(time verb and self-verb) and background sentences are consistent with the test sentences. The former is the interviewee factor, the latter is the subject factor. The consistency and inconsistency of the metaphorical types of the background sentence and the test sentence are treated as experiments.

(1) Time in motion background sentence time in motion test sentence
(2) Ten Time Active Test Sentences
(3) Time in motion background sentence ego in motion test sentence
(4) Self-action-background sentence self-action-test sentence

Each processing has 5 groups of sentences, each group consists of 3 metaphorical background sentences and one test sentence. The subjects were randomly divided into two groups: one group was treated (1) and (2), and the other group was treated (3) and (4).

Methods: The subjects sat in front of a computer screen about 50 cm away from the screen. The experimental materials were presented on a black-and-white screen with white characters in 16 × 16 dot matrix Song style. Figure 3 shows how the material is rendered. Present one sentence at a time. There is a time axis below the sentence. The second event in each sentence is centered on the timeline. The subjects were asked to press one of two keys to indicate whether the first event (birthday) of the sentence occurred in the past or in the future relative to the second event (holiday) ("Q" means the past and "P" means the future). Make 10 sentences for each group. In each group, three metaphorical contextual sentences of the same kind were presented and then a test sentence was presented. The computer automatically records the reaction time and accuracy of the test sentences. The results were statistically analyzed by SPSS18.0 software.

Results: Test the statistics in different cases as shown in Table 1.

Table 1. Statistical results under different circumstances.

Background sentence	Test sentence	Accuracy rate	Average reaction time (ms)	Standard deviation
Temporal moving metaphor	Temporal moving metaphor	0.97	2728.16	1646.98
Ego active metaphor	Ego active metaphor	0.98	2025.96	1655.33
Temporal moving metaphor	Ego active metaphor	0.93	3495.17	2204.32
Ego active metaphor	Temporal moving metaphor	0.98	4323.02	2461.03

Conclusions: Time metaphor is a complex psychological phenomenon. The study of time metaphor is helpful to understand human cognition of time and the cognitive mechanism of human brain in abstract domain. The study of time-space metaphor tends to expand from the linguistic level to the non-linguistic level, from the time-space level to the distance-sustaining conceptual level, and then to all the concrete - abstract conceptual levels. As a cognitive mechanism of human being, it has its universality and particularity. Therefore, the cross-cultural contrastive study of time-space metaphor is rising. Whether time can be represented by spatial metaphor becomes a question worth considering as the research goes on deeply and emerges at the same time. The research on this issue needs to be further explored in both theoretical and empirical research.

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THE GUIDANCE OF "POSITIVE ENERGY" PUBLIC OPINION RESOURCE COMMUNICATION TO COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the new media as the carrier, "the communication of public opinion resources has the characteristics of openness, virtuality, interaction, permeability and so on." These characteristics have a

great impact on the ideological status of college students, mainly in the pursuit of individual freedom, the importance of communication in virtual space, the pluralism of their values, and some college students' trust crisis and personality psychological barriers. First of all, under the influence of public opinion resources, college students pay more attention to the pursuit of freedom and personality. Communication of public opinion resources is a kind of cultural phenomenon, which relies on the development of digital media, takes mobile phone and other new media as the carrier, and stores it under the digital media communication. The communication of public opinion resources is characterized by openness, which includes the opening of the source of information communication, the medium of information communication and the receiver of information. Under the influence of public opinion resources, college students can freely choose information resources according to their own interests and hobbies, and can freely express their opinions through new media without the restriction of time, space and social moral norms. At this point, if the "positive energy" public opinion resources, and widely disseminated, will imperceptibly affect the psychological state of college students, to guide the mental health of college students.

Objective: The dissemination of public opinion resources not only has an important impact on the ideological status of college students. At the same time, it weakens the actual effect of the guidance of political psychology of college students, which is embodied in the fact that the dissemination of public opinion resources has shaken the dominant position of the education subject, and the rapid development of new media has made the education carrier of the guidance of political psychology of college students lag behind the development of the times; The diversity of college students' ideological situation caused by the dissemination of public opinion resources weakens the pertinence of college students' political and psychological guidance. Therefore, in the dissemination of public opinion resources, we should input "positive energy", which can not only attract the attention of college students, but also guide the mental health of college students.

Subjects and methods: A total of 200 college students were selected to participate in the study. It was randomly divided into control group and experimental group, 100 in each group. In the experimental group, the students were restricted to contact only the "positive energy" resources when contacting the public opinion resources, and spread them. Reading positive public opinion resources every day for no less than 30 minutes. The control group did not restrict students how to access to public opinion resources, nor did they limit their exposure time. The whole experiment lasted 7 days. Both before and after the experiment, two groups of students were given questionnaires. The contents of the questionnaires mainly included mood fluctuation, self-esteem and sensitivity. There was no difference between the two groups before the experiment. SPSS15.0 software was used to make statistical survey.

Results: The findings are shown in table 1. It can be seen that the experimental group of students' self-esteems increased significantly, and the sensitivity decreased, the mood is not easy to fluctuate. However, the self-esteem of the control group did not increase significantly, even decreased slightly, and was more sensitive. This may be due to the fact that some public opinion resources have negative energy, which affects students' self-regulation ability.

Table 1. Statistical results.

	Groups	Self-esteem	Sensitivity	Mood swings
Experimental group	Before experiment	General	General	More volatile
	After the experiment	Stronger	Insensitive	General
Control group	Before experiment	General	General	General
	After the experiment	Relatively poor	More sensitive	More volatile

Conclusions: The dissemination of public opinion resources brings college students an open social environment, at the same time, it brings them into a "closed environment". The open environment mentioned above mainly refers to the opening of the virtual world, and the latter refers to the closure of the real world. Because the new media is fast and convenient, college students can understand the world through the network, which makes them narrow their own real communication circle, but also into a very broad virtual network environment. In the virtual network environment, they can do anything according to their own will, and can realize the impossible wishes in the real world, which has an important impact on their pursuit of freedom in real life. Therefore, the communication of public opinion resources has an important impact on the formation of college students' free personality.

College era is an important stage of life. Due to the pressure of study, work and interpersonal relationship, as well as the background of social transformation and reform, all kinds of contradictions and conflicts are intertwined, which have produced various complicated psychological errors and obstacles to college students' psychology. Under the background of "positive energy" public opinion resources, college educators

should strengthen the mental health education and guidance of college students. First, help universities to establish good interpersonal relationships; Secondly, to temper the will of college students and enhance their psychological easiness. Third, guide students to establish a correct learning objective, to deal with the problems that occur realistically, to maintain a good attitude.

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RESEARCH ON THE MENTAL HEALTH EDUCATION METHOD OF COLLEGE STUDENTS UNDER PHYSICAL EXERCISE

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Background: Nowadays, many college students in our country have different degrees of psychological barriers. Mental illness has become one of the main reasons for college students to drop out and drop out. What is more serious is that psychological barriers have threatened the lives of college students-one cause of suicide There are many people who may have suicidal tendencies, and they are the primary cause of suicide.

There are many researches on the mental health of college students in China, but there are still few researches on the mental health and education methods of college students majoring in physical education. In this study, the symptom self-rating scale and Eysenck education questionnaire were used to test 987 undergraduates in three grades and four majors in the Physical Education College of Hunan Normal University, with a view to understanding the mental health status and education methods of college students under physical exercise. And its relationship. On the basis of checking the stress level of college students, starting from the consensus that "physical exercise can improve mental health", physical exercise is regarded as a method and means to alleviate stress. Discuss what level of physical exercise can best alleviate stress Excited. Improve mental health, provide an effective method for solving the mental health problems of college students in our country. At the same time, provide a basis for treating and solving the mental health problems of college students.

Subjects and methods: Randomly select 987 undergraduate students majoring in physical education, sports training, social sports, and sports humans in the 03, 04, and 05 of the Physical Education College. 673 valid questionnaires of SCL-90 (507 males, 166 females) were obtained, with an effective rate of 68.2%; 927 copies of EPQ questionnaires (718 males and 209 females), with an effective rate of 93.9%.

SCL-90 was used to evaluate the mental health status, and the evaluation indicators were 9 symptom factor scores, total scores, total average scores, number of positive items and positive average scores. Use EPQ to assess education methods, measure psychoticism (P), introversion (E), neuroticism (N), and disguise tendency (L).

Study design: Select 558 subjects who participated in both SCL-90 and EPQ measurements, and correlate their SCL-90 factor scores, total scores, and total average scores with EPQ's E, N, and P subscale scores for correlation analysis, and found All the above items are significantly positively correlated with N and P scale scores, and significantly negatively correlated with E scale scores.

Methods of statistical analysis: The researchers numbered the returned questionnaires, eliminated blank and incomplete questionnaires as invalid questionnaires, and used SPSS 20.0 for data management and statistical analysis.

Results: The seven factor scores of SCL-90 of college students under physical exercise are significantly lower than the normal model of college students, indicating that the mental health level of college students under physical exercise is higher than that of domestic college students. Analyzing the reasons, it is found that the physical activity major determines that its students have more physical activities than other majors. Sports can improve the level of mental health to a certain extent. The statistical conclusion is shown in Figure