

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

mental health. The combination of physical exercise and mental health is inseparable. Physical health promotes mental health. Physical and mental health is essential. Research shows that there is no significant difference between the cognition of physical exercise and the length of people's exercise time. Whether they decide to stick to this behavior is their emotion during exercise. Other studies have shown that people's emotional response to the expected value of exercise during physical exercise determines whether people will repeat exercise. Emotion is people's attitude towards objective things and corresponding behavioral response. People's behavior decision-making and behavior ability are affected by emotion, especially in interpersonal communication, sports attitude, work and learning efficiency and memory effect. Different emotions can cause a series of different physiological reactions in the human body. Positive emotions can promote people's behavior, negative emotions hinder people's behavior, and also directly affect people's work, study and life. Physical exercise can regulate the whole nervous system, adjust or change loneliness, depression, depression and inferiority complex, and increase interpersonal communication to maintain mental health.

Objective: To explore college students' exercise induced emotion and provide scientific basis for college students' health education.

Subjects and methods: 200 students, aged 20-22, were selected from a school. Before the test, the subjects had carried out intensive training for one month, and all of them could accurately and skillfully understand the key movements and skills of football.

Study design: 200 questionnaires were distributed to 200 college students, and 197 were recovered, with a recovery rate of 98.5%. The content of the questionnaire is the exercise induced Feeling Inventory (EFI) prepared by Cauvin and Rejewski, including four subscales: vitality stimulation, physical and mental calm, physical fatigue and active investment. Each subscale has 3 questions and a total of 12 questions. The structural formula model test shows that the scale has good structural validity. The internal consistency reliability of the scale is: vitality excitation subscale 0.78, physical and mental calm subscale 0.80, physiological fatigue subscale 0.72 and active involvement subscale 0.74. It shows that the degree of internal consistency is high. The scale has 6 scores in total, and the score range of each subscale is 0-15. Using the unified instruction, let the subjects complete it independently and take back the questionnaire on the spot.

Methods: All data were statistically analyzed and t-test was used.

Results: Vitality stimulation means that physical activity or exercise can restore and stimulate people's energy. It includes three factors: energetic, energetic and rejuvenated. Physical and mental peace refers to that physical activity or exercise can make people calm, including three factors: peace, relaxation and peace. Physical fatigue refers to the normal phenomenon that physical activity or exercise can temporarily reduce people's exercise ability and physical function, including fatigue, boredom and exhaustion. Active involvement includes three factors: passion, happiness and pleasure. In the research field of exercise psychology, most of the research is aimed at the effect of long-term exercise. At present. Many psychologists have begun to pay attention to the immediate effect of physical exercise. It is considered that the changes experienced in physical exercise can promote mental health. People's subjective state during exercise and after physical exercise can be used to predict the lifestyle of maintaining physical exercise. The statistical results are shown in Table 1.

Table 1. Statistical results (The average value ± variance)

Emotional vitality stimulation	Physical and mental peace	Physiological fatigue	Active involvement	Score
12.13±1	2.13±8.1	7.51±2.72	12.2	5±2.94

It can be seen from Table 1 that in the questionnaire survey of exercise induced emotion after football practice, the net scores of vitality stimulation and active investment show that one-time football practice can restore and stimulate people's spirit and produce good emotional arousal.

As for the immediate effect of stimulating vitality and active investment after football practice, we analyze that this may be related to the improvement of mood, the decline of anxiety level and the reduction of stress and tension after football practice.

Conclusions: Students themselves should further strengthen the importance of multi sports, clearly understand that a strong body is the basis for all work, constantly cultivate their interest in sports, promote physical and mental health, and cultivate lifelong sports awareness. Everything has its advantages and disadvantages, and physical exercise is no exception. Using incorrect methods to exercise is easy to lead to sudden situations such as injury and hypoxia, but it is not conducive to the healthy development of students' psychology and emotion. Therefore, in practice, we should increase the theoretical knowledge of students' mental health and physical exercise, and correctly guide students to carry out physical exercise, which can effectively promote the benign development of students' physical quality and mental health. The exercise

induced emotion questionnaire was used to test the effects of college students' physical exercise on their emotions. The results showed that college students could actively participate in stimulating their vigor and enjoyment, and adjust their physical and mental calmness. However, college students should also reasonably arrange and adjust the amount and intensity of exercise, adjust the duration of exercise, and avoid sports injury caused by sports fatigue. For students who participate in less daily exercise, we should strengthen physical health education and encourage them to participate in physical exercise, so that college students can not only master certain professional knowledge, but also have a healthy physique, have a positive mood and good quality, complete their studies, go out of school with excellent results and healthy body and go to society.

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COLLEGE STUDENTS' SELF COGNITIVE IMPAIRMENT AND REQUIREMENTS FOR EDUCATORS

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Background: College students' self-cognitive impairment is an important issue concerned by college students' mental health education. Psychological cognitive impairment mainly includes inferiority complex, pride and vanity. The main causes of college students' self-cognitive impairment are college students' self-positioning errors, the negative effects of family members and the negative effects of social external environment. Maintaining a healthy psychology requires college students to correctly locate themselves, do a good job in self-regulation, require family members to exercise self-discipline, continuously strengthen the construction of campus culture, optimize the atmosphere of public opinion, and establish a corresponding system to protect college students' mental health. Cultivating college students' good psychological quality is an important content of college students' education, but the current situation of college students' psychological quality is not optimistic. It can be said that if college students' self-awareness is correct, other psychological problems will be relatively easy to solve. on the contrary, it will induce many other psychological problems. Therefore, it is particularly urgent to analyze the current self-awareness of college students, find problems in time and take appropriate measures to solve psychological obstacles. At the same time, colleges and universities should strengthen the construction of college students' mental health education teachers and improve the mental health level of mental health education staff. We should train and improve the theory and methods of mental health for college educators and managers in various ways and ways, so as to realize the combination of macro and micro mental health education for college students. Strengthen the training of students' managers' professional knowledge of mental health, and establish a student management team with both students' work experience and mental health knowledge. In addition, colleges and universities should strengthen teachers' psychological counseling, and carry out it at the same time with students' mental health education, so as to strengthen teachers' understanding of the importance of mental health through a variety of ways and means.

Objective: Educators should pay attention to the ideological trends and psychological changes of college students. The current society is a highly developed society with fast information transmission. People's ideological exchange is more frequent. College students are in the era of information explosion. The exchange of various cultural ideas has a different degree of impact on college students directly or indirectly. The thought of college students is in the formation period. Educators should pay attention to the ideological dynamics of college students in time and actively guide college students to establish a correct outlook on life, world outlook and values. The psychological status of college students is constantly changing. Educators should strengthen the monitoring of the ability and health status of college students. In different periods, targeted investigations should be carried out, especially for events with significant psychological impact, timely investigate, master the psychological status of students, and take different measures for possible psychological problems in different periods, solve the psychological problems of college students in time.