

Table 1. Comparison of partial anxiety status between the two groups before and after the experiment.

Group	Before and after the experiment	No anxiety	No anxiety mild anxiety	Moderate anxiety	Severe anxiety
Experimental group	Before the experiment	0	9	15	6
	After the experiment	13	12	5	0
Control group	Before the experiment	0	12	14	4
	After the experiment	5	5	17	3

As can be seen from Table 1, after 3 months of basketball and aerobic exercise, the anxiety of college students in the experimental group was significantly reduced, the students with severe anxiety turned to severe anxiety or mild anxiety, and the students with moderate anxiety turned to mild anxiety or even no anxiety, indicating that basketball and other aerobic exercise can effectively intervene college students' anxiety. Although some of the students in the control group had no anxiety, the number of students with moderate anxiety increased instead of decreasing, which indicated that it was difficult to relieve their anxiety without intervention. Although some of the students in the control group had no anxiety, the number of students with moderate anxiety increased instead of decreasing, which indicated that it was difficult to relieve their anxiety without intervention.

Conclusions: Basketball and aerobic exercise, as a method of exercise intervention, are simple, feasible and suitable for college students to use in self-regulation of emotion. Individuals can reasonably choose sports events as a way of emotional adjustment according to their own conditions and needs. In order to strengthen the students' ability of self-awareness and control of their emotions, colleges should incorporate such courses as basketball into mental health centers, psychological groups and PE classes.

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AN ANALYSIS OF THE INFLUENCE OF RURAL TEACHERS' SALARY ON TEACHERS' WORKING ATTITUDE BASED ON BEHAVIORAL PSYCHOLOGY

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Background: Behavioral psychology is a school of psychology that originated in America in the early 20th century. According to behaviorism, psychology should not study consciousness, but only study behavior. Behavior is the combination of various bodily responses that an organism uses to adapt to environmental changes. These responses are nothing more than muscle contraction and glandular secretion, some of them in the external performance of the body, some hidden in the body, the intensity of large and small. In organizational behavior, there are many psychological factors that affect employees' work attitude and behavior. However, the study on the influence of psychological capital on employees is just beginning. Empirical studies conducted in enterprises have shown that psychological capital and hope, optimism and tenacity dimensions, can have a positive impact on the work performance and attitude of employees. For the rural teachers, the rural areas are remote areas, the conditions are difficult, far away from the city, which requires the rural teachers to have excellent psychological quality to live in poverty. Rural teachers are also paid a bit more than their urban counterparts, but because of the difficult conditions in the countryside, it is impossible to provide quality assurance for teachers' actual life. Therefore, teachers' working attitude is easy to change with the change of life. Analyzing the influence of rural teachers' salary on teachers' working attitude is conducive to providing good salary guarantee for rural teachers, and appropriate salary can also make rural teachers have a sense of psychological fairness.

Objective: Understanding how to improve the quality of rural teachers plays an important role in promoting the stability and rapid development of rural teacher teams, and in promoting the integration of urban and rural education and narrowing the gap between urban and rural education. At present, many rural teachers do not have a profound understanding of their profession and their value orientation is not clear enough. As a dynamic factor, stable belief and evaluation system, work values have a certain impact on teachers' work behavior. Based on this, only by making rural teachers' work values clear, can rural teachers

work more steadily in the future and gradually improve the overall teaching force of rural teachers' team. In this environment, the development level between rural teachers and urban teachers will be gradually reduced, at the same time, it can promote the integration of urban and rural development, balance urban and rural education level, and promote the construction of new rural areas. Therefore, it is very necessary to improve rural teachers' working attitude. Based on behavioral psychology, this paper analyzes the influence of rural teachers' salary on teachers' working attitude.

Subjects and methods: Using a convenient sampling method, 200 questionnaires were distributed to teachers of some rural primary and secondary schools (including 5 primary schools and 3 secondary schools), 186 valid questionnaires were collected, and the effective rate was 93%. Among them, 108 were male teachers and 92 were female teachers, and the age was 35±6.12 years old. Randomly selected 50 teachers were interviewed to find out what they were satisfied with and what they were not. The interview lasted from 20 to 60 minutes.

Study design: The reliability of the questionnaire is 0.85, which indicates that the reliability of the questionnaire is good. Using "Rural Primary and Secondary School Teachers Work Values" questionnaire using a five-point scale, item score 1 for the lowest level, 5 for the highest level. Finally, the questionnaire was revised to reflect teachers' psychological state and work attitude, including material reward, prestige, career development, interpersonal relationship, organization and management, altruism and dedication, as well as safety and stability.

Methods: SPSS13.0 statistical software package and Amos5.0 were used to analyze the data.

Results: Statistics obtained on the work values of rural teachers with different pay packages are shown in Table 1.

In terms of material reward, the Sig value of less than 2500 and 2500 - 3500 is 0.000, so there is a significant difference in material reward between less than 2500 and 2500 - 3000, and 2500 - 3500 is higher. By the same token, the differences are shown in the last column. Namely: in prestige status, income less than 2500 and income more than 3500 difference, and income more than 3500 high, income more than 2500-3500 and income more than 3500 difference, and more than 3500 high; In terms of organization and management, there is a difference between an income of less than 2500 and an income of more than 3,500, and the income is higher than the income of more than 3,500, and there is a difference between an income of 2500-3500 and an income of more than 3,500, and the income is higher than the income of more than 3,500; In altruistic dedication, income less than 2500 and income more than 3500 have difference, and income more than 3500 higher; In the total work values, income less than 2500 and income more than 3500 difference, and income more than 3500 high, income more than 2500-3500 and income more than 3500 difference, and income more than 3500 high. To sum up, rural teachers with higher income have higher awareness of teachers' work values. Analysis of Reasons: In the interview, it was found that the poor remuneration and welfare were the most dissatisfied aspects of rural teachers. Therefore, rural teachers with higher income had higher enthusiasm for work and better cognition of work than other rural teachers.

Table 1: Statistical results.

Dependent variable	Monthly income (I)	Monthly income (J)	Mean difference (I-J)	Standard error	Significance
Material reward	Less than 2500	2500-3500	-0.377	0.103	0
		More than 3500	-0.498	0.132	0
	2500-3500	More than 3500	-0.122	0.125	0.318
Prestige status	Less than 2500	2500-3500	-0.069	0.125	0.563
		More than 3500	-0.458	0.161	0.003
	2500-3500	More than 3500	-0.529	0.149	0.002
Organization and Management	Less than 2500	2500-3500	-0.081	0.129	0.540
		More than 3500	-0.341	0.165	0.016
	2500-3500	More than 3500	-0.319	0.157	0.039
Altruistic devotion	Less than 2500	2500-3500	-0.202	0.155	0.056
		More than 3500	-0.299	0.136	0.031
	2500-3500	More than 3500	-0.098	0.130	0.455
Total of work values	Less than 2500	2500-3500	-0.097	0.076	0.202
		More than 3500	-0.305	0.095	0.002
	2500-3500	More than 3500	-0.205	0.089	0.022

Conclusions: From the perspective of income, there are significant differences in prestige, organizational management, altruistic dedication and work value, and rural teachers with higher income have higher awareness of work values.

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RESEARCH REPORT AND REFLECTION ON THE PRESENT SITUATION OF KINDERGARTEN TEACHERS' FAMILY EDUCATION GUIDANCE ABILITY FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Family is the children's first living environment, family education is the foundation of children's success, its quality directly affects the healthy growth of children, personality can perfect development. With the emergence of a large number of only-child children in our country, the new phenomenon of family education stepping into the "erroneous zone" has emerged. The confusion and trouble encountered in the process of educating children are common in many families. Especially in the face of the competition and challenges in today's society, the eagerness to hope for a child's success often leads to many erroneous zones and blind zones in family education: For example, parents spoil their children, excessive protection, so that a large number of students self-centered consciousness, lack of social responsibility, it is difficult to form a healthy quality and sound personality; For example, parents only care about their children's exam results, while ignoring their children's mental health; Some parents only focus on their children's academic achievements and neglect the child's personality development and all-round physical and mental development. In addition, affected by many unfavorable factors in today's society, more and more teenagers are becoming isolated, selfish, aggressive, arrogant, and bored with school. Parents are beginning to feel at a loss. Some of them adopt a tough feudal paternalistic approach, while others simply give up on their children and put all the blame on school education. Therefore, how to carry out scientific and effective kindergarten family education, how to make children grow up healthily, has become a society, school and family issues of common concern.

Objective: The purpose of this study is to make use of the educational advantages of the school and the teachers themselves to study and explore the misunderstanding of the current family education, to find out the root cause of the kindergarten students' problems, and to explore the effective strategies and methods to guide the kindergarten students' family education from the perspective of positive psychology, to help parents establish a correct view of family education, to guide parents to master scientific methods to teach children, to improve parents' ability to educate children, so as to form a joint force of education, to achieve the perfect combination of family education and school education, and to promote students' all-round development.

Subjects and methods: In order to ensure the scientificity and representativeness of the questionnaires, this paper selects 5 kindergartens in a city that are currently carrying out family education guidance as research objects. Among these 5 kindergartens, there are 2 public kindergartens and 3 private kindergartens. The kindergartens selected in this paper are all window units of the same kind of kindergartens, which represent the whole city kindergarten. A total of 100 teachers' questionnaires were distributed, 96 were collected, the recovery rate was 96%, of which 96 were effective and 96% were effective. A total of 200 questionnaires were distributed to parents, 188 were recovered, the recovery rate was 94%, of which 183 were effective, the effective rate was 91.5%. Teachers and parents were asked to fill out the questionnaires respectively, and the average scores were calculated. The number, average and standard deviation of teachers' professional self-conscious quality in "communicating with parents", "organizing instructional activities" and "conducting classified instructional activities" were calculated respectively, and sorted in ascending order according to the average value.

Results: Positive psychology is a new research field emerging in the field of psychology. It is a psychological trend of thought to study the potential and virtue of human beings by using psychology. The research object of positive psychology is healthy ordinary people. It requires people to look at human potential, motivation and ability in a more open and appreciative way. The results are shown in table 1.