectations for students, teach students according to their individual differences, and teach students in accordance with their aptitude. They should not teach in a "big pot" style, and students' expectations of teachers will have corresponding expectations. Attitude and feedback, teachers give timely guidance and corrections to students' responses to ensure students have a correct learning attitude and a good learning process.

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