

mainly focuses on the emotional latitude of mental health, which is not only because of the core position of emotion in mental health, but also because of the most intuitive psychological effect reflected by physical activity or physical exercise. As for the immediate effect of activating vitality and positive engagement after football practice, we analyzed that this might be related to the improvement of mood state, the decrease of anxiety level, and the reduction of stress and tension after football practice.

Conclusions: Using the Exercise-induced Feeling Inventory, this paper tested the influence of college students' physical exercise on their emotions, and the results showed that under the football exercise, college students could be actively engaged, stimulate their energy, thus obtain pleasure, and regulate the physical and mental peace of the athletes. However, college students should also reasonably adjust the amount of exercise and exercise intensity, adjust the duration of exercise, to avoid sports fatigue and sports injury. For students daily participate in exercise less, must strengthen the sports health education, encourage them to take part in physical exercise, students can master certain professional knowledge, and have a healthy body, a more positive emotions and good quality finish, with honors, healthy body out of the school, to the society.

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A NEW MODEL OF COMBINATION OF HEALTHY PSYCHOLOGY AND IDEOLOGICAL AND POLITICAL EDUCATION GUIDANCE

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Background: With the increasing demands of the society on students, the increasing pressure of competition and employment, the expansion of colleges and universities and the influence of their own growth environment, the psychological problems of students who are the favorites of heaven have gradually become prominent, and the education of students' mental health cannot be delayed. Because ideological and political education has its own limitations, it is difficult to effectively deal with the problems faced by students by simply conducting ideological and political education through colleges or instructors. Therefore, it can be effectively combined with health psychology to relieve students' psychology.

Of course, the mental health education of Chinese students is still in its infancy, and a new model combining health psychology and ideological and political education guidance has already begun. Some schools are equipped with an appropriate number of full-time psychological teachers, offer courses on student mental health education, set up student psychological counseling rooms, establish student mental health files, and ultimately enable students' mental health education to be effectively implemented. Some schools also use moral education workers, and psychologists provide part-time psychological education. Among these workers related to student mental health education, many have systematic psychological knowledge, understand the laws of student psychological development, and at the same time master the basic principles and methods of psychological counseling, as well as certain psychological measurement techniques. In this way, good results have been achieved in the practice of mental health education and psychological counseling.

Objective: The educational goals of ideological and political education and mental health education are all aimed at enabling students to establish a healthy and positive outlook on life, world outlook, and values; both are aimed at enabling students to grow up healthy and happy through education. But there is still a difference between the two: ideological and political education is based on the country's political stand, economic interests and ideological requirements to exert ideological influence on students in an organized, purposeful and planned manner, and guide them to establish a correct world view and be positive. His outlook on life and lofty values. So as to lay the ideological foundation for cultivating socialist qualified successors, this kind of education is usually the same as the previous part, that is, the basic standards that everyone should know and achieve are macroscopic. Mental health education is more from a personal perspective, that is, based on the growth laws and needs of students, combined with effective technical methods such as psychology, ethics, and medicine, to conduct students' personal cognition, emotional state, and psychological quality. Adjustment. Because everyone's personality and growth environment are different, mental health education pays more attention to the personal perspective, which is microscopic. Therefore, it is necessary to establish a new model combining health psychology with ideological and political education guidance. In order to improve the overall quality of students.

Subjects and methods: The new model of combining health psychology with ideological and political education guidance can help students practice correct learning concepts and establish knowledge and

thinking awareness. The combination of the new model can be planned in terms of improving the ability of independent learning, stimulating students' interest in learning, and promoting the development of mental health. This article mainly investigates and analyzes the improvement of students' learning psychology from the combination of new models. By distributing questionnaires, statistically analyze the effect of the new model of combining health psychology with ideological and political education guidance on students' learning psychology.

Study design: Using stratified cluster random sampling method, 500 students in school were surveyed. Randomly select one junior high school, one high school, and one university school. One class is selected for each grade. A total of 10 classes of students are surveyed. A total of 500 copies are issued and 477 copies are recovered. The effective number is 461 copies.

Methods: Use Excel to calculate the impact of the combination of health psychology and ideological and political education on students' learning psychology.

Results: Only by doing a good job in students' mental health education and improving their psychological quality can students be mentally positive and healthy, and can they better accept ideological and political education. Clear life goals through psychological counseling and have good psychological quality. Only a student with a good mentality and good psychological quality can better adapt to the society and deal with the various pressures and challenges in life and society, so that he can be invincible under any circumstances. The specific statistical table is shown in Table 1.

Table 1. The impact of the combination of health psychology and ideological and political education guidance on students' learning psychology.

Factor	Self-learning ability	Learning interest	Mental health development
Junior high school	3	3	4
High school	4	3	3
University	4	4	3

In the survey results, five levels from 0 to 4 are used to quantify the impact value of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact Individual subjective causes large errors. Take 500 students' ratings and take the average, and the results are rounded off to determine the results.

Conclusions: Ideological and political education and mental health education are not the relationship of inclusion; the two are mutually infiltrating and supplementing each other. Only a good organic combination of the two can exert the greatest advantage in moral education for students, and enable students who are the proud children of heaven to grow up better, healthier and happier, and enable students to learn to establish themselves correctly. Life ideals and realize their own life value. In the process of realization, this magnificent life goal can be achieved through one's own excellent psychological quality and good adaptability to the society. In this whole process, both ideological and political education and mental health education are indispensable.

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ANALYZE INTERNET FINANCE FROM THE PERSPECTIVE OF PSYCHOLOGY TO PROMOTE THE DEVELOPMENT OF GREEN ECONOMY

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Background: Whether it is Internet finance or green finance, it is a new thing. Internet finance needs to rely on modern technology and information to carry out financial crisis services. Compared with traditional financial models, Internet finance requires less manpower, convenient services, lower operating costs, more personalized products, and higher business processing efficiency. As a brand-new concept of financial development, green finance means that the development of financial services achieves the coordination and synchronization of environmental protection and economic development, that is, the realization of