

establishment, personality, gender and other aspects between the control group and the observation group. Among them, the control group used the ordinary teaching mode, the observation group under the guidance of educational psychology, the teacher to educate the learners, the overall test time for one month, after one month to investigate the two groups of students' academic performance.

Study design: In the observation group, after understanding the characteristics of educational psychology, teachers conducted individualized differential teaching from the perspectives of physiological factors, cognitive factors (including intelligence, linguistic ability, learning strategies, communication strategies, etc.) and emotional factors (including motivation, attitude, personality, etc.), Based on the analysis of teaching objects, different teaching methods are adopted according to the characteristics of learners of different ages.

Methods: At the end of the one-month teaching period, test the students' academic performance, use Excel software to count and sort out the academic performance, and calculate the average value to investigate the learning effect of different groups of students.

Results: Test the final scores of different students, after calculating the students' learning scores, get the students' score table as shown in Table 1. The scores of the students in the observation group are higher than those in the control group in different subjects, and the average score of the intercultural communication course in the control group is lower than 80 points, which indicates that the students in the control group have not fully mastered the course. The average score of the observation group was higher than 80 points, and the proportion of people with score higher than 80 points was higher, which was significantly higher than that of the control group.

Table 1. Scores of observation group and control group.

		Modern Chinese	Grammar in teaching Chinese as a foreign language	Intercultural communication
Observation group	Average score	89.34	86.51	82.18
	Proportion of people with score higher than 80	78.30	82.60	89.30
Control group	Average score	82.18	83.62	75.49
	Proportion of people with score higher than 80	64.80	67.90	36.40

Conclusions: As the name suggests, educational psychology is an interdisciplinary subject of psychology and pedagogy, and it is also an important branch of psychology, belonging to a kind of applied psychology. This research takes educational psychology as the breakthrough point, first clarifies the category of educational psychology, and then makes an in-depth study of one of its branches, namely, language educational psychology, so as to lead to foreign language educational psychology. As a teacher of Chinese as a foreign language, the main criteria of mental health are as follows; The identification of teachers' identity, harmonious interpersonal relationship, correct self-awareness, self adjustment and self-control, educational originality, emotional stability, overcoming cultural conflicts, good contact with the environment and effective adaptation. Teachers can play the role of instructors only when their psychological quality is guaranteed. In the later research, it focuses on the analysis of foreigners' psychology of learning Chinese from five aspects: students, teachers, teaching content, teaching media and teaching environment. This is helpful for teachers to determine the key points and difficulties of teaching by mastering students' learning psychology. It is also helpful for teachers to find correct methods to help students reduce learning pressure and psychological barriers and ensure learning effect.

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IMPORTANCE OF PHYSICAL EDUCATION TO STUDENTS' MENTAL HEALTH

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Background: Mental health generally has the following criteria: First, they have normal cognitive ability, can objectively reflect external things, and can make correct judgment and reasoning; Second, we should have stable and optimistic mood and positive and healthy emotion; Third, they should have normal reaction, good will and strong ability to endure setbacks; Fourth, we should have normal communication ability, be able to get along with people around and protect good interpersonal relationship; Fifth, we should have a

correct self-view, be able to evaluate themselves practically and maintain a moderate self-esteem and self-confidence.

Students are in an important period of physical and mental development. With the development and development of physiology and psychology, the increase of competition pressure, the expansion of social experience and the change of thinking mode, students may encounter or produce various psychological problems in learning, life, interpersonal communication and self-consciousness. If some problems cannot be solved in time, it will have a sterile impact on the healthy growth of students, and serious will make students have behavioral barriers or lead to personality defects. Therefore, strengthening students' mental health education is not only the need of students' healthy growth, but also the requirement and need of social development for people's quality. To study the role of physical education in students' mental health education means that physical education activities should follow certain requirements of mental health education, improve and implement the guiding ideology of "health first", give full play to the special role of physical cultivation and expand it, assist students to develop psychological potential, and permeate cognition, personality psychology, psychological quality, emotion and emotion. The education of psychological adaptation is the process of guiding and helping students to get rid of psychological problems and overcome psychological obstacles.

Objective: Due to the characteristics of physical education teaching materials and the unique charm of physical education, physical education teaching has a unique role in students' mental health education. Therefore, through the study of the influence of physical education on students' mental health, the importance of physical education to students' mental health education is discussed, so as to provide basic theory and reference for the construction of mental health of school students.

Subjects and methods: With the psychological satisfaction scale as the research tool, and combined with the situation of physical education teaching, 120 school students' psychological satisfaction was investigated and analyzed to judge the influence of physical education teaching on students' psychological health.

Study design: A total of 120 students in a certain school were selected as the research objects. The age range of the students was 18-23 years old, and the average age was (21.5±1.56) years old. The students were divided into the observation group and the control group. The observation group was given the designed physical education, while the control group was given the ordinary teaching. The physical education of observation group is mainly as follows: Teachers should purposefully excavate the knowledge content with mental health value in sports teaching materials, or supplement some relevant materials, and integrate them into the teaching of sports health, health care knowledge and sports basic knowledge. By teaching, talking, demonstrating, discussing and watching videos and CDs of mental health education, students can master the general knowledge of mental health and mental health knowledge; It can only reflect the specific situation in a certain period of time, which is relative and has grade differences.

Methods: Emotional scale was used to evaluate psychological satisfaction, which was used to measure people's psychological satisfaction. Statistical software SPSS15.0 was used to analyze the data of student scale.

Results: In the teaching process of the observation group, through various kinds of stimulation contained in physical education activities, such as overcoming difficulties, competition, taking risks, seizing opportunities, pursuing uncertain goals, achieving goals, controlling, success and frustration, the multiple experiences of success and failure, joy and pain, expectation and disappointment, individual and group, equality and difference, justice and favoritism, rationality and irrationality were obtained, It can guide students to treat these emotional experiences correctly, and guide and educate students to treat their personal needs reasonably. Therefore, the observation group of students' emotional scale, students' psychological satisfaction is higher. In the control group, only 51% of the students were satisfied with the feedback result of psychological satisfaction, and they had a high degree of dissatisfaction, indicating that about half of the students did not like this teaching method. The specific data are shown in Table 1.

Table 1. Students' psychological satisfaction.

	Satisfied/%	Commonly/%	Dissatisfied/%
Observation group	94	6	0
Control group	51	32	17

The data in Table 1 can show that carrying out colorful campus sports activities can give full play to the role of sports in improving students' mental health. Physical education plays an important role in the mental health education of students.

Conclusions: Physical education plays an important role in adjusting and promoting students' mental health, reducing learning pressure, cultivating strong will, eliminating tension, developing students' good

psychological endurance to correctly deal with setbacks, improving students' self-confidence, and promoting the overall health level of students' physical, psychological, social adaptability and moral quality. Therefore, physical education teachers should be fully aware of their special role, master the basic knowledge of mental health education, consciously penetrate into their own education, teaching and management, combined with the actual situation of students, adopt flexible and diverse teaching forms, increase entertainment and carry out mental health education at the same time. Schools should organize various sports competitions and colorful campus sports activities to give full play to the positive role of sports in mental health.

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APPLICATION OF BEHAVIORAL PSYCHOLOGY IN THE ARTISTIC CREATION OF ABSTRACT SCULPTURE

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Background: With the accelerating pace of urbanization, more and more interesting interactive public sculptures appear in the public field of vision. The continuous expansion of its scale has aroused people's general concern about interesting interactive public sculptures. However, due to many objective reasons of history and reality, the overall level of interesting interactive public sculpture is not high, and there is a lack of positive interaction with urban public environment and public psychological behavior. Abstract art creation is a kind of spiritual creative practice, such as painting, sculpture, architecture, music, poetry, etc. they are all conscious and purposeful creative activities, the purpose is to "show the spiritual things in the perceptual image for reference". In the creative subject to give full play to the role of consciousness, the brain through the integration of consciousness, can be transformed into the content of ideological works of art, there is another part of the content is not aware of.

The behavioral psychology of the public has always been the concern of scientists. However, artists should also consider the behavioral psychology of the public in creating interesting interactive public sculptures. The injection of behavioral psychology not only makes the creation of interesting interactive public sculpture more in line with the "public-oriented" design principle, shortens the distance between the public and sculpture works, but also provides a platform for the public to communicate with each other, forming a good interactive relationship.

Subjects and methods: Due to the variety of urban public space, the urban public space in this paper is mainly outdoor urban public space, such as urban park. This paper analyzes and studies the number, distribution characteristics, artistic characteristics of interesting interactive public sculptures in different types of urban public space in Shanghai, as well as the classified records and systems of public behavior rules, behavior patterns and behavior characteristics in the urban public space. And in the form of a questionnaire to further analyze the experience and satisfaction of public participation in interesting interactive public sculpture.

Results: According to the data in Figure 1, the author conducted a random survey of 67 participants in Jing'an Sculpture Park, including 21.4% of children, 29.3% of young people, 26.6% of middle-aged and 22.7% of the elderly.

The author will take two hours as the standard to analyze the public who participate in the interesting interactive public sculpture. According to the data in Figure 2, the number of public participation at 06:00-08:00 is 12.8%, and that of the public at 08:00-14:00 is on the rise, and the number of public participation at 14:00-20:00 is fluctuating, among which the number of public participation reaches the peak at 20:00. The public likes the sculpture works in turn: urban fantasy, world children (8 pieces in total), music series (5 pieces in total).

The use of vision is the premise to promote the public intuitive experience of interesting interactive public sculpture. Only sculpture works that can stimulate the public senses can further induce the participation of public psychological behavior.

As shown in Figure 3, the interesting interactive public sculpture Tango of life, which is located at the gate of Shanghai World Trade mall, adopts bright red, which is very eye-catching. It borrows the form of pepper in modeling, showing the interest of the sculpture, and visually brings the public a lovely and interesting feeling.