Leadership Practices and Level of Self-efficacy of Students Athletes in School Organizations Towards Quality Leadership Program

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Abstract: Under the new circumstance, how to work on the far reaching nature of understudies is a significant issue confronting colleges as of now. In quality training, the development of understudies' initiative is a vital substance. Doing administration schooling for undergrads in universities and colleges isn't just predictable with the necessities of the country for advanced education staff preparing, yet additionally helpful for advancing the complete self-improvement of understudies, in this way developing an enormous number of qualified manufacturers and replacements for the country. This paper brought the idea of administration into the examination of ability preparing in schools and colleges. A full examination was done on understudies, school instructors and managers, and a deliberate investigation was completed on the attributes of undergrads' initiative, which offered a specific hypothetical help for the development and assessment of understudies' administration, and gave a significant premise to additionally advancing the quality training of undergrads. In the research on the marketing factors of college students' leadership, the experimental results showed that the highest and lowest level of college students' leadership were leadership and practical ability, with the values of 4.51 and 3.67 respectively. Therefore, it can be seen that college students' leadership marketing factors are affected by the above two factors.

1. Introduction

American universities have carried out leadership training for college students since the 1970s and 1980s. In this field, American universities have been at the forefront of the world and have

developed to a relatively perfect level. The principals of world-class famous schools such as Yale, Oxford and Cambridge, when determining their educational goals and educational ideas, all regard the cultivation of excellent leaders by society as the main purpose. In China, the educational thought of leadership has been widely recognized, and many insightful scholars have put forward the requirement of conducting leadership education for college students. China should take cultivating the leadership ability of college students as a major task of talent quality construction in colleges and universities. The leadership ability of college graduates is a major content of quality education for college graduates, and it is also an urgent problem to be solved. The education of university leadership has just begun in China, and the target group of China's university leadership education is mainly in-service cadres. In addition, only six or seven universities in China have conducted leadership training for college students, including Shanghai Jiaotong University and Fudan University. At present, Chinese colleges and universities lack enough attention to the leadership of college students, and lack of comprehensive education on the leadership of college students. Most of the existing research on leadership and education in China is based on theoretical research, which has carried out a lot of research on concepts, models, evaluation and other aspects, but there are few relevant empirical studies. Therefore, this paper intended to explore how to integrate college student leadership and school education through a large number of empirical studies. Therefore, it not only expands the theoretical knowledge of leadership and education, but also enriches the application of both in practical application, with strong applicability.

The research on college students' leadership is one of the current research hotspots. Shalka Tricia R proposed that leadership development has been identified as an important achievement of American higher education. He also investigated the leadership development results of international students studying in the American higher education environment [1]. Lewis Jonathan S designed a validation study that uses robust statistical methods to test the relationship between student employment and leadership. In a sample of nearly 36000 students from 87 colleges and universities, he recognized that paid work provides a fair and skill-centric environment in which students can improve and practice their leadership skills [2]. However, due to the lack of data sources, the above research is only at the theoretical stage and has no practical significance.

It is innovative to use big data to study the marketing factors of college students' leadership. Camacho Jr Lazar highlighted the gap in the formal credit-based community college students' leadership development opportunities. He provided eight leadership skills to guide the development of stackable community university leadership development certificates [3]. The motivation behind Apolinario Rhea Rowena was to comprehend what is going on of the individuals from the Understudy Association of the School of Library and Data Exploration after graduation, and the understudies' effect and perspectives on their advancement by expecting influential positions at the college level [4]. Notwithstanding, because of the customary reasoning and definition, it can't be profoundly coordinated and give full play for its potential benefits.

The essence of education should be people-oriented, conform to human nature, improve human potential, and take full care of human development. "Elite education" is provided for a very few outstanding talents. Under the guidance of the people-oriented education ideology, China's education system reform should also pay attention to "mass education". The meaning of "leader" is the concentrated reflection of today's "people-oriented" education thought. In some cases, everyone has to play a different role, sometimes as a leader, sometimes as a follower [5-6]. When the situation changes, the role of leaders would change. In this sense, the research of this paper has important practical significance for deepening the teaching reform of Chinese universities.

2. Marketing Factors of College Students' Leadership Based on Big Data

2.1 Current Situation of Leadership Education for College Students

Through the research on leadership skills, it can be seen that most of the research is concentrated in the United States, which also proves the achievements of the United States in leadership skills training from another perspective. Therefore, understanding the practice of the United States in leadership skills training can provide reference for leadership skills training. The training characteristics of American university leaders are shown in Figure 1.
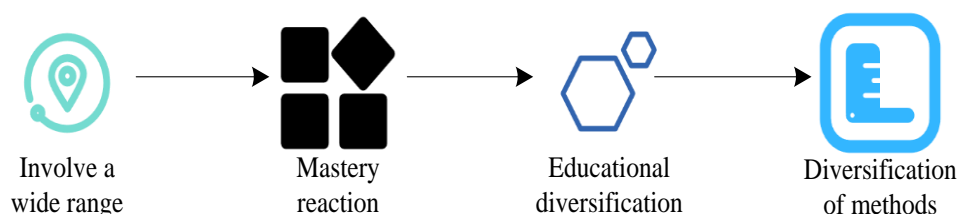

Figure 1. Characteristics of leadership education

It can be seen from Figure 1 that the cultivation of leadership in American universities should cover a wide range, and basically all schools have leadership training plans [7-8]. For example, Bauer State University implements the excellent leader program of a state university; St. Benedict and St. John are implementing the leadership program of a private religious college; Kentucky Wesleyan College, Munmos University and the University of Detroit are both public and private schools.

In every university in the United States, the leadership training programs for college students are implemented by the University Student Department itself. Only a few programs are related to the student union and leadership, which is also a work of the University Student Department in the United States [9].

In some universities, the leadership education plan for college students is implemented by a single college. This college is usually a management, leadership or political college, which is directly related to leadership. Some universities have also set up a separate institution to better integrate the resources of various units and maximize their concentration. In the process of implementing the leadership education plan for college students, the student union also plays a key role, which brings higher requirements to the cadres of the student union, and also provides them with an excellent opportunity to learn and improve their leadership. The methods of cultivating leadership in American universities can be roughly summarized into the following four types, as shown in Figure 2.
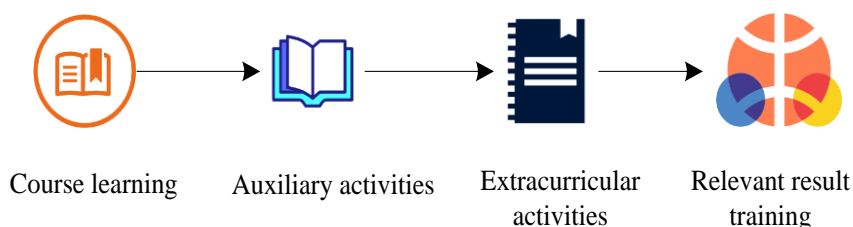

Figure 2. Leadership education approaches in American universities

It can be seen from Figure 2 that the curriculum in the university refers to a normal learning process in the university. It focuses on the theme of "leadership" and studies some theories related

to leadership and multiculturalism, leadership and morality, public leadership, etc. [10-11]. On this basis, the trainees would master the corresponding leadership skills in their future work, and provide necessary theoretical support for them to deal with the challenges brought by various situations in their work. There are many ways to learn, including discussion, writing and examination. On this basis, this paper proposes a new and targeted mathematical model to adapt to the new situation and new challenges. Such activities should be considered as part of classroom mathematics. Extra-curricular activities refer to all activities carried out outside the course study, including student union, dormitory life, sports activities or social activities. Most of these activities have little to do with course learning, but they are an indispensable part of college students' life, which have a great impact on college students' growth and play a very good role in cultivating college students' leadership. This is also why major universities in the United States encourage students to participate in more extracurricular activities. Some universities also include these activities in their own courses, and take the performance of these activities as an evaluation of students.

The results training related to leadership, that is, specific leadership skills training, such as conflict resolution, response, thinking methods, and so on. The usual method is to discuss, make speeches, and communicate with leaders [12-13].

2.2 Analytic Hierarchy Process of College Students' Leadership Marketing Factors

The eigenvectors and maximum eigenvalues of each comparison judgment matrix are calculated, and the consistency index, consistency ratio and random consistency index are used for consistency test. If the compatibility test is passed, the feature vector (the result of standardization) is the weight vector; if the consistency test fails, a new comparison judgment matrix must be constructed and the consistency ratio of the matrix must be tested, so that the rationality of the index weight results calculated from the analytic hierarchy process can be judged. The analytic hierarchy process is used to study the marketing factors of college students' leadership. The formula is shown in Formula (1):

$$CR = CI / RI \tag{1}$$

In Formula (1), CR represents the one-time ratio of the comparison judgment matrix; CI represents the consistency index of the comparison judgment matrix, and the formula of CI is shown in Formula (2):

$$CI = \frac{1}{n-1}(\lambda_{max} - n) \tag{2}$$

When CI is less than 0.1, it can be considered that the established comparison judgment matrix is reasonable; otherwise, it needs to be rebuilt until the requirements are met. There are two methods to calculate the weight of the comparison judgment matrix: sum method and root method, that is, the standard column average method and geometric average method. In this paper, the sum method was used to calculate the weight value of each index. The specific steps are as follows:

The comparison judgment matrix P is established, as shown in Formula (3):

$$P = \begin{bmatrix} 1 & a_{12} & ... \\ a_{21} & 1 & ... \\ a_{n1} & a_{n2} & 1 \end{bmatrix} \tag{3}$$

After that, the sum M_i of each column is calculated, as shown in Formula (4):

$$M_i = \sum_{i=1}^{n} a_{ij} \, (j = 1, 2, ..., n) \tag{4}$$

The average value P of each row element of matrix Q is calculated. i is the characteristic value of the corresponding indicator element, and j is the weight of the corresponding indicator element, as shown in Formula (5):

$$P_i = \frac{\sum_{i=1}^{n} \dfrac{a_{ij}}{M_j}}{n} \, (i = 1, 2, 3, ..., n) \tag{5}$$

3. Investigation and Design of the Current Situation of College Students' Leadership

This paper used the "Questionnaire on the Status Quo of College Students' Leadership" to have a comprehensive understanding of college students' basic information, actual leadership status and actual leadership status. The personal information of college students mainly includes: gender, grade, major, whether they have served as student leaders, academic achievements, political outlook and family address. The leadership quality of college students mainly includes emotional intelligence, leadership, practical ability, communication and cooperation ability, innovation ability, etc. [14]. The construction of university teachers' team is mainly divided into two aspects: the construction of university teachers' team and the construction of university leaders' team.

The interview method based on semi-structural method can be an effective supplement to the questionnaire. The leadership ability of college students was investigated to understand their understanding and knowledge of leadership ability, and how to cultivate their leadership ability in schools. In the process of interviewing student administrators and teachers at universities, information was obtained about the leadership skills of student leaders, the actual behavior of cultivating student leadership, the problems or difficulties encountered in the process of cultivation, and any suggestions for the cultivation of student leadership.

3.1 Survey and Interview Objects

The questionnaire has 200 valid samples from different schools, different colleges and different majors. The basic information of college students who have received the questionnaire is shown in Table 1.

Table 1. Demographic indicators of survey samples

Project	Category	Frequency
Gender	Male	150
	Female	50
Grade	First grade	32
	Second grade	45
	Third grade	57
	Fourth grade	66

In Table 1, there were 150 male respondents and 50 female respondents. There were 32 first-grade students, 45 second-grade students, 57 third-grade students and 66 fourth-grade students.

3.2 Experimental Investigation Results

(1) Reliability test and analysis of survey results

This paper carried out experiments and analyses on the practical ability, communication and cooperation ability, emotional intelligence, leadership awareness, innovation ability and the overall questionnaire of college students' leadership marketing factors. The reliability test results are shown in Figure 3.
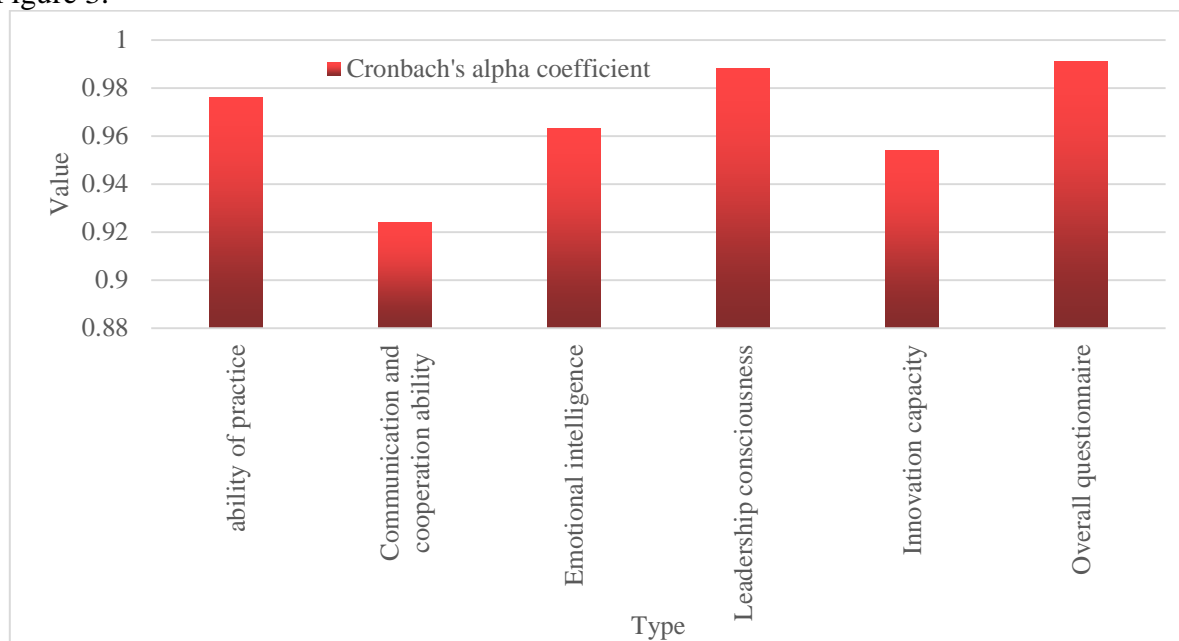

Figure 3. Statistical chart of reliability test results of college students' leadership

It can be seen from Figure 3 that the reliability test score of the overall questionnaire was the highest, with a value of 0.991; the reliability test score of communication and cooperation ability was the lowest, with a value of 0.924.

(2) The general situation of the leadership level of college students

The highest competency value of the college students' leadership questionnaire was 5. The basic situation of college students' leadership was described by means of mean and standard deviation, as shown in Figure 4.
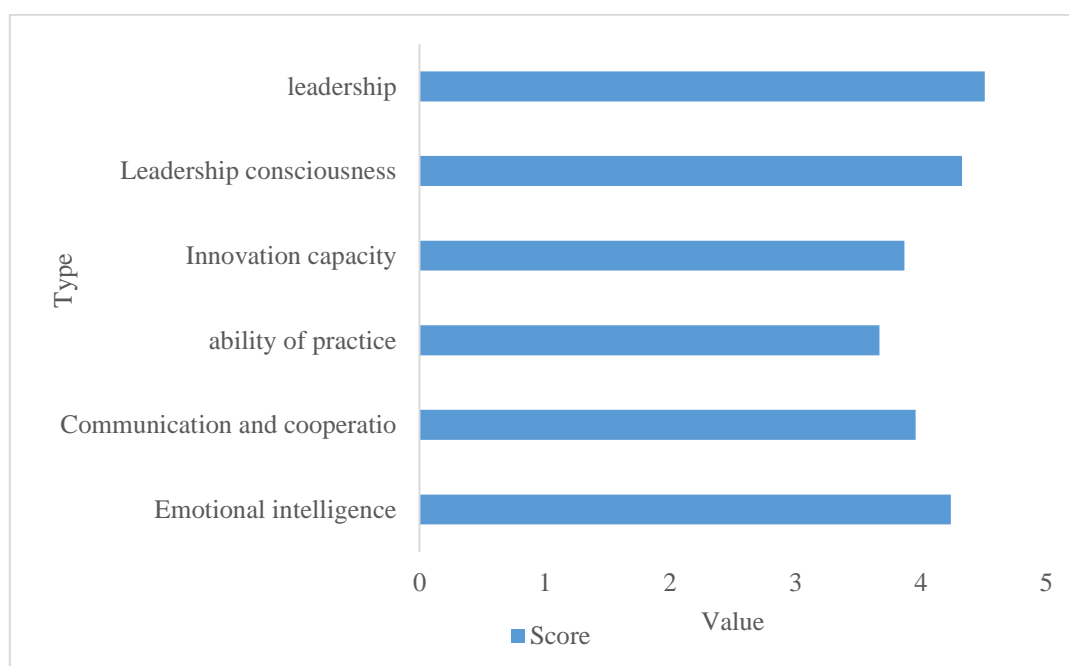
Figure 4. Statistical description of college students' leadership and marketing factors

It can be seen from Figure 4 that the score statistic of leadership was the highest, with a value of 4.51; the score statistic of practical ability was the lowest, with a value of 3.67.

3.3 Exploration on the Training Policy of College Students' Leadership

(1) The importance of leadership training in society has increased

In the era of economic globalization, leadership is not only a leader's patent, but also a kind of internal integration ability that everyone can cultivate [15-16]. In order to cultivate a new generation of leaders, universities in many countries aim to improve students' leadership ability. In education, young people have higher plasticity than adults, so the cultivation of their leadership ability is also more effective. Because of its interdisciplinary characteristics, comprehensive universities are the main positions for cultivating mass leadership.

The society should create an atmosphere of leadership training. First of all, the relevant departments, especially the education department, should pay more attention to the leadership education of college students. They should be conscientiously aware of the importance of leadership education of college students. They can integrate the leadership education of college students into the national talent training strategy in the form of policy documents. It needs to be advocated to the community so that people have a correct perception of the value of leadership, thus pointing the way for colleges and universities to conduct leadership training. The relevant authorities can also establish a special fund for leadership education of college students to provide financial support, and also allow leaders to enter universities to communicate with students face to face and provide teachers' support to schools. Some party and government institutions can provide excellent college student party members with internship opportunities, such as assistants and secretaries, so that they can hone their leadership skills in practice [17].

(2) The enhancement of college students' awareness of leadership training

In the 21st century, colleges and universities should not only train outstanding specialized technicians, but also have certain comprehensive qualities such as organization, management and management, and take the "commander" who can "general" as the final direction. Schools and

colleges ought to refresh the idea of training, and focus on the authority capacity of understudies to actually carry out the idea of value instruction. First, it is important to change the previous focus on general knowledge-expertise at the expense of leadership skills. It is necessary to incorporate leadership into general education and recognize its importance in improving the quality of students. At the same time, a leadership development agency for different grades and majors has also been established. It is important to develop a good training system for business leaders and to develop corresponding management measures to institutionalize it and make it structured. In addition, the cultivation of college students' leadership can also be included in the talent training plan and listed as an important quality ability. By incorporating it into the indicator system of students' own development, or into the comprehensive quality evaluation system, students' leadership ability can be improved and combined with its supporting theoretical and practical courses, thus changing the current situation that student political work teams only use student cadres [18-19]. In the process of cultivating the leadership of student party members, the proportion of flexible indicators such as influence, value concept and leadership can be increased on the premise of paying attention to hard indicators such as academic achievements and awards. Schools and colleges shouldn't just lay out individuals situated thought, yet in addition focus on the development of understudies' authority capacity, and guarantee the significant job of administration capacity during the time spent ability development.

(3) Correctness of the leadership value of college students

In the interview, there are also some students' views on leadership as a kind of power, which shows that many college students have not clear understanding of leadership, and they must re-examine their leadership values. Values play a leading role in how people understand and change the world. They control people's cognition, belief, behavior and attitude, and provide sufficient reasons for people's behavior. Therefore, correct values are the soul of leaders. To become a good leader, college students need to have correct leadership values, a sense of mission, collectivism, a sense of social responsibility, ideals, beliefs and pursuit. In the process of leadership education for college students, universities should first correct their leadership values and correctly understand them. College students have a weak sense of leadership. They are heavily dependent on schools in acquiring knowledge and exercising skills. They show a more passive attitude in improving their leadership. Therefore, in the university, if the school wants to carry out leadership education, it must stimulate the students' leadership ability and improve their enthusiasm for cultivating their own leadership ability.

4. Conclusions

Compared with other issues related to the growth of college students, the current research on college student leaders is still blank. After Chinese universities have gradually recognized the importance of student leader education, many Chinese scholars have also turned their eyes to student leader education and conducted deeper and broader research on it. Compared with other countries, the current situation of leadership training of Chinese college students is quite different. This is mainly because of the lack of attention to leadership training, the lack of scientific leadership training system, family factors, and students' neglect of leadership training, and the lack of high-quality education in schools, which has led to the current situation of leadership training for Chinese college students. In view of this situation, this paper investigated the leadership ability of college students, and made a detailed study of their training strategies. By combining quality with quantity and taking quality as the basis, this research carried out a relatively comprehensive research on the leadership ability of college students by using literature, survey, interview and other methods and according to the ideas of research design. Finally, the goal of this paper was achieved.

On the basis of in-depth understanding of students' leadership ability, this paper made a relatively complete summary of the problems existing in the current college students' leadership ability, and analyzed the reasons for their occurrence. In view of some problems in college students at present, this paper put forward some countermeasures for training college students' leaders.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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