

and quality of life of patients were observed.

Methods: The rehabilitation effect of schizophrenic patients was counted by excel.

Results: Listening to the violin has many advantages. Beautiful melody can calm the restless heart, but choose more soothing and gentle music. Gentle music can make people relax, relieve pressure, and cure some mental diseases to a certain extent. Music can stimulate the brain and intensify brain cells. Beautiful melody can stimulate brain activities and even achieve a certain anti-aging effect. Listening to some light music before going to bed can also improve sleep quality and promote sleep. In short, the intervention of violin playing can alleviate the listener's mood. This study mainly investigates the changes of patients' emotions, the impact of stress and emotional psychological changes, and uses SPSS 17.0 statistical data results.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 100 schizophrenic patients are taken as the average, and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Rehabilitation effect of schizophrenic patients

Group	Emotional aspect	Pressure relief	Emotional aspect
Patient	4	4	4

Conclusions: Violin playing intervention is a soothing and elegant intervention, which is different from other psychological interventions, and this intervention method can more effectively alleviate people's psychological depression and irritability. The intervention effect of violin music on people's emotional release is more obvious, and this intervention method is more acceptable, so that people can not only improve, but also cultivate their sentiment by constantly listening to violin music. So that people can release their pressure in the tune, which is very helpful for everyone's future development.

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THE INFLUENCE OF COLLEGE STUDENTS' PHYSICAL EXERCISE ON RELIEVING STUDENTS' MENTAL PRESSURE

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Background: Due to the development of science and technology and economy, people's material and spiritual life has become more and more rich. As a special group in modern society, contemporary college students have changed their spiritual field. Due to the interference of various factors such as society, family and themselves, college students are facing all kinds of mental pressure. Cause mental malaise, poor appetite and other adverse phenomena. As an important part of modern society, contemporary college students' mental health and mental stress cannot be underestimated. Because the physical and mental state of college students is not fully developed and mature, their coping ability is still immature, and their self-regulation ability in the face of setbacks and blows is poor. Therefore, there will be greater mental pressure when problems arise. It is undeniable that moderate mental stress can enhance people's ability to deal with adversity. However, too much mental stress can lead to negative emotions such as irritability, depression and anxiety. Many students are unable to relieve their excessive mental pressure and suffer from psychological diseases such as depression and mania. Due to the influence of disease, they can't control their behavior. Some of them have gone to extremes, even caused tragedies and become unstable factors endangering society. In order to improve and create a good social environment, we must pay attention to today's psychological education and explore improvement schemes. Patients with mental diseases are often excluded by today's society, which is very unfavorable to the treatment of patients, and will further develop their mental diseases. Serious mental illness will also lead to patients' retaliatory paranoia, which has brought unsafe factors to the society. This is also a painful blow to China's mental health cause. Based on this, we put forward this research, hoping to improve this situation through the research results of this project, improve college students' mental health education, and create a good campus environment and living environment.

Objective: At present, there are many reasons for college students' greater psychological pressure, among which the pressure brought by learning pressure and employment competition is far ahead, which is

consistent with the current situation of fierce competition in our society. With the continuous development of society and the increasingly fierce competition, academic achievement, as a kind of measurement index, has become more and more valued. This actually brings more mental pressure to college students. At the same time, the expansion of colleges and universities leads to the saturation of the employment market and the difficulty of graduates' employment. Many students have to choose to continue their studies in order to improve their competitiveness. In addition to these factors of school and society, the traditional concept of parents looking forward to their children also brings anxiety to students and increases their psychological pressure.

Subjects and methods: Make full use of the advantages of two body integration of medical students and sports lovers to explore the spiritual source of college students' psychological pressure. Through scientific and planned sports training, release the psychological pressure of college students, let college students go out of dormitories and classrooms, run to the playground, relieve the pressure and enhance the physical quality of college students. Improve the ability to resist pressure, so as to alleviate the psychological pressure of college students and prevent mental diseases. This study mainly investigates and analyzes the influence of physical exercise on relieving mental stress of college students. Through the way of questionnaire survey, the effect of physical exercise is counted.

Study design: 1000 college students are randomly selected to issue a questionnaire. The questionnaire is required to be completed at one time and within the specified time. A total of 1000 copies were distributed. 892 copies were recovered and 853 copies were valid.

Methods: Use excel to count the effect of college students' physical exercise on students' mental stress relief.

Results: For the survey results, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 1 means slight influence, 2 means average influence, 3 means obvious influence and 4 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 500 college students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Effect of physical exercise on relieving students' mental stress

Factor	Psychological activities	Degree of excitement	Physical condition
Student	3	3	4

Conclusions: Formulate a sports training plan suitable for the research object, and persevere in the implementation of the plan. The corresponding results can be obtained from this study, which combines the guiding ideology of "health first" of college sports with the concept of establishing the concept of "lifelong sports" for students. According to the psychological problems of some contemporary college students, the scientific sports training intervention applied in this study can provide an effective sports rehabilitation program, and is expected to be popularized in the population, so as to improve the national mental health level. For the research object, help the patients with mental diseases improve their bad emotions, alleviate mental pressure and psychological pressure, which is conducive to their psychological intervention treatment and help them move towards a clearer future. For today's society, the future scientific research achievements of this project can not only lay the foundation for the clinical practice of psychology, but also provide a new direction for the treatment of mental diseases. At the same time, it provides a new idea for the future research trend in this field, and plays a certain role in promoting social stability, so as to create a good psychological environment and improve the national mental health level.

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EFFECT OF FOOTBALL ON COLLEGE STUDENTS' MENTAL AND EMOTIONAL STRESS INDUCED BY EXERCISE

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Background: Although people are constantly pursuing health, they pay more and more attention to