

amount of exercise, 20-42 was classified as medium amount of physical activity, and ≥ 43 great physiological load of exercise. The Self-Rating Anxiety scale (SAS) prepared by Zung was used to measure the anxiety state of college students, and the retest reliability of the scale was 0.75.

Study design and Results: The average score of college students' physical exercise is 23.88 ± 6.42 points. There were statistically significant differences in the average scores of physical activities among students of different genders ($t=8.85$) and grades ($F=9.78$, $P<0.01$). The physical activity of male students (27.82 ± 5.40) was higher than that of female students (16.29 ± 2.45). The physical activity of freshman students (29.76 ± 3.26) and sophomore students (23.45 ± 4.18) was higher than that of junior students (19.62 ± 7.74) and senior students (18.65 ± 8.28).

The average score of anxiety of college students was 85.4 ± 6.7 points, and there were statistically significant differences among different genders ($t=9.85$), grades ($F=9.34$) and scores of anxiety of college students ($P<0.01$). The anxiety level of female students (24.42 ± 6.13) was higher than that of male students (16.78 ± 3.97). The anxiety level of each grade was: Grade 4 > Grade 3 > Grade 1 > Grade 2.

There was a significant negative correlation between the amount of physical exercise and anxiety ($r=-0.31$). The anxiety levels of different exercise levels were as follows: small amount of exercise > medium amount of exercise > large amount of exercise, and there was no significant gender and grade difference.

Conclusions: The COVID-19 has limited the physical activities of university students. The results of this survey show that the physical exercise level of college students reaches the level of moderate intensity exercise, the physical exercise level of boys is greater than that of girls, and the physical exercise level of freshmen is the highest. This is because girls in peacetime exercise in addition to physiological characteristics and their own subjective factors, but also may be subject to objective conditions, including venues, equipment and other restrictions, which will restrict the enthusiasm of girls' physical exercise. In addition to extracurricular physical exercise, public physical education courses also increase the intensity and frequency of exercise for freshmen, and the level of exercise is the highest compared with other grades.

Anxiety is common among college students during COVID-19. There was a significant gender difference in anxiety scores, and girls' anxiety was higher than boys. Women, as representatives of tenderness, affinity and introvert, are more sensitive and emotional than men. During the COVID-19 epidemic, they are more easily disturbed by the external environment, resulting in more anxiety. Senior students have the highest score of anxiety because senior students are faced with graduation defense, employment, postgraduate entrance examination, emotional problems, and bear a certain amount of psychological pressure. Under the COVID-19 epidemic, graduates are affected by multiple external environments, and have a higher risk of developing anxiety.

Physical exercise has a significant effect on anxiety and is one of the ways to improve college students' mental health. This study found that the level of physical exercise was negatively correlated with anxiety, and the more exercise the college students had, the lower their anxiety was. Participating in physical exercise and adopting an active and healthy lifestyle during the epidemic period could significantly improve the state of anxiety and improve the level of physical and mental health. With the epidemic prevention and control becoming normal, the impact of time and venue restrictions on physical exercise has gradually weakened. On the one hand, the physiological changes produced by physical exercise will cause the functional or structural changes of the brain, the acceleration of cerebral blood flow and metabolism, and the production of physiological hormones to inhibit the production of related negative emotions; On the other hand, physical exercise affects people's emotions by affecting insulin metabolism, accelerating metabolism, and influencing the mediating mechanism of neuroendocrine response.

Colleges and universities and related departments should carry out scientific psychological intervention and emotional counseling for college students. Based on the epidemic, colleges and universities should establish a long-term health education model for college students, set up courses focusing on health knowledge, carry out colorful extracurricular sports activities, and improve the mental health level of college students through long-term systematic intervention.

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THE PSYCHOLOGICAL CORRECTION COUNTERMEASURES OF JUVENILE DELINQUENCY FROM THE PERSPECTIVE OF LEGAL SOCIOLOGY

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Background: At this stage, juvenile crime has gradually evolved into a more serious social problem. Various studies have shown that juvenile criminal behavior is closely related to their mental health. Juvenile criminality is the result of unbalanced physical and psychological development caused by criminal psychology, which directly affects social stability. This article will discuss the causes of juvenile criminal psychology, how to correct the juvenile's criminal psychology in a legal society, and how to prevent juveniles from producing criminal psychology.

Subjects and methods: This article uses questionnaire surveys and data analysis to explore the differences in the mental health of juvenile offenders, and the impact of professional psychological correction courses on the mental health of juvenile offenders in the correction process. On this basis, clarify the psychological correction needs of juvenile offenders at this stage, and design psychological correction measures in a targeted manner.

This article uses the "Symptom Self-Rating Scale (SCL-90)" for the scale. This table is one of the most famous mental health test scales in the world, and it is widely used by many mental illness clinics. The scale has a total of 90 items, including ten aspects of psychological symptoms such as feelings, emotions, thinking, and interpersonal relationships. Each item adopts a scoring standard of 1 to 5, from consciously asymptomatic to consciously symptomatic. No symptoms are counted as 1 point, and severe symptoms are counted as 5 points. Participants were randomly divided into groups A and B, with 72 people in each group. Group A received regular treatment in the juvenile correctional facility, and group B received regular psychological counseling courses organized by the research team. The course is a combination of group counseling and individual counseling. After 6 months, the subjects of group A and group B completed the test again. By analyzing the results of the scale, the differences in the mental health of the two groups of subjects before and after treatment were compared.

Results and discussion: Through the above survey, we can see that there are three main psychological causes of juvenile delinquency: (1) Social factors. The crimes committed by minors are usually imitative crimes, especially the violent culture spread in the current society, which is very easy to impact the minds and psychology of minors. In addition, there are some bad habits in the society and the instigation of unscrupulous persons, etc., can make minors form a criminal psychology, thus embarking on the road of juvenile delinquency. (2) School factors. In recent years, school violence incidents have become more frequent, and the factors that form violence incidents are also absurd and varied. However, teachers engaged in mental health counseling in many schools are not professionals in psychology, and they do not possess the professional qualities and qualities of psychological counseling skills, so that the psychological problems that appear in the minors cannot be prevented and corrected in a timely and effective manner, which leads to a variety of psychological problems for the minors. (3) Family factors. In the process of education for minors, family education often plays a more important role. Parents' behavior may involve children's behavior and psychological activities, and when family education is extremely lacking, minors lack discipline. Excessive behavior is very prone to trigger juvenile delinquency.

Therefore, the following measures should be taken to prevent and treat:

(1) Incorporate mental health into the evaluation index system for the quality of rehabilitation of juvenile offenders; It is necessary to include the mental health as a measurement standard in the evaluation indicators for the quality of rehabilitation of juvenile offenders, and whether the mental condition of juvenile offenders is healthy after correction is used as an indicator to measure the quality of correction, so as to make the mental health of juvenile offenders better and attention no longer stays in words.

(2) Establish psychological files of juvenile offenders and conduct regular mental health assessment; if the mental health status of juvenile offenders can be included in the evaluation index system of correction quality, it means that the work of psychological correction should be formalized and routinely implemented. Therefore, juvenile correction institutions should establish psychological files for every juvenile offender who undergoes correction, and set up standardized and strict file management regulations at the same time.

(3) Combination of routine counseling and specialized treatment. Specific to the psychological correction of juvenile offenders, the measures of "routine counseling + specialized treatment" can be adopted. Regular counseling can be organized in groups on a regular basis, and every juvenile offender in the correction institution must participate. Routine counseling aims to cultivate the habit of trusting and helping each other by juvenile offenders through group activities and communication. At the same time, teach juvenile offenders the basic knowledge and skills of self-diagnosis and self-regulation of their own mental health, so that they can have a preliminary understanding of their own mental health. Take the initiative in self-grooming and dare to seek help when needed.

(4) Introduce social forces and make up for the current lack of resources through "volunteers + purchasing services". Regarding the psychological treatment of juvenile offenders with more serious psychological

problems, the correction institution is difficult to do with its own resources and abilities, and has high requirements for the qualifications of the treatment personnel, so it can be carried out through the government's purchase of services. Correction institutions for juvenile offenders can try to establish a fixed cooperative relationship with surrounding psychological counseling institutions or hospitals, and correction institutions can purchase professional psychological treatment services from cooperative units at relatively favorable prices when necessary.

Conclusions: It can be found that there is a causal relationship between the criminal behavior of minors and their mental health that cannot be ignored. The study of juvenile criminal behavior and corrective measures is inseparable from a detailed analysis of their psychology, and this requires reference to the relevant research results of psychology. For the common mental health problems of juvenile offenders, professional psychological counseling must be given to them. If necessary, they even need to take drugs for systematic treatment, otherwise the psychological problems are likely to continue to worsen. The introduction of psychological correction measures should be promoted step by step, and a certain degree of openness should be maintained in the process of institutionalization, allowing localities to explore based on actual conditions, and then promote them to legislation on the basis of accumulated experience.

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PURCHASE INTENTION OF CULTURED MEAT PRODUCT: AN EMPIRICAL STUDY FROM CONSUMER PSYCHOLOGY PERSPECTIVE IN WUHAN

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Background: Cultured meat products had become a substitute for traditional meat products in recent years, especially in the background of the shortage of global food supply under the COVID-19 epidemic. However, cultured meat products were still just getting started in the Chinese food market. For example, Kentucky Fried Chicken (KFC) and Burger King did not enter the Chinese cultured meat industry by the end of 2020. Although cultured meat was a new thing for the Chinese market, whether consumers had sufficient willingness to buy such products was seldom discussed. In order to broaden the plant-based cultured meat market and increase the consumer's enthusiasm, it was worthy of in-depth discussion to explore the factors affecting consumers' purchase intention from the consumer psychological perspective.

Subjects and Methods: An on-site survey was conducted in October 2020, with more than two hundred consumers who bought cultured meat products in two KFC stores in Wuhan. The survey aimed to determine the relationship between consumers' psychological perception and purchase intention and the factors that affect consumers' psychological perception. There were several reasons for selecting KFC consumers of Wuhan as objects in this study. First of all, KFC had a relatively large consumer group from different income levels in the Chinese market, making the survey objects more representative in selection. Secondly, Wuhan was one of the first six cities where KFC launched cultured meat products. Moreover, Wuhan city ranked No.4 among the new first-tier cities in China considering economic development, which could better reflect the current consumers' preference of first-tier cities. Besides, consumers in Wuhan were the group that we can reach with the least cost.

Study design: To ensure the validity of the data, we restricted the survey subjects to KFC cultured meat products consumers who were over 16 years old. An empirical analysis was used to construct a research model of factors affecting consumers' cultured meat purchase intention (as shown in Figure 1 below). SPSS and Amos were used as tools to analyze research data.