

deep. In this process, they can feel the importance of communication step by step, and gradually put down their psychological fear and defense, and become more willing to communicate.

Table 2. Posttest scores of social anxiety of students in experimental group and control group.

V ₁	Total score		Social avoidance and distress		Fear of negative evaluation	
	Experience group	Control group	Experience group	Control group	Experience group	Control group
Average value	7.24±1.51	9.54±1.05	3.36±1.28	2.91±1.14	4.15±1.28	6.7±1.24
<i>t</i>		-3.561		-4.671		-6.091
<i>P</i>		0.001		0.001		0.000

Conclusions: Through this study, campus football has a positive effect on college students. Around the research theme, campus football can optimize the social anxiety of college students. And through the rich and colorful football activities, the students' sense of competition has been obviously stimulated, and the students' desire for victory is overwhelming. In order to obtain the victory fruits of the game, Zeng yuan must have a benign and effective communication. Therefore, when the students communicate with each other, the disadvantages of social anxiety are naturally put aside and effectively alleviated Social anxiety.

* * * * *

APPLICATION AND PRACTICE OF EDUCATIONAL PSYCHOLOGY IN THE TEACHING OF COLLEGE STUDENTS MAJORING IN PHYSICAL EDUCATION

Shuxing Chen

Sports Division, Hangzhou Normal University Qianjiang College, Hangzhou 310018, China

Background: College students are a special social group. The university stage is not only an important turning point in life, but also a critical period of individual development. The legal life in this stage is very sensitive, but the mind is not mature enough. Facing the pressure of study, interpersonal relationship, love, economy, employment and so on, they are facing severe psychological challenges. Faced with the failure of an exam, some students will find their own reasons and succeed through further efforts, while others will appear depression, depression, weariness, abandonment and other negative emotions; some negative news in real life makes it difficult for us to understand, and repeated University events wake up Jinzhong. The mental health level of college students is not in good condition According to the actual data, about 20-30% of college students have the tendency of mental disorder, about 10% have the serious mental disorder, and about 1% have the serious mental abnormality, and the proportion of people with mental health problems is increasing year by year. Therefore, it is a very important and urgent task to strengthen the teaching of College Students' mental health. It is very important to study the distribution characteristics of psychological pressure and resilience of different university groups in order to help college students improve their mental recovery ability, relieve psychological pressure and improve their mental health.

Subjects and methods: Taking the junior teachers of a university as the research object, the investigation scope includes the key majors and general majors, and the professional direction includes physical education, social sports, human body sports, sports training and national traditional sports. Through the investigation and study of different gender, different nationalities, different professional sports university teachers in the teaching work of emotional and mental health. The sample size of this sampling survey was 25, 3 invalid questionnaires were eliminated, and 22 valid questionnaires were obtained. The effective recovery rate was 88%, including 13 male teachers, accounting for 59%, and 9 female teachers, accounting for 41%. In the investigation, we need to quickly grasp the first-hand investigation data, and put forward the corresponding emotional intelligence and mental health problems according to the characteristics of the teaching work of college students majoring in physical education.

Study design: During the study, SCL-90 was used to evaluate the mental health status, with 9 symptom factor scores and total scores. EPQ was used to evaluate personality characteristics, and psychoticism (P), introversion and extroversion (E), neuroticism (n) and concealment tendency (L) were measured. The SCL-90 was compiled by de Rogatis, L.R. and translated and revised by Wang Z.Y. in China. It has 90 items, including feeling, thinking, emotion, consciousness, behavior, living habits, interpersonal relationship, diet and sleep. The score of the test is 1-5. The higher the score, the worse the mental health. The coefficient of

internal consistency is 0.683-0.872, the total table $\alpha = 0.973$.

Methods of statistical analysis: The data processing of the investigation results is carried out by using Excel and SPSS25.0 software, which provides reliable and detailed data for this study.

Results: The results of comparative analysis of the influence of educational psychology on the teaching of college students majoring in physical education are shown in Table 1-3.

Table 1. Comparison of SCL-90 factors among teaching teachers of Physical Education Majors of different genders.

	Male	Female	F	P
Total score	1.73±0.21	1.73±0.42	0.213	0.5634
Somatization	1.57±0.58	1.58±0.24	0.032	0.8211
Force	2.02±0.62	1.93±0.34	2.813	0.0321
Interpersonal relationship	1.82±0.32	1.91±0.32	0.043	0.823
Depressed	1.72±0.45	1.76±0.34	0.092	0.721
Anxious	1.61±0.32	1.65±0.45	0.032	0.842
Hostile	1.78±0.73	1.78±0.83	0.452	0.526
Terror	1.45±0.56	1.43±0.46	0.003	0.947
Paranoia	1.83±0.43	1.83±0.67	0.176	0.673
Psychotic	1.53±0.43	1.63±0.67	0.100	0.764

Taking the major as the independent variable to analyze the total score of SCL-90 and the level of 9 factors of male and female university teachers, the limitation of MANOVA analysis is that there is no statistical difference between male and female university teachers in these factors.

Table 2. Comparison of SCL-90 factor scores of Majors ($\bar{x} \pm S$).

Factor name	Sports training	Physical education	Social sports	Exercise human body	National traditional sports
Somatization	1.53±0.48	1.56±0.32	1.59±0.32	1.97±0.43	1.63±0.43
Force	1.77±0.52	2.01±0.68	2.18±0.83	2.71±0.12	1.98±0.32
Interpersonal relationship	1.63±0.63	1.93±0.32	2.01±0.43	2.17±0.43	1.98±0.21
Depressed	1.62±0.43	1.63±0.45	1.89±0.62	2.18±0.32	1.56±0.54
Anxious	1.51±0.43	1.73±0.32	1.83±0.63	2.12±0.32	1.78±0.43
Hostile	1.60±0.56	1.82±0.55	1.89±0.34	1.56±0.64	2.22±0.74
Terror	1.41±0.56	1.46±0.54	1.65±0.47	1.71±0.79	1.65±0.78
Paranoia	1.61±0.67	1.89±0.56	1.97±0.87	2.32±0.98	1.34±0.32
Psychotic	1.54±0.87	1.76±0.56	1.65±0.56	1.67±0.98	2.54±0.87

In the comparison of SCL-90 factor scores of different majors, there was no significant difference between social sports and human body major, social sports and physical education major ($P > 0.05$). Compared with physical education, national traditional sports and human body major, except for interpersonal sensitivity and terror, other factor scores of physical education major were significantly lower than those of human body major ($P < 0.05$ or $P < 0.01$). Except somatization and terror, other factor scores of sports training major were significantly lower than those of other three majors ($P < 0.05$ or $P < 0.01$).

Table 3. Correlation Analysis of EPQ and SCL-90.

	Total score	Somatization	Force	Interpersonal relationship	Depressed	Anxious	Hostile	Terror	Psychotic
E	-0.232***	-0.165***	-0.252***	-0.272***	-0.142***	-0.132***	-0.221***	-0.212***	-0.208***
N	0.523***	0.213***	0.435***	0.467***	0.437***	0.386***	0.421***	0.349***	0.531***
P	0.267***	0.265***	0.143***	0.132***	0.123***	0.432***	0.253***	0.324***	0.278***

22 subjects were selected to participate in the measurement of SCL-90 and EPQ at the same time. The correlation analysis between the scores of each factor and total score of SCL-90 and the scores of E, N, P

subscale of EPQ showed that all the above items were significantly positively correlated with the scores of *N*, *P* scale, and negatively correlated with the scores of *E* scale.

Conclusions: The scores of 8 factors of SCL-90 by introducing educational psychology into the teaching work of college students majoring in physical education are significantly lower than the norm, which indicates that the mental health level of the teaching staff of college students majoring in physical education is higher than that of the domestic population. Through the analysis of the reasons, it is found that the teaching mode of P.E. major is determined by more physical activities than teachers of other majors, which improves the level of mental health to a certain extent.

* * * * *

PSYCHOLOGICAL VALUE ORIENTATION OF SOCIAL SPORTS TEAMS UNDER THE INFLUENCE OF SPORTS HUMANISTIC SPIRIT

Dan Li¹, Guo Lu^{2*} & Bin Gong³

¹*College of Sports Humanities and Social Sciences, Jilin Sport University, Changchun 130000, China*

²*College of International Football Education, Jilin Agricultural University, Changchun 130000, China*

³*Graduate Office, Jilin Sport University, Changchun 130000, China*

Background: Sports humanistic spirit can promote the development of socialist harmonious society. The core idea of harmonious society and humanistic spirit is consistent and unified. As the concrete embodiment and carrier of sports humanistic spirit, athletes can pass the dual aesthetic feeling of human body and spirit, such as active struggle, never give up, teamwork and attention to people, through competitive competition. The process shows, so that the spectators can feel the enlightenment and infection through the competition, so as to enhance the spectators' spiritual realm, extend the competitive humanistic spirit to the whole society, and then provide a strong driving force and social foundation for the rapid and effective development of the socialist harmonious society. Sports humanistic spirit is the core driving force for athletes to continuously improve their competitive ability and competitive performance. With the gradual establishment of the socialist market competitive physique and the deepening of the reform of competitive sports physique, the value orientation of athletes is increasingly diversified. In addition, with the continuous development of market competition, the rationality and legitimacy of individual interests have been recognized and affirmed. The psychological values of athletes with collective interests as the core are constantly challenged, which makes the psychological values of many athletes no longer a single dominant value with a certain value as the core, but diversified development. The level of athletes in the competition is determined by their own competitive ability. Competitive ability refers to the ability of athletes to compete, which is composed of physical ability, skills, tactical ability, psychological ability and knowledge ability. Among them, psychological ability and knowledge ability are the recessive parts which can't be perceived directly, but they can have a direct impact on physical fitness, skills, tactical ability and other appearance quality, and thus affect sports performance. However, sports humanistic spirit can effectively promote the psychological values of athletes, and then promote the healthy development of athletes' psychological health.

Subjects and methods: First of all, eight experts of sports psychology were consulted on the six-conception temperature and operational definition of the questionnaire, and the overall approval rate reached 95%. First, according to the data collected from the open survey of coaches, athletes and sports experts in the early stage of the study, the evaluation items of the psychological value orientation of the sports team are compiled systematically. This study interviewed 15 coaches, 7 managers, 12 sports scholars and 10 athletes. The second is to refer to the value orientation items contained in the existing measurement tools of psychological value orientation of sports teams at home and abroad. Through interviews with coaches, athletes and sports experts. Through the open-ended survey, the data collected in the early stage are listed as the entries of the value orientation of the sports team one by one, and the subjects are asked to choose the entries of the psychological value orientation of the sports team they approve, and then the subjects are asked to say how to evaluate their selected psychological value orientation as much as possible.

Study design: The main purpose of the test is to analyze the items and exploratory factors of the initial questionnaire of psychological value orientation of sports teams, and to investigate the rationality of the items of the questionnaire. A total of 18 valid questionnaires were obtained, and the effective rate was 98%. There are 23 male athletes and 31 female athletes in the 20 groups. The athletes are engaged in track and field, wrestling, aerobics and so on.

Methods of statistical analysis: The collected questionnaire data were analyzed and processed by