

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

posts, and strengthen the corresponding training of learning books, take the calligraphers of past dynasties as a model, constantly practice basic skills and cultivate self-confidence spirit. Based on life experience, expand students' artistic vision and understand the mystery of "Kung Fu outside words". Inherit and carry forward the educational function of calligraphy culture.

Zhang Taiyan once said that to destroy a country's words is to destroy a country. Nowadays, the world is becoming more and more information-based and digital, and the ability of handwriting is deteriorating. In particular, many people show that they can't write commonly used words in some daily writing. Once they write, they are typos. In short, the environment has a great impact on the inheritance and development of calligraphy art. Nowadays, calligraphy courses are offered in primary and secondary schools, and teaching materials are compiled systematically. The arrangement is reasonable and appropriate according to the characteristics of students in all grades, step by step. Calligraphy education is a basic and fundamental cultural construction and bears great social responsibility. Calligraphy education also carries the following functions: literacy education, cultural inheritance, moral education and art education.

Objective: Learning calligraphy is learning to be a man. As the saying goes, "people are regular, pens are positive, and calligraphy is positive, so people are also positive". As the saying goes, learning all depends on self-study, and teachers are no guide. Calligraphy is the art of handwriting, which is a ritual to get along with yourself. The practice of calligraphy has always been a personal behavior, so it needs meditation to succeed. Since ancient times, calligraphy has been the business of scholars. However, a famous calligrapher is first and foremost a cultural man. Therefore, to learn calligraphy, we must let students read more books, classics and history, and improve their cultural cultivation, so as to improve the artistic connotation.

Subjects and methods: Under the application of educational psychology knowledge, innovate the calligraphy education and teaching mode for children, that is, change the teaching concept of educators under the existing objective environment, change the teaching objectives from correcting children's behavior deviation to guiding children's positive psychological quality, change the focus from a few problem children to all children, and change the teaching method from full classroom teaching to experiential teaching, the only way from the main channel of the classroom to the first classroom theory teaching, practical teaching group counseling and relying on associations to carry out psychological activities are combined and complementary to each other.

Study design: Using stratified cluster random sampling method, 100 children were selected for investigation. 10 schools were randomly selected, and 10 students were randomly selected from each grade. A total of 100 questionnaires were distributed to students in 10 classes, 89 were recovered, and the number of valid copies was 72.

Methods: The effect of the application of Excel statistical educational psychology in children's calligraphy education.

Results: The application of educational psychology plays an important role in children's calligraphy education. Through the analysis of the application of educational psychology, it enhances children's interest in calligraphy learning, corrects children's wrong habits of calligraphy, improves children's consciousness of learning calligraphy, cultivates the formation of children's good learning habits, and then improves children's cultural cultivation.

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 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 and influence of the application of educational psychology in calligraphy education for children

Factor	Consciousness	Interest formation	Error correction
Children	3	4	4

Conclusions: The focus of educational psychology is to apply the theories or research results of psychology to education. As a bridge science connecting psychology and pedagogy, the research objects of educational psychology include the psychological phenomena and laws and their interaction between students and teachers in the process of learning and teaching. Through the application of educational psychology knowledge in children's calligraphy education, while improving teachers' teaching quality level, it starts to cultivate and enrich children's internal quality from childhood, so as to preserve their pure and lively artistic creative thinking and enrich their artistic expression. Many gifted children have entered the palace of calligraphy.

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COLLEGE STUDENTS' PHYSICAL EXERCISE BEHAVIOR AND AEROBIC EXERCISE ON THE CURE OF COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: Various behavioral disorders of adults generally stem from anxiety caused by social pressure, which are mainly manifested in dependence, eating disorder and Internet addiction. Aerobic exercise refers to the physical exercise carried out by the human body under the condition of sufficient oxygen supply, that is, in the process of exercise, the oxygen inhaled by the human body is equal to the demand to achieve a physiological balance. A large number of studies have found that aerobic exercise can widely improve the speed of fat decomposition, and its mechanism is to improve the activities of lipoprotein lipase, liver lipase and other key enzymes of fat decomposition in muscle, liver and other tissues. Aerobic exercise can also reduce the blood lipid index causing arteriosclerosis and increase the level of protective factors against arteriosclerosis. Aerobic exercise can also reduce lipid peroxidation, increase free radical scavenging ability and reduce the harm of free radicals to human body. In the methods of increasing bone calcium absorption and reducing bone loss, aerobic exercise can also significantly increase bone mineral density. Aerobic exercise can also enhance self-confidence, reflect self-worth, improve personality, enhance happy experience, reduce depression and reduce the occurrence of mental diseases. In addition, aerobic exercise plays an important role in the prevention and treatment of aging, obesity, cardiovascular disease, diabetes and respiratory diseases. Aerobic exercise can improve the mood and well-being of patients with substance use disorders, improve the excessive anxiety of patients with eating disorders about weight and body shape, effectively divert the attention of patients with internet addiction and reduce Internet dependence. "Anxiety" is a state of tension, worry and anxiety caused by certain stimuli. "Anxiety reaction" is a normal psychological phenomenon. Anxiety occurs when a person's desire is not realized for a long time or the possibility of realization is estimated to be very small. If it's serious, it's a disease, such as "anxiety disorder". Deep in the heart of anxiety disorder, there is often a psychological problem that cannot be extricated and unwilling to face up to. Anxiety is only the manifestation of contradictions and conflicts, which can be used as a defense mechanism to avoid contacting the deeper troubles. At present, the incidence of anxiety and anxiety disorders in adults is on the rise. Therefore, we should pay attention to and timely explore the prevention and treatment of adult anxiety disorders.

Objective: Aerobic exercise, fully known as aerobic metabolic exercise, is relative to anaerobic exercise. It refers to the exercise that provides energy by aerobic metabolism in cells. Its characteristics are low intensity, rhythmic, uninterrupted and long duration. The rhythm of contemporary adults' life and learning has changed greatly compared with the previous ones. Their interpersonal relationships are tense. At the same time, they are subject to multiple pressures from family and society. They are impatient and impulsive. On the one hand, aerobic exercise can increase the human body's demand for oxygen, improve the human body's oxygen consumption and improve cardiopulmonary function. On the other hand, it can distract attention and divert the experience of anxiety, so as to relax body and mind, regulate emotion and reduce anxiety symptoms.

Subjects and methods: Due to the fast pace of modern people's life, resulting in great life pressure, adults suffering from anxiety has become the norm, and has seriously affected adults' life and learning. Exercise can prevent and treat anxiety disorder. According to the incidence of adult anxiety disorder, aerobic exercise can be used to prevent and treat adult anxiety disorder. This paper mainly investigates and analyzes the degree of relief of adult psychological anxiety by aerobic exercise. The effect of aerobic exercise was statistically analyzed by issuing questionnaires.

Study design: A questionnaire is distributed to 600 adults. The questionnaire is required to be completed at one time. It takes about 10-20 minutes for each person to fill in the questionnaire. A total of 600 copies were distributed, 582 copies were recovered, and the number of valid copies was 475.

Methods: Excel was used to count the relief degree of aerobic exercise on adult psychological anxiety.

Results: Aerobic exercise can enable adults to effectively regulate anxiety and relieve psychological tension, so as to form a more stable psychological state. Adults engaged in sports activities in line with their