

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%.

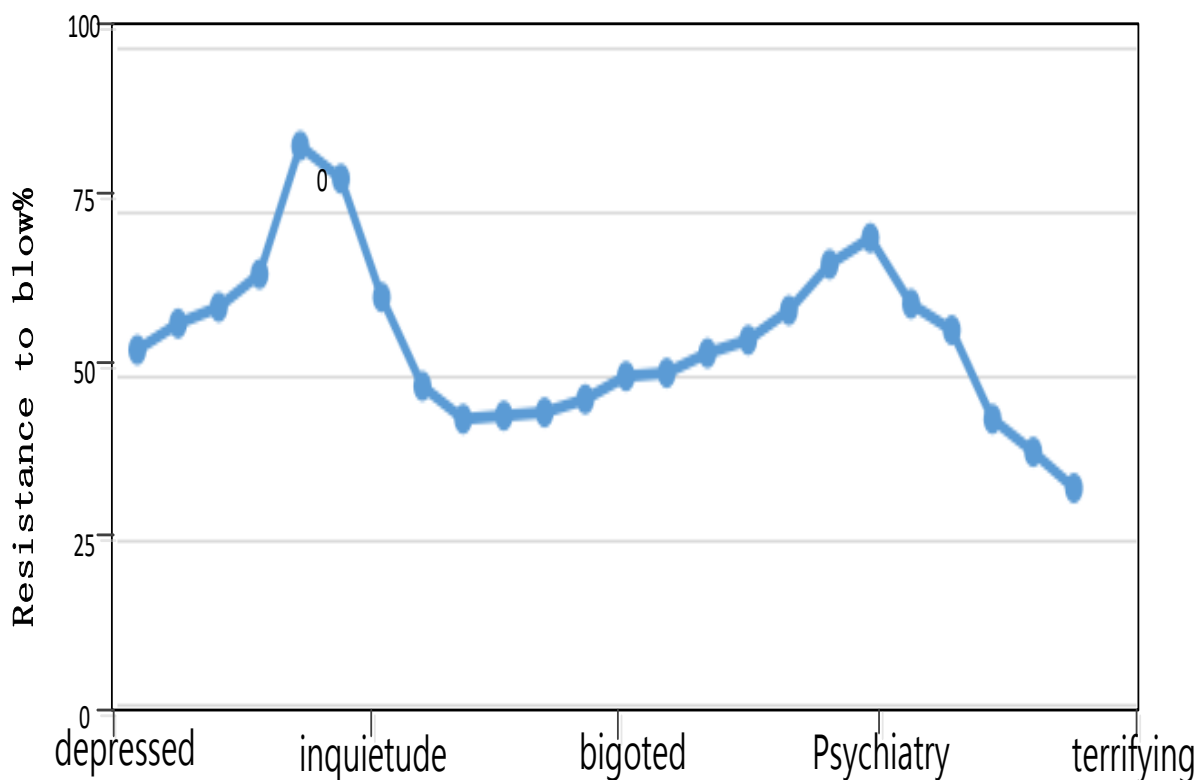
SCL-90 was used to evaluate the mental health status, and the evaluation indicators were 9 symptom factor scores, total scores, total average scores, number of positive items and positive average scores. Use EPQ to assess education methods, measure psychoticism (P), introversion (E), neuroticism (N),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

1.



**Figure 1.** Analysis of psychological resistance among sports students.

Among the 673 people who completed the survey, 41.0% had mild symptoms; 10.7% had moderate symptoms; and 1.2% had severe symptoms. This set of data compares the mental health survey results of 1,267 college students in Fujian Province (mild 61.56%, moderate 24.94%, and severe 1.58%), and the mental health survey results of 5220 college students in a city (moderate 16.51%) are all low. The proportions of college students with moderate psychological problems on each factor in descending order are hostility, compulsion, interpersonal sensitivity, depression, paranoia, psychosis, horror, anxiety, etc., which is similar to domestic related research.

From the comparison of gender, it is found that the psychological symptoms of girls are more extensive and more obvious than that of boys. This is similar to some related studies. Therefore, the psychological health of girls should be paid attention to. From the comparison of majors, it is found that the mental health level of the sports training major is better than that of the other three majors. This is because sports training majors take longer and stronger in sports training. Long-term participation in sports training makes their education more cheerful and outgoing, showing that they can withstand frustration and misfortune.

**Conclusions:** Investigate the relationship between the mental health of college students under physical exercise and educational methods. The symptom self-rating scale and Eysenck education questionnaire survey were conducted on 987 college students under physical exercise. College students with above-medium-level psychological problems accounted for 10.7%; girls' psychological symptoms were more extensive and more obvious than boys; the total scores and factor scores of the sports training major were significantly lower than those of the other three majors. Under physical exercise, the mental health of college students is better than that of domestic college students, and there is a close relationship between mental health and education methods.

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## TRANSLATORS' ANXIETY EXPRESSION ANALYSIS AND RELIEF STRATEGIES IN THE PROCESS OF TRANSLATIONS