



## Research on the Effects of Physical Education Intervention on Self-esteem and Self-confidence of Migrant Children

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### Abstract

Self-confidence scale and self-esteem scale were adopted to test mental health of 120 migrant children respectively in Class 1 and Class 2, Grade 5 in Lantian Fengyuan Primary School in Beijing. To better tackle the problem, intervention of physical education was utilized for comparative study. Previous research indicates that the self-esteem and self-confidence of migrant children are generally poor; intervention of physical education plays a significant role in improving their self-esteem and self-confidence. It's suggested that intervention of physical education should be more applied to study of mental health of migrant children. From one perspective, physical education institute should put more emphasis on the promotion of students' teaching capability as well as encourage them to work in migrants' schools. From another perspective, professional training should be provided for physical education teachers in migrants' schools for popularization of scientific teaching methods so that mental health of migrant children could be effectively improved.

**Key word:** migrant children, physical education intervention, self-esteem, self-confidence.

### Biography

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