

wrong. On the other hand, the teaching content elaborates the development and cultivation of individual morality from four aspects: cognition, emotion, will and behavior. In this part of teaching, teachers should carry out moral cognition, emotion and behavior education according to the students' actual situation and psychological development characteristics. This comprehensive, multi-angle and targeted education form promotes the development of students' moral cognition, which is much greater than that of single angle education or simple preaching.

**Conclusions:** The significance of the application of educational psychology in college students' education and teaching is to promote students' mental health, improve the quality of education management, and strengthen the predictability of education. The application of educational psychology in college education mainly includes insisting on taking students as the center, giving priority to encouragement and skillfully using psychological suggestion. In short, give full play to the role of educational psychology, lay the foundation for the development of College Students' normative behavior mode.

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## EFFECT OF MARTIAL ARTS TRAINING ON THE PHYSICAL AND MENTAL HEALTH OF YOUNG PEOPLE

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**Background:** Martial arts, as a rich and profound Chinese excellent traditional culture and a unique traditional sports event, has attracted many martial arts enthusiasts with its practical effects of strengthening the body, nurturing the spirit, cultivating sentiments, and exercising the will. Adolescents are in a critical period of growth and development. The healthy growth of adolescents is related to the prosperity of the country and the prosperity of the nation. Martial arts can deal with physical health problems such as obesity, early growth, short height and other physical health problems encountered in the growth of adolescents, as well as withdrawn personality, tired of learning, psychological problems such as lack of self-confidence and weakness in doing things have a good improvement effect. In this research, students participating in martial arts training are the experimental subjects, martial arts coaches and students' parents are the subjects of investigation, and the influence of off-campus martial arts education on the physical and mental health of martial arts students is investigated. According to adolescents' physiological anatomical characteristics and physical fitness development characteristics, the influence of martial arts training on the physical and mental development of adolescents is explored. It is believed that practicing martial arts in adolescence plays an important role in improving adolescents' motor system, cardiovascular function, respiratory system, nervous system and mental health.

**Objective:** Discuss the effect of martial arts training on the physical and mental health of young people, and propose corresponding countermeasures. Provide a certain reference for the promotion of martial arts aerobics for middle schools, inherit excellent national cultural traditions, expand the forms of exercise of extracurricular sports activities in primary and secondary schools, and enhance the physical and mental health of young people.

**Subjects and methods:** Randomly select 60 junior high school students from a certain school as the research objects. They are divided into the experimental group (wushu aerobics group) and the control group, with 30 people in each group, 15 boys and girls. All test subjects are in good health, with good motor organ function, and volunteer to participate in this experiment. Before the test, there was no significant difference between the two groups in the horizontal ratio of various physical fitness indicators. The subjects performed martial arts aerobics exercises for 12 weeks. The physical fitness test method and the psychological measurement method are used to compare and analyze the changes of the indicators (physical shape, fitness, function and mental health) before and after the experiment.

### **Study design:**

(1) Physical function indicators: After 12 weeks of martial arts exercises, the vital capacity indicators of the heart and lung functions of the students in the experimental group were analyzed.

(2) Physical fitness indicators: After 12 weeks of martial arts aerobics exercises, the difference between the experimental group students' physical flexibility in the sitting position, the grip strength of the upper limbs, and the endurance quality of the middle-distance running and the pre-experiment.

(3) After 12 weeks of martial arts aerobics exercises, the difference between the emotional dimension and the volitional behavior dimension was analyzed compared with before the experiment.

**Methods of statistical analysis:** Use SPSS version 17.0 software to process data.

**Results:** The analysis results of the subjects are described in a quantitative form, and the results are shown in Table 1:

**Table 1.** Analysis of test results.

Coding	Heart and lung function	Limb strength	Physical endurance	Willpower	Emotional control
Test group	0.45	0.63	0.74	0.82	0.90
Control group	0.37	0.41	0.48	0.52	0.63

(1) 12 weeks of martial arts aerobics exercise can significantly improve the cardiopulmonary function, limb strength and physical endurance of the experimental group students.

(2) After 12 weeks, the body shape of the students in the control group also showed an increasing trend, but there was no significant improvement in physiological functions and physical fitness indicators.

(3) Psychological survey results show that martial arts aerobics can significantly enhance the willpower and emotional control ability of the practitioners, and effectively promote the mental health of rural junior high school students.

The research results show that the influence of martial arts on young people, in terms of physical fitness, improves the endurance quality of young people, and promotes the development of young people's physical shape; in terms of psychology, it enhances the young people's ability to resist stress and frustration, build self-confidence, and improve In order to improve the interpersonal relationship of adolescents, they can scientifically carry out self-emotion regulation and control personal emotions and behaviors.

**Conclusions:** Martial arts aerobics has a positive effect on improving the physical fitness of young people. It is recommended that middle and primary schools offer martial arts aerobics courses. Due to the limited time and funding of this experiment, the entire experiment process was only carried out for 12 weeks. Future studies will appropriately increase the control group for comparison and extend the experiment time, and more comprehensively analyze and explore the fitness effects of martial arts aerobics. It is suggested that teachers should add some training on speed and explosive force while teaching martial arts aerobics to learn from each other's strengths, so as to achieve the goal of comprehensively improving the physical fitness of young people.

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## CURRENT SITUATION OF INTEGRATING BEHAVIORAL PSYCHOLOGY THEORY INTO IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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**Background:** Ideological and political education is related to the healthy growth and success of college students. Psychology and ideological politics are both humanities that study people's ideology and behavior. The educational methods of the two can learn from each other in many ways. The necessity of applying psychology theory to ideological and political education is based on this. The application strategy of academic theory in ideological and political education. Psychological theory is a science that studies the psychological process and the laws of psychological development of people. It is closely related to the ideological and political education work that also takes people as the research object. It provides an effective way for schools to better understand the psychology and behavior of college students.

In the traditional ideological and political education process, more one-way "indoctrination" education methods are adopted. This method does not understand the psychology of the students, is not clear about the needs of the students, and does not analyze the characteristics of the students, and it does not give play to the subjectivity of the students. Therefore, the educational effect is not significant.

Discussing the connotation and characteristics of the effectiveness of college students' ideological and political education from the perspective of psychology is a logical starting point for accurately grasping the effectiveness of college students' ideological and political education and further enhancing the pertinence, effectiveness and affinity of college students' ideological and political education. Psychological theory provides a way to understand the characteristics and laws of college students' psychological development. It uses the relevant theories of psychology, adopts different educational methods, teaches students in accordance with their aptitude, and "a key opens a lock". Effectively avoid the simplification and "one size