

deeply about its existing problems, apply educational psychology and adopt scientific application practice strategies to promote the modern development of college physical education.

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

Group	Physical condition	Psychological situation
Experience group	3	4
Control group	0	1

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PSYCHOLOGICAL ANALYSIS AND EDUCATIONAL COUNTERMEASURES OF COMMUNICATION ADAPTATION OBSTACLES OF COLLEGE STUDENTS

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Background: College students are in their youth, and their psychological development level is in the stage of rapid maturity but not yet fully mature. Setbacks and difficult problems in study and life will bring some psychological pressure. The psychological problems of college students are the result of the joint action of many factors in this special environment. College students have become a high-risk group of psychological problems. Among many psychological problems, adaptation disorder is particularly common, which mostly occurs in freshmen and college students. "Adaptation disorder" is a psychological concept, which refers to the subjective pain and emotional disorder in the adaptation period of major life changes or stressful life events. After entering the University, many students can't adapt to the changes of the environment, resulting in emotional reactions such as anxiety and homesickness, which leads to physical symptoms, and can't deal with them through their own adjustment in the short term. Communication adaptation disorder generally refers to the sense of maladjustment caused by the sudden change of life and learning environment when freshmen enter the University, which is often accompanied by certain emotional symptoms and language symptoms. It mainly reflects the following characteristics: First, students are introverted. Second, pay attention to personal privacy. Third, it has certain language symptoms. Fourth, there may be psychological abnormalities. As the server and manager of College Students' specific work in school, counselors are responsible for students' ideological education, daily management and so on. When carrying out work, often communicate with students. However, in practical work, the communication between counselors and students often has obstacles. Facing the obstacles of students' communication adaptation, college counselors need to take certain educational countermeasures, adopt appropriate communication skills and innovative educational methods through reasonable psychological analysis, improve the countermeasures and solve the corresponding problems. At the same time, counselors should actively popularize mental health knowledge in their work and give early warning of possible psychological problems among college students. Therefore, it is very important to choose good educational countermeasures.

Objective: Although they are different from psychological counselors, counselors often play the role of psychological counselors in practical work and intervene in students' psychological problems. Using reasonable conversation skills can understand students' inner world and carry out positive psychological intervention, so as to help them achieve a healthy psychological state. This study changes the traditional communication methods to deal with the communication adaptation obstacles of college students, selects innovative methods, selects a step-by-step way for students through the application of counselors' psychological knowledge, and organizes students' regular communication and exchange from small group activities.

Subjects and methods: Taking alleviating college students' interpersonal communication as an index to alleviate college students' communication adaptation barriers, 50 freshmen were selected as researchers to fill in the questionnaire. Mainly through the investigation and analysis of active communication, personality change, fluent language and thinking and psychological situation, statistics are made on the improvement satisfaction of college students with communication adaptation barriers after the application of psychological education countermeasures.

Study design: Fifty freshmen were randomly selected, regardless of gender, class and major. Fifty college students were randomly divided into two groups: experimental group and control group. There was no significant difference in personality between the two groups before the experiment. The same counselor is

selected. By studying the students' psychology, the counselor regularly organizes large and small group activities for the students in the experimental group, such as class meetings, gatherings, interesting competitions, etc. The control group only communicated through the most basic ways of listening, encouragement and inquiry. After one month, the state of students was observed, and the impact of the implementation of this program on the psychological analysis and education of communication adaptation barriers of college students was analyzed through communication with researchers. In this study, the questionnaire is required to be completed at one time, and the specified time is 10-15 minutes. A total of 50 questionnaires were distributed, 50 were recovered and 49 were valid.

Methods: After the application of Excel statistics in psychological education countermeasures, college students' satisfaction with the improvement of communication adaptation barriers.

Results: The investigation and research show that the psychological analysis and educational countermeasures of college students' communication adaptation barriers really need to be improved and innovated. It not only requires counselors to be familiar with psychological knowledge, but also to be well applied to educational practice, and try to popularize psychology for students, so as to give early warning to the possible psychological problems of college students.

The survey results 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, 50 students are used to evaluate the value and take the average to obtain the result, which is determined by rounding, the specific statistical table is shown in Table 1.

Table 1. College students' satisfaction with the improvement of communication adaptation barriers after the application of psychological education countermeasures

Factor	Psychological aspect	Character aspect	Communication
Student	4	3	4

Conclusions: Some freshmen have outlined their ideal self-image in their mind before entering the university hall. However, after entering the university, they find that there is a day outside the sky, the original advantages no longer exist, and they suddenly become very mediocre. In the face of this gap between ideal and reality, freshmen often can't correctly evaluate themselves and face reality objectively. Therefore, it is necessary for instructors to carry out psychological education, and it is very important to choose a reasonable and effective way. It is conducive to the smooth progress of the educational process and achieve the educational effect satisfactory to counselors, students themselves, parents, schools and society.

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THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN CHILDREN'S CALLIGRAPHY EDUCATION

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Background: The current situation of calligraphy teaching in primary school is not as good as we think, nor as bad as we think, but it is not very satisfactory. Calligraphy course, like other courses, also has rules to follow. We should start from the characteristics of the classroom and teach this course well in combination with pedagogy and psychology. Teachers are the engineers of human soul. In order to correctly and effectively shape the "soul" of students, psychology must be used in teaching in order to achieve the close fit between teaching and learning between teachers and students, so as to achieve good teaching effect. Children's calligraphy teaching is no exception, mainly through the following aspects: Curiosity is the mother of attention, stimulate students' curiosity, take calligraphy education as a guide, and induce children's learning motivation. guided by campus culture, create a good learning environment, cultivate children's interest in learning calligraphy, and pay attention to the cultivation of children's correct habit of learning calligraphy. take calligraphy education as an opportunity to tap the function of calligraphy education, teach students according to their aptitude and publicize their personality. In teaching, teachers should also study children's psychology. It is necessary to correct some students' bad psychological tendency of learning books in time. take calligraphy anecdotes as resources, educate students with image perception and improve their consciousness of learning calligraphy, guided by inheriting the tradition, deepen the perception of books and