



**Figure 1.** Results of questionnaire survey on key items.

**Conclusions:** College Students' Ideological and political education and psychological counseling are different, but they can blend. In the new era, the combination of Ideological and political education and psychological counseling is an effective way to solve the actual psychological problems of college students and enhance the effectiveness of Ideological and political education.

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## IMPORTANT ROLE OF MENTAL HEALTH ANALYSIS IN PE WEIGHT-BEARING TRAINING TEACHING

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**Background:** Due to the reason of entering a higher school, contemporary students are faced with heavy schoolwork, psychological pressure is self-evident, and then a series of problems are coming one after another. Mental disorders and mental illness have become the most important problem that educators need to pay attention to. Cultivate good physical quality, social adaptation and psychological quality, eliminate the fear in sports, overcome the bad personality; Cultivate excellent will quality, promote the overall development of body and mind. How to make full use of the educational, competitive, cooperative and communicative characteristics of amateur training and teaching to guide students to experience all kinds of emotions in the process of physical training and exercise their will so as to achieve the purpose of improving their mental health is a problem that physical education teachers must seriously consider. The health curriculum of physical weight training takes physical practice as an important method to enhance the physical and mental health of the students. To combine mental health and physical training, to set up various processes of mental health education for students' psychological education, to do a good job in physical training and mental health regulation, will realize its due value.

**Objective:** Taking psychological satisfaction scale as a research tool, combined with physical exercise situation, 90 school students' psychological satisfaction was investigated and analyzed.

**Subjects and methods:** Taking psychological satisfaction scale as a research tool, combined with physical exercise situation, 90 school students' psychological satisfaction was investigated and analyzed.

**Study design:** The subjects were 90 students of grade 1 and grade 2 in 3 schools in a city. The average age of the subjects was 16-20 years old ( $17.6 \pm 0.56$  years old). Among them, 60 boys and 30 girls are involved in sports and non-sports majors.

**Methods:** The Affective Scale was adopted to evaluate the degree of psychological satisfaction, and the reliability of the scale was 0.76, including three dimensions, namely, common affective and negative affective balance of ten items. The score of affective balance is divided into three types, namely, (6-9), (5) and (1-4), according to the results, (6-9), (5) and (1).

After passing the group test, the subjects were required to answer the questions one by one after carefully reading the instructions according to the uniform provisions, and 90 copies were taken back on the spot, of which 83 were valid questionnaires (59 boys and 24 girls) had an effective rate of 92.2%. All data were analyzed by SPSS15.0 software, and  $P < 0.01$  was the significant level,  $P < 0.05$  was the significant level.

**Results:** The results of specific tests are shown in Table 1 and Table 2.

**Table 1.** Results of student psychological satisfaction survey.

Factor	Population	Sports major	Non-sports major	<i>t</i>	<i>P</i>
Positive emotion	1.98±1.12	2.12±1.07	1.7±1.37	0.844	0.382
Negative emotion	3.44±1.30	3.16±1.38	3.69±1.36	2.145	0.090
Affective equilibrium	3.86±1.36	3.07±1.60	3.93±1.56	-1.368	0.193

Note: \*\* is  $P < 0.01$ , \* is  $P < 0.05$ , *P*, *T* is the comparison between sports majors and non-sports majors, the same below.

From Table 1, it can be seen that the positive emotion of PE majors is higher than that of non-sports majors, the negative emotion is lower than that of non-sports majors, and there is significant difference ( $P < 0.05$ ), the emotional balance is lower than that of non-sports majors. This shows that the students of P. E. major have more positive emotional experience than those of non-P. E. major, and less negative emotional experience than those of non-P. E. major.

**Table 2.** Emotional balance status results.

Factor	Population (83)/%	Sports (27)/%	Non-sports major (56)/%
Unbalanced (1-4 points)	49/59.0	12/44.4	36/64.3
Intermediate (5 points)	23/27.7	7/25.9	13/23.2
Balanced (6-9 points)	11/13.3	8/29.6	7/12.5

As can be seen from the Table 2, the emotional balance of the students is mainly unbalanced (59.0%), followed by the intermediate (27.7%), and the number of the balanced (13.3%), and the proportion of the active exercise students is higher (29.6%) than that of the non-sports students (12.5%). Thus, students emotional balance is not optimistic, often exercise students emotional balance ratio higher than non-sports professional students. Research shows that students with emotional imbalance are more likely to have difficulties and contradictions in contact with the surrounding environment, resulting in interpersonal relationships, depression and other psychological symptoms.

**Conclusions:** Coaches should be good at discovering, analyzing and dealing with students' sports panic psychology, helping them overcome all kinds of bad personality psychology, and cultivating good mood and will quality. Only in this way can the teaching quality of the training course be improved more effectively and the sports reserve talents with high quality be cultivated. At the same time, we should actively carry out the activities which are suitable for students' psychology and help them to improve their mental health, so as to realize the real goal of promoting people's physical and mental health.

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## MENTAL DEMAND CHANGE OF USERS ON MODERN MANUFACTURING TECHNOLOGY