

The Synergetic Mechanism of Gamification and Emotional Education in the College of Physical Education

Abstract. Under the impetus of the “Five-Education Integration” (moral, intellectual, physical, aesthetic, and labor education) and the “Healthy China” strategy, physical education in higher education institutions is gradually transcending the singular focus on traditional skill training and evolving toward a comprehensive educational model that emphasizes “holistic physical and mental development.” Consequently, the synergistic mechanism of gamification and emotional education has become a crucial pathway to enhance the effectiveness of physical education and cultivate students’ comprehensive qualities. This paper explores the theoretical foundations, practical strategies, and effect evaluation of the synergy between gamification and emotional education in college physical education, aiming to provide new insights and methods. Through literature review and case analysis, the study thoroughly examines the necessity and feasibility of this synergy and proposes specific implementation strategies. The results demonstrate that the synergistic mechanism significantly improves students’ interest in sports, participation levels, and emotional intelligence, thereby promoting their holistic development.

Keywords: college physical education, gamification, emotional education, synergistic mechanism.

* *Ke Nana*, postgraduate student, Francisk Scorina Gomel State University (Gomel, Republic of Belarus).

Scientific supervisor: Tatiana G. Shatiuk, Candidate of Pedagogical Sciences, Associate Professor, Head of the Department of Social and Pedagogical Psychology, Francisk Scorina Gomel State University (Gomel, Republic of Belarus).

With the rapid advancement of technology and the deepening of educational reforms, physical education in higher education institutions is facing new challenges and opportunities. The functional orientation of physical education is shifting from a singular focus on skill transmission to an educational model emphasizing “holistic development of body and mind” [1]. Traditional teaching methods are increasingly inadequate in meeting the diverse needs of modern college students, making the exploration of innovative pedagogical approaches a critical task for physical education. The synergetic mechanism of gamification and emotional education, as a novel teaching model, has gradually garnered attention and recognition in the educational field [2]. This paper aims to explore the theoretical foundations, practical strategies, and effectiveness evaluation of the synergy between gamification and emotional education in college physical education, providing new insights and methodologies for its advancement.

Gamification refers to the integration of game elements, mechanisms, and enjoyment into physical education to enhance its appeal, interactivity, and engagement. This approach aims to stimulate students’ interest and motivation through gameplay, thereby improving teaching effectiveness. Gamification in physical education is characterized by fun, interactivity, challenge, and personalization, catering to students’ diverse needs and enriching their learning experiences.

An increasing number of colleges are incorporating gamified elements into physical education. Examples include team relay races, fun challenges, and immersive learning environments created through virtual reality (VR) and augmented reality (AR) [1]. Mechanisms such as points and leaderboards are also used to foster competition and participation. While these practices have improved teaching outcomes to some extent, challenges remain, such as insufficient integration of gamified elements with curriculum content and poorly designed game mechanics.

Emotional education focuses on nurturing students’ emotional needs, emotional management, and social skills during teaching. Its goals include fostering positive learning attitudes, enhancing

psychological resilience, and improving interpersonal abilities. Ultimately, it aims to cultivate students' emotional intelligence (EQ), enabling them to better navigate challenges and stress while boosting self-regulation and mental well-being [6].

The Emotional Education in College Physical Education:

- Promoting Physical and Mental Health: Emotional education helps students regulate emotions, alleviate stress, and build confidence, contributing to holistic well-being. It encourages students to persevere through difficulties in physical training and adopt a positive mindset;

- Enhancing Team Collaboration: Emotional education emphasizes teamwork and healthy competition. Through group activities and competitions, students develop collaboration, communication, and collective spirit;

- Instilling Values: Emotional education guides students to respect opponents, adhere to rules, and maintain optimism in challenges, fostering patriotism, collectivism, and a sense of social responsibility.

The psychological basics of the synergy between gamification and emotional education include:

- Cognitive Learning Theory: This theory posits learning as an active process of knowledge construction. Gamification sparks students' interest and initiative, while emotional education cultivates resilience and self-regulation during setbacks [5];

- Constructivist Learning Theory: Learning occurs through social interaction and collaboration. Team-based activities in physical education foster teamwork and social skills [6].

The educational basics of the synergy between gamification and emotional education include:

- Holistic Development Theory: Education should address intellectual, emotional, and moral growth. Gamification diversifies teaching methods, while emotional education supports students' psychological needs;

- Lifelong Learning Theory: Education should nurture self-directed learning capabilities. Gamification motivates engagement, and emotional education builds perseverance, laying the groundwork for lifelong learning.

And therefore, we can use practical strategies for synergizing gamification and emotional education:

1. Designing Emotionally Engaging Activities. Incorporate gamified elements and emotional education into activities like team relays or challenges. Guide students to respect rules, embrace challenges optimistically, and collaborate effectively.

2. Fostering Harmonious Teacher-Student Relationships. Teachers should respect students' individuality and emotional needs, building trust through positive interactions. Leading by example strengthens students' sense of belonging and supports emotional growth.

3. Implementing Personalized Emotional Education. Tailor strategies to individual needs. For instance, boost confidence through encouragement or teach emotional regulation techniques to students prone to mood swings.

4. Leveraging Technology for Enhanced Engagement. Utilize VR and AR to create immersive environments. Simulate competitive scenarios via VR or integrate gamified elements through AR to enhance interactivity and learning outcomes [2].

Thus, the synergy between gamification and emotional education is both necessary and feasible. It enriches teaching methods while addressing students' emotional needs. This mechanism significantly enhances sports interest, participation, and EQ, contributing to holistic student development.

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Ке Нана*

Исследование синергетического механизма геймификации и эмоционального воспитания в колледже физического воспитания

Аннотация. В соответствии со стратегическими установками, изложенными в программах «Интеграция пяти видов образования» и «Здоровый Китай», функциональная направленность физического воспитания в колледжах смещается с приобретения навыков к целостной модели образования, гармонично объединяющей физическое и умственное развитие. Таким образом, синергетический механизм геймификации и эмоционального воспитания стал мощнейшим средством повышения эффективности физического воспитания и всестороннего развития личности учащихся. Цель данной статьи – представить новые идеи и методы, основываясь на исследовании теоретического фундамента, практических стратегий и оценки воздействия синергии геймификации и эмоционального воспитания на процесс физического воспитания в колледже. Опираясь на обзор литературы и анализ конкретных примеров, автор подробно рассматривает необходимость и целесообразность такой синергии, а также предлагает

* **Ке Нана**, аспирант, Гомельский государственный университет им. Ф. Скорины (г. Гомель, Республика Беларусь).

Научный руководитель: Шатюк Татьяна Георгиевна, канд. пед. наук, доцент, завкафедрой социальной и педагогической психологии, Гомельский государственный университет им. Ф. Скорины (г. Гомель, Республика Беларусь).

конкретные стратегии ее реализации. Результаты показывают, что синергетический механизм значительно повышает интерес студентов к спорту, их физическую активность и эмоциональный интеллект, тем самым способствуя их гармоничному развитию.

Ключевые слова: колледж физического воспитания, геймификация, эмоциональное воспитание, синергетический механизм.