

Research on the Influencing Factors of College Students' Exercise Behavior in Zhengzhou Sias University

Longfei Zhang¹, Eksask Hengsuko^{*2}, Wiradee Eakronnarongchai³, Kreetta Promthep⁴

^{1,2,3,4}Udonthani Rajabhat University, Thailand

***Corresponding Author:**

Email: ekasak.he@udru.ac.th

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ABSTRACT

The purpose of this study was to investigate the influencing factors of college students' physical exercise behavior in Zhengzhou Sias University, express the correlation of each influencing factor, and put forward corresponding suggestions on this basis. Combined with the health ecology model, the main dimensions of the impact survey were determined through the literature method and expert interview method, and the questionnaire on the influencing factors of physical exercise behavior of college students in Zhengzhou Sias University was designed. The design includes 7 first-level indicators, namely subjective awareness (F1), school site facilities (F2), school sports policy (F3), personal diet and rest (F4), interpersonal relationship support (F5), internet influence (F6), and personal health tendency (F7). The research results showed that school sports policy (F3), personal diet and rest (F4), and interpersonal relationship support (F5) have the strongest impact on college students' exercise; school site facilities (F2) and personal health tendency (F7) have moderate impact, whereas F1 subjective awareness (F1) and internet influence (F6) have no impact on college students' exercise. Therefore, sports policy, personal diet and rest, and interpersonal relationship support are the most important factors affecting the physical exercise behavior of college students in Zhengzhou Sias College, and the school facilities and students' personal health tendency also have a moderate impact on the physical exercise behavior of college students in Zhengzhou Sias College.

Keywords: college students, physical exercise behavior, influencing factors, structural equation model

1. INTRODUCTION

With the development of the times and the progress of scientific and technological civilization, human beings are becoming more and more inseparable from the Internet. With the advocacy of the concept of people-oriented sustainable development, the more human beings are aware of the important role of physical exercise in human health. In order to live a happy life in this world, people need to take care of both mental and physical health. This is because body and mind are interrelated, dependent on each other, and have a positive or negative impact on one another. Physical health leads to mental health and mental well-being. At the same time, mental health has a great positive effect on physical health and fosters a physical well-being (Channuwong et al., 2022; Channuwong & Ruksat, 2022; Kenikasahmanworakhun, et al., 2025). The concept of lifelong sports is deeply rooted in the hearts of the people. College sports are the bridge between competitive sports and social sports, and how to cultivate social talents with high quality is inseparable from the development and innovation of college sports. However, in the process of development in the new era, the problem of declining health of college students year by year has not been effectively controlled. Economic, employment, environment, teaching, academic pressure is more and more overwhelming college students, facing many factors, how to summarize and find out the factors that affect the physical exercise of college students, and then according to these characteristics to make suggestions, improve the cultivation of high-quality talents is now an important measure.

With the rapid development of the economy, more fierce competition has arisen between various countries, science and technology have been regarded as the primary productive forces of economic development, and talent has become an important resource to promote modern scientific and technological progress and economic and social development. As a base for the cultivation of high-quality talents in China, colleges and universities cultivate high-quality, skilled and capable newcomers for the development of China's modern society. Modern educational theory believes that the all-round development of human beings includes the development of intelligence, morality, physical and other aspects, moral education is the foundation, intellectual education is the key, physical education is the foundation, colleges and universities to cultivate

talents only with healthy physical support in order to provide a steady stream of value for the country, it can be seen that colleges and universities should enhance students' physique, impart students' physical exercise knowledge and skills, and make students form good physical exercise habits as an important task in college physical education.

According to the theory of health ecology in exercise psychology, how to effectively analyze and study the physical exercise behavior of college students in Zhengzhou Sias University, summarize and summarize the various factors affecting college students' physical exercise, and investigate the exercise habits of college students. This study takes the physical exercise behavior of students in Sias University in Zhengzhou, Henan Province as the research object, summarizes the existing problems, and puts forward the solutions, so as to provide suggestions and references for the academic career of college students, and provide theoretical reference for college physical education teaching and talent training.

Research Objective

(1) To analyze the influencing factors of college students' physical exercise by investigating the physical exercise behavior of college students in Zhengzhou Sias University.

(2) To provide specific measures and suggestions that can be formulated to promote the physical exercise behavior of college students.

2. LITERATURE REVIEW

Regarding the study of physical exercise behavior, Shaohua et al. (2016) and Ying et al. (2006) found that "the development and generation of physical exercise behavior is not only restricted by the physiological and psychological conditions of the actors, but also affected by the external environment. On the basis of the literature reference to the previous research, Qian (2015) expressed her views that "the fundamental reason for the influencing factors of college students' participation in physical exercise is that there is no correct view of sports, the important reason is the unscientific organization and arrangement of school physical activities, and the direct cause is the unclear purpose of sports." In addition, Jingliang (2015) in the article "Investigation and Research on Female College Students' Sports Attitudes and Sports Behaviors" for female college students, a study for female college students said: "The main factors affecting female college students' sports attitudes and sports behaviors are the school's physical education, mass media, and whether there are exercise partners. Sirathanakul et al. (2023) and Weina et al. (2011) found that the main factors affecting college students' participation in physical exercise are the pressure of college employment, the shortage of venue equipment and the lack of scientific organization and management of extracurricular sports activities in schools.

3. RESEARCH METHODOLOGY

populations and sample

The total number of students in Zhengzhou Sias College is 40,000, and the number of samples that should be selected according to the Krejcie & Morgan table is 380. Samples were sampled using a cluster random sampling method. In order to ensure the validity of the questionnaire filled in by students, two forms are adopted: online questionnaire star distribution and offline paper questionnaire sending. In order to avoid collection errors and mistakes, the respondents divided 10% more questionnaires. A total of 420 questionnaires were distributed and 420 were collected. To ensure the validity of the questionnaire, delete the questionnaire with a large number of missing answers, delete the questionnaire with the same IP, delete the questionnaire with too much and too little answering time, delete the questionnaire with almost the same question option, and delete the questionnaire with a high degree of regularity.

Research Instrument

The data of the questionnaire were imported into SPSS software, and the dimensionality reduction factor analysis was carried out to extract the effective factors. Then, according to the number of effective factors, the AMOS software was imported into the AMOS software for model calculation, the model data was corrected, and the AMOS software was used to analyze the influencing factors and correlation analysis of the data.

Research Concepts

According to the purpose and theme of this study, the first part is mainly based on literature analysis and health ecology model theory, and the research questionnaire on the influencing factors of physical exercise behavior of college students in Zhengzhou Sias University is designed, and the second part is to make subjective judgments and solicit opinions through the professional knowledge or experience of multiple experts or authoritative figures related to the research topic through several rounds of experts, and then the investigators repeatedly feedback and summarize the expert opinions through several rounds of correspondence according to their selection, suggestions and evaluations. Until a gradual agreement is reached or it is not possible to continue iterating. The third part is to distribute the validated questionnaires to the students, delete the unqualified questionnaires, and bring the data into the AMOS software for confirmatory factor analysis and correlation factor analysis. The fourth part is to discuss the results of the research, obtain the relationship between the influencing factors, and put

forward countermeasures and opinions to improve the physical exercise behavior of college students, and put forward theoretical references

4. RESEARCH RESULTS

Reliability and validity test of survey scales

Exploratory factor analysis is a cyclical, iterative process, and typically involves KMO and Bartlett spherical tests, factor extraction, and rotational component matrices.

Exploratory factor analysis was carried out on 21 items of the survey scale of influencing factors of physical exercise behavior of college students in Zhengzhou Sias University, and the results are shown in Table :

Table 1 KMO and Bartlett spherical results (n=380)

KMOcoefficient	0.919
Bartlett Spherical test	(Approximate Chi-square Value)(Degrees of Freedom)
	5686.262
	210
	(Significance)
	.000

The KMO value in Table is 0.919, which is greater than the common standard of 0.6, and the P<0.001 corresponding to the Bartlett sphericity test, which is less than the judgment standard of 0.05, indicates that the questionnaire results passed the Bartlett sphericity test. The data suggest that this scale can be used for further exploratory factor analysis.

Table 2 Total variance explanation

Ingredients	Initial eigenvalues			Extract the sum of squares of the load			Sum of squares of rotational loads		
	total	Variance percentage	Cumulative %	total	Variance percentage	Cumulative %	total	Variance percentage	Cumulative %
1	9.515	45.308	45.308	9.515	45.308	45.308	4.217	20.080	20.080
2	1.931	9.195	54.503	1.931	9.195	54.503	2.921	13.910	33.990
3	1.797	8.560	63.063	1.797	8.560	63.063	2.903	13.822	47.812
4	1.163	5.538	68.601	1.163	5.538	68.601	1.991	9.479	57.291
5	.822	3.916	72.517	.822	3.916	72.517	1.811	8.623	65.914
6	.746	3.554	76.071	.746	3.554	76.071	1.515	7.215	73.129
7	.632	3.010	79.081	.632	3.010	79.081	1.250	5.952	79.081
8	.565	2.692	81.773						
9	.519	2.473	84.247						
10	.502	2.390	86.636						
11	.440	2.093	88.730						
12	.387	1.842	90.572						
13	.361	1.720	92.292						

14	.292	1.390	93.682
15	.273	1.301	94.983
16	.236	1.123	96.106
17	.233	1.111	97.217
18	.201	.958	98.175
19	.154	.731	98.906
20	.116	.553	99.459
21	.114	.541	100.000

Extraction method: principal component analysis

In the process of factor analysis, the principal component analysis method was used to extract the factors with features greater than 1, and the load rotation of the factors was carried out to extract 7 factors, the eigenvalues of which were 4.217, 2.921, 2.903, 1.991, 1.811, 1.515 and 1.250, respectively, and the total variance explanation rate was 79.081%, indicating that this factor could explain 79.081% of the information of the whole questionnaire. There is no fixed standard for the total variance explanation rate, which is usually greater than 60% to indicate that the analysis result is good, and 50% is acceptable.

Table 3: Component matrix after rotation

Factor load							
Entry number	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5	Factor 6	Factor 7
Q1							0.578
Q2	0.746						
Q3	0.886						
Q4	0.836						
Q5	0.719						
Q6	0.522						
Q7	0.538						0.571
Q8				0.840			
Q9				0.834			
Q10		0.887					
Q11		0.850					
Q12		0.784					
Q13					0.773		
Q14					0.646		
Q15					0.566		
Q16			0.683				
Q17			0.765				
Q18			0.664				
Q19						0.527	

Q20	0.556	0.567
Q21		0.776

Extraction method: principal component analysis.

Rotation method: Caesar's normalized maximum variance method.

In the end, 7 factors were extracted from this scale, among which Q2, Q3, Q4, Q5, Q6, and Q7 belonged to the first factor, which belonged to subjective consciousness. Q10, Q11 and Q12 belong to the second factor, which mainly reflects the influence of school facilities on the physical exercise behavior of college students in Zhengzhou Sias College in Zhengzhou, so it is named "school sports equipment". Q16, Q17 and Q18 belong to the third factor, which reflects the influence of sports policy culture on the physical exercise behavior of college students in Zhengzhou Sias College, so they are named "school sports policy", and Q8 and Q9 belong to the fourth factor, which reflects the impact of students' own diet and rest on physical exercise activities, so they are named "personal diet and rest". Q13, Q14 and Q15 belong to the fifth factor, which mainly reflects the influence of interpersonal relationships on college students' physical exercise behavior, so they are named "interpersonal relationship support". Q19, Q20 and Q21 belong to the sixth factor, which mainly reflects the impact of the Internet and smart wearable devices on the physical exercise activities of college students, so it is named "Internet influence"; Q1 and Q7 belong to the seventh factor, which mainly reflects the individual's tendency towards their own health, so they are named personal health tendency.

This scale studies the factors influencing physical exercise behavior from four aspects: individual, family, school, sports policy, and network influence, so factors 4, 7, and 8 belong to school factors, factors 1, 5, and 6 belong to individual factors, and factors 2, 3, and 9 belong to family factors. After analysis and research, the scale was divided into 7 dimensions after adjustment.

Table 4: Dimensions and item distribution of the evaluation scale of influencing factors of college students' physical exercise behavior

	dimension	entry	Item distribution
1	Subjective awareness	5	Q2, Q3, Q4, Q5, Q6
2	School sports equipment	3	Q10, Q11, Q12
3	Sports policy communication implications	3	Q16, Q17, Q18
4	Personal diet and rest	2	Q8, Q9
5	Interpersonal support	3	Q13, Q14, Q15
6	Internet Impact	3	Q19, Q20, Q21
7	Personal health tendencies+	2	Q1, Q7

Reliability analysis of scales

Through exploratory factor analysis, the scale was divided into 7 dimensions, and the total reliability test Cronbach's alpha coefficient in the scale was 0.909, and most of the coefficients of each dimension were above 0.7. See Table 5 for details. The overall Cronbach's alpha coefficient and the coefficient of each dimension of this scale reached the standard of 0.7, indicating that the questionnaire had good reliability:

Table 5 Statistical analysis of scale reliability

	Cronbach's Alpha	Number of items	dimension
	0.909	21	Total Volume
1	0.908	5	Subjective awareness

2	0.901	3	School sports equipment
3	0.888	3	Sports policy communication implications
4	0.744	2	Personal diet and rest
5	0.847	3	Interpersonal support
6	0.769	3	Internet Impact
7	0.705	2	Personal health tendencies+

Confirmatory factor analysis

Using the Amos 28.0 analysis software, the data were imported into the software, and the latent variables F1 represent subjective awareness, F2 represents school facilities, F3 represents school sports policy, F4 represents personal diet and rest, F5 represents interpersonal relationships and support, F6 represents Internet influence, and F7 represents personal health tendency. While the initial model met the criteria for most of the fitted metrics, there were still some metrics that did not. In order to further improve the goodness of fit of the model, the next step of model correction was carried out.

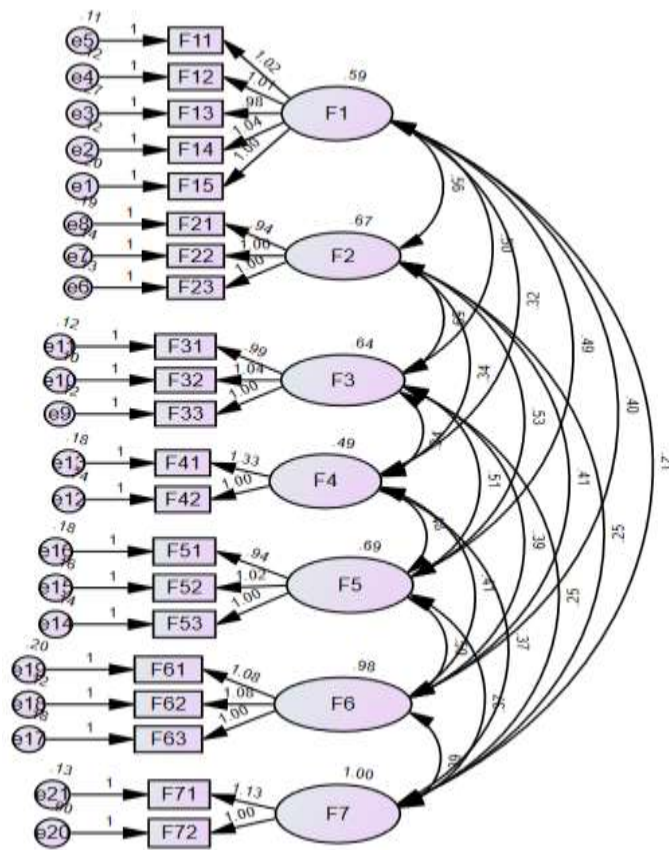


Figure 1: Confirmatory factor analysis model diagram before correction

According to the MI value, the model is corrected. Among them, the overall goodness of fit of the model was significantly improved after the error variables e12 and e20, e12 and e21, e8 and e12, e6 and e10, e7 and e11, e1 and e4, e3 and e8, e3 and e7, e5 and e6, and e1 and e8 were corrected. Among them, the GFI increased from 0.836 to 0.905, the RFI increased from 0.889 to 0.933, the CMIN/DF decreased from 4.664 to 2.830, and the RMSEA decreased from 0.098 to 0.069. The modified confirmatory factor analysis model is shown in Table 6 .

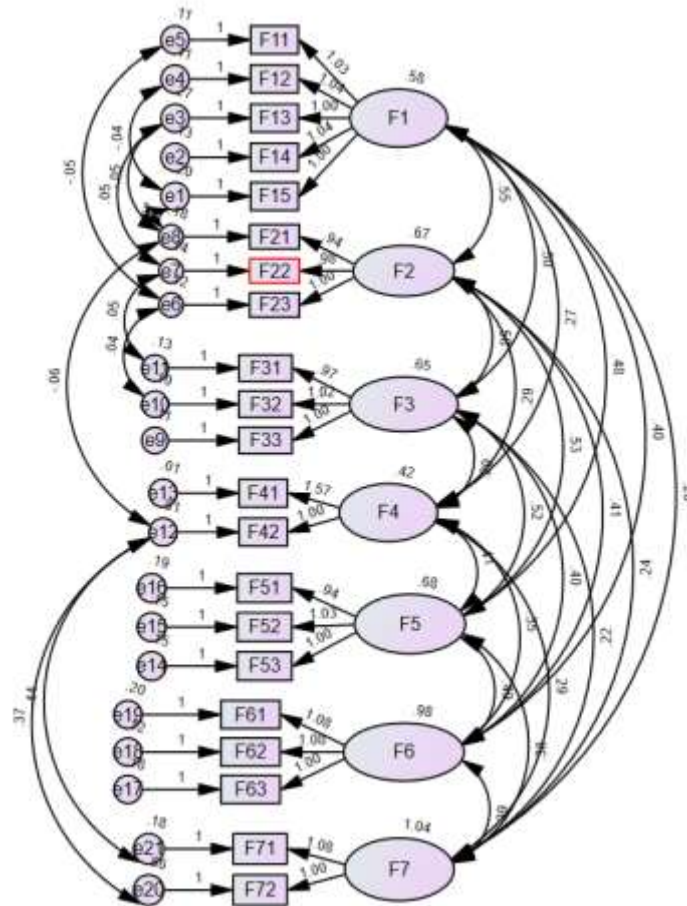


Figure 2 Diagram of the modified confirmatory factor analysis model

Table 6 Goodness-of-fit for confirmatory factor analysis models

Statistical indicators	Adaptation criteria or thresholds	Before model correction	After the model is corrected
χ^2	-	783.497	447.068
RMR	<0.05	0.048	0.037
RMSEA	<0.08 (if<0.05excellent, if<0.08good)	0.098	0.069
GFI	>0.90	0.836	0.905
NFI	>0.90	0.912	0.950
RFI	>0.90	0.889	0.933
IFI	>0.90	0.929	0.967
TLI	>0.90	0.911	0.956
CFI	>0.90	0.929	0.967
PGFI	>0.50	0.608	0.619
PNFI	>0.50	0.729	0.714
PCFI	>0.50	0.743	0.727

CMIN/DF <2.00 (if<2.00excellent, if<3.00good) 4.664 2.830

Analysis of the influencing factors of college students' physical exercise behavior

(1) The direct effect value of the influencing factors

Table 8 Standardized path coefficients of each factor on college students' physical exercise behavior

	F1	F2	F3	F4	F5	F6	F7
F8	0.061	0.107	0.213	0.520	0.422	0.003	0.152

Each factor may have an impact on the physical activity behavior of college students, and the modified structural equation model reveals the extent of this effect. Specifically, The path coefficient of F1 subjective consciousness on college students' physical exercise behavior was 0.061, the path coefficient of F2 school sports equipment on college students' physical exercise behavior was 0.107, the path coefficient of F3 physical education policy on college students' physical exercise behavior was 0.213, the path coefficient of F4 diet and rest on college students' physical exercise behavior was 0.520, the path coefficient of F5 interpersonal relationship support on college students' physical exercise behavior was 0.422, the path coefficient of F6 Internet influence on college students' physical exercise behavior was 0.003, and the path coefficient of F7 on college students' physical exercise behavior was 0.152.

In contrast, F3, F4, and F5 have the strongest impact, F2 and F7 also have a certain impact, and F1 and F6 have the least impact. Therefore, sports policy, personal diet and rest, and interpersonal relationship support are the most important factors affecting the physical exercise behavior of college students in Zhengzhou Sias College, and the school facilities and students' personal health tendency also have a certain impact on the physical exercise behavior of college students in Zhengzhou Sias College.

2) Correlation analysis between influencing factors

Table 9 Correlation between the influencing factors

	F1	F2	F3	F4	F5	F6	F7
F1	1						
F2	0.849	1					
F3	0.772	0.834	1				
F4	0.475	0.493	0.521	1			
F5	-0.728	-0.745	-0.730	-0.611	1		
F6	0.505	0.482	0.468	0.483	-0.564	1	
F7	0.217	0.244	0.235	0.520	-0.353	0.360	1

In addition to directly influencing the outcome variables (i.e., students' physical activity behavior), the influencing factors also directly affect each other and have an impact on students' physical activity behavior. From this perspective, it is necessary to further analyze the correlation between different variables. SPSS 26.0 software was used to analyze the correlation between variables, and the results are shown in the table below. It can be seen that there is a significant correlation between different influencing factors.

Specifically, there is a correlation between personal subjective consciousness and school sports facilities and school sports policies, considering that school sports policies and venue facilities can provide students with the guarantee and conditions for physical exercise, therefore, when formulating school sports policies and planning school field equipment, the preferences of students should be evaluated by the whole people.

In addition, there is a high correlation between diet and interpersonal support, which may be due to the fact that college students' sports partners are alumni of the same dormitory and a class, who share the same eating and living habits and eating habits. Support from parents, teachers, and classmates can encourage college students to develop good habits.

5. DISCUSSION

1.Regarding the study of physical exercise behavior, Liu Yimin believes that "the development and generation of physical

exercise behavior is not only restricted by the physiological and psychological conditions of the actors, but also affected by the external environment. On the basis of the literature reference to the previous research, Zhao Mei expressed her views in the article "Causes and Countermeasures Affecting the Development of Extracurricular Physical Training in Colleges and Universities", she believes that "the fundamental reason for the influencing factors of college students' participation in physical exercise is that there is no correct view of sports, the important reason is the unscientific organization and arrangement of school physical activities, and the direct cause is the unclear purpose of sports." In addition, Wang Jingliang in the article "Investigation and Research on Female College Students' Sports Attitudes and Sports Behaviors" for female college students, a study for female college students said: "The main factors affecting female college students' sports attitudes and sports behaviors are the school's physical education, mass media, and whether there are exercise partners. Lan Zili and Zhao Ke believe that the main factors affecting college students' participation in physical exercise are the pressure of college employment, the shortage of venue equipment and the lack of scientific organization and management of extracurricular sports activities in schools.

2. The results of the study showed that 380 students were surveyed in this study. Factor analysis was used to determine the main dimensions of the index model, and SPSS software and AMOS software were used to verify its scientific effectiveness and authenticity of the model. Fu Daoling said in the article "Research on the Influencing Factors and Mechanism of Physical Exercise Behavior of Junior High School Students" that according to the ecological model theory of exercise behavior, the environmental factors affecting students' participation in physical activity can be preliminarily identified as school and family factors, and through data collection and analysis, the environmental influencing factors affecting students' participation in physical exercise behavior can be identified as family and school.

6. CONCLUSION

The results of this study can be concluded based on the study objectives as follows:

1. This study is based on a literature review and combines a health ecology model in exercise psychology. Combined with the theory of health ecology, a questionnaire on the influencing factors of physical exercise behavior of college students in Zhengzhou Sias University was designed from the dimensions of family, school, personal exercise level, network influence, and interpersonal relationship. The design includes 7 first-level indicators, namely F1 subjective awareness, F2 school site facilities, F3 school sports policy, F4 personal diet and rest, F5 interpersonal relationship support, F6 Internet influence, and F7 personal health tendency. F3, F4, and F5 have the strongest impact, F2 and F7 also have some impact, and F1 and F6 have almost no impact. Therefore, sports policy, personal diet and rest, and interpersonal relationship support are the most important factors affecting the physical exercise behavior of college students in Zhengzhou Sias College, and the school facilities and students' personal health tendency also have a certain impact on the physical exercise behavior of college students in Zhengzhou Sias College. F1 subjective consciousness and F6 Internet influence have little effect on the physical exercise behavior of college students in Zhengzhou Sias College.

In their daily study and life, the main sports choices of college students in Zhengzhou Sias College are running, followed by basketball, badminton and tennis. Running is the most popular sport for college students in Zhengzhou Sias University, and it may be that running is relatively unaffected by the venue, equipment, sports partners, and sports skills. At the same time, badminton, tennis, basketball, and volleyball also have a group of selectors. The majority of students at Zhengzhou Sias College participate in physical activity in order to maintain good health and lose weight. There is a certain percentage of students who do not have the habit of physical activity and the partners they participate in sports with. Most of the students have a general attitude towards their physical state, believing that they are not physically strong.

7. RECOMMENDATIONS

1. It is recommended to strengthen the management of venues and facilities in Zhengzhou Sias College, extend the use time of sports venues, and appropriately increase physical education courses and sports facilities based on students' interests and hobbies, so as to ensure that students can carry out physical exercise in their spare time. With the healthy growth of students as the goal and the all-round development of students as the guide, when formulating the school sports policy, we should take into account the requirements of the future society for college talents, and cultivate the good character of students to work hard, bear hardships and stand hard work, forge ahead in unity, and help each other. It is necessary to expand the channels and ways of students' interpersonal communication, enhance students' sense of independence, improve students' ability of self-expression and social friendship, and have good social relationships, so as to be more conducive to students' all-round development.

2. It is recommended to improve the comprehensive quality of physical education teachers in Zhengzhou Sias College, and students can only integrate into extracurricular activities and spare time life if they have mastered enough skills in physical education courses. Improve the teaching and organizational ability of each physical education teacher, and enhance the sense of social responsibility and mission of physical education teachers. In the process of practical teaching, we strive to carry out targeted teaching, and carry out hierarchical teaching for different student source areas, different genders, different technical levels, different physical abilities, etc.

3. As a national strategy, college students must have a high sense of responsibility and mission, as the future builders and successors of the country. In the face of a situation unseen in a century, college students must firmly establish the concept of a sports power, so it is suggested that colleges and universities should always do a good job in the ideological and political education of students. In the daily process of student management, class meetings and lectures are used to popularize good health values among students, remind students to remember the future of the motherland when they were teenagers, and encourage students to establish lofty ideals.

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