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THE INFLUENCE OF CAMPUS SPORTS TEAMS ON THE HEALTHY DEVELOPMENT OF STUDENTS' PSYCHOLOGICAL QUALITY TO ADAPT TO SOCIETY IN THE POST-EPIDEMIC ERA

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Background: The normalization of epidemic prevention and control has a profound impact on physical, psychological, and moral health and social adaptation. The implementation of the new “double reduction” policy puts forward higher requirements for primary school education. Sports education should be gradually increased in primary school to improve students’ physical fitness while improving their theoretical knowledge, so as to ensure all-round development of primary school students. School exercise and extracurricular physical exercise to provide the necessity, the campus sports team is through certain selected students select and recommend competition way, again through the training and selection gradually improve students’ comprehensive quality and ensure that students can improve their ability of social adaptation, expand the students’ psychological and physical advantage, make the students learn in elementary school work gradually improve their physical quality and ideology, and help students to quickly adapt to the development of the society, improving the teaching of the elementary school level, to speed up the development of the school.

Objective: The impact of the epidemic on the healthy development of society, the most basic social norms and codes of conduct have put forward new health requirements. Now, the negative impact of novel Coronavirus on our society and production has been basically eliminated through the country’s active response and strict assistance. But in the post-pandemic era, the threat of the virus continues to affect our daily lives. As a special group, the school sports team shoulders the heavy task of training and competition. To clarify the significance of campus sports teams in competition to cultivate students’ social adaptability, according to the learning needs of primary school students, take targeted measures to improve the training of school sports teams and competition on students’ ability, and then promote the overall development of students. In addition, in the training and competition work, teachers should actively guide students to carry out ideological changes, so as to achieve the purpose of enriching students’ spiritual world.

Subjects and methods: Many policies or regulations in the “post-epidemic era” are bound to put forward higher requirements for social adaptability and health. Considering the functions and functions of primary school sports teams under the new situation, it is urgent to find an appropriate way out, as shown in Figure 1.

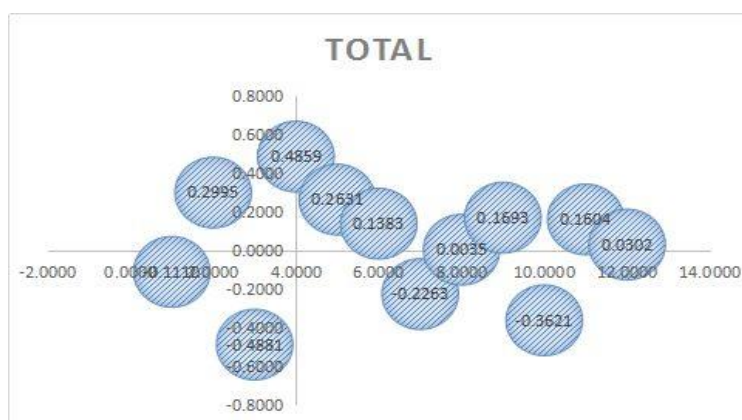


Figure 1. Increase in physical monitoring of primary school students

As shown in Table 1, the overall situation shows positive growth, but the growth rate slows down and tends to be relatively stable. Most of them are “above the X-axis”, showing positive growth at or above their expectations. There are also some schools with negative values, indicating that they are not achieving their expected growth. The region as a whole has a positive value increase, which also reflects that physical fitness has been improved in the previous year through physical training.

$P < 0.05$ indicates that there is a difference in psychological quality between students who participate in

school team training and those who do not participate in school team training. Therefore, the psychological quality of students who participate in school team training is better than that of students who do not participate in school team training.

Table 1. Analysis of social adaptation index difference between students who participate in school sports team training and students who do not participate in training

Psychological dimensions	Group	Number of samples	The average	The standard deviation	<i>P</i>
The psychological quality	The school team trains the students	400	12.00	2.6	0.03
	Absentee student	400	11.21	3.18	

Note: $P < 0.05$, indicating a difference. $P < 0.01$, indicating significant difference. $P < 0.001$, indicating a significant difference.

Result: (1) What is the significance of school sports team training to the social adaptation development of students' psychological quality. The primary school team teachers should actively analyze the selection and long-term training of the school team, and make clear the role of this work in the development of students' psychological quality and social adaptation, so as to teach students according to their needs and meet their development needs. School team training to cultivate students' social adaptability needs to specify and perfect the reward and punishment elimination system in sports, ensure that each technical key point is consistent with the goal, so that primary school students can find goals in the training process, give play to students' subjective initiative, improve the efficiency of school team training. And can gradually cultivate students to form a good habit of physical exercise, so that the school team training in the development of pupils play a positive role. In the development of society, students are not only required to have good theoretical knowledge, but also to improve their physical quality in primary school, so as to ensure that the improvement of students' ability can keep up with the trend of social development and improve the competitiveness of students in the society. Therefore, primary school physical education teachers in the teaching process should be aimed at the differences between students to teach, so that students can meet the requirements of quality education in physical quality, promote the overall development of students. In addition, in the school team training competition, teachers should influence pupils' thoughts, guide students to set up correct three views, ensure that students can set up correct ideas, and lay a good foundation for students' future development. Teachers can cultivate students' strong willpower by cultivating students' social adaptability in sports competitions. Students in the process of sports training competition, to win, again and again on the movement of the training, and in the process of training middle school students are influenced by their own ability to improve bottlenecks, causing students meet with difficulties in training, thus causing some negative impact on the development of students, but teachers in students training difficulty for students in the correct guidance, can effectively cultivate students' willpower, ensure that students can learn and work in the future, can withstand greater pressure to lay a good foundation for the future development of the students. Sports competition exists not only the students personal exercise movement, and part of the campaign is to rely on group, for example, basketball, football and so on the movement, as a result, working in a sports competition, the students to improve their athletic ability, on the basis of helping his teammates to improve their ability, increase and the tacit understanding between teammates, in order to improve the students' sense of team, ensure that students in cooperate with teammates do sports competition gradually set up the strong team cooperation spirit, guarantee the pupil can be team spirit into its own in the future work and study, and then improve the elementary student's social adaptation ability, promote the development of all aspects of the students. In sports competition, primary and middle school students can set up good sports spirit, so as to improve the quality of students, promote the overall development of students. Sports competition requires athletes to have the spirit of never abandoning, never giving up, indomitable struggle and so on to ensure that athletes have a certain sportsmanship. Primary school teachers in clear after sport spirit requirement for athletes, according to the movement skill teaching into the spirit of the relevant, guarantee the pupils can strengthen the understanding of the spirit, to ensure that students in case of any difficulty, all can keep don't abandon don't give up the spirit of, in turn, improve the comprehensive quality of students, make students to meet the needs of social development, for our country social and economic development provide a certain amount of power.

As the saying goes, "Never too old to learn", elementary school physical education teachers in physical education teaching work should be social development demand in athletic competition work to cultivate the students' social adaptation ability, can effectively help students to set up the lifelong sports consciousness, ensure that students in sports competitions to recognize the benefits of exercise on their

own, constantly keep moving, to ensure that students can adjust their own state in study and life, can ensure that students in their physical quality to provide solid foundation for their further development, such as in Table 2.

Table 2. Analysis of social adaptation index difference between students who participate in school sports team training and students who do not participate in training

Psychological dimensions	Group	Number of samples	The average	The standard deviation	<i>P</i>
Social adaptation	The school team trains the students	400	12.08	3.0	-
	Absentee student	400	11.31	9.4	0.01

Note: $P < 0.05$, indicating a difference. $P < 0.01$, indicating significant difference. $P < 0.001$, indicating a significant difference.

$P < 0.05$ indicates that there is a significant difference in social adaptability between students who participate in school sports team training and students who do not participate in school sports team training. Students who train for the school team do better.

(2) Sports competition is an effective way to cultivate students' social adaptability. Traditional teaching mode, teachers often only pay attention to students in sports can win in the competition, focus on whether the students action done in the training process, causes students to study in sports work related action only, not in the process of movement to student's ideology and the cultivation of comprehensive ability in many aspects, in order to limit the development of the students, produce adverse effect on the students. In view of this phenomenon, teachers should actively change their teaching concepts in sports competitive teaching work, realize the importance of the impact of primary school in sports competition on students' thoughts, according to students' sports habits, learning needs and other aspects of education for students, effectively improve students' comprehensive quality. Under the traditional sports competition teaching, teachers cannot create a good atmosphere for students in the competition teaching work, cannot effectively stimulate the enthusiasm of primary school students to participate in the teaching work, and restrict the development of students. In view of this phenomenon, teachers should treat every student equally, make students get respect and recognition in sports competition education, stimulate students to participate in training work enthusiasm. In addition, creating a good competition environment for students is conducive to helping students build up competition confidence, prompting students to strengthen their own training in the pre-competition training, and helping students get good results. In addition, creating a good competition environment for students can guide students to correctly treat their relationship with competitors, realize that competitors are their good teachers and helpful friends, ensure that they can constantly improve themselves through the analysis of competitors, and speed up the development of students. Compared with other students, primary school students are easily affected by the external environment. Therefore, physical education teachers should strengthen the cultivation of students' thoughts in the process of competition teaching to ensure that students can gradually improve their own ideological level, so that it has a positive impact on the development of the society. Sports competition has a certain degree of competitiveness, at the critical moment students are prone to emotional, resulting in adverse events. In view of this situation, teachers should guide students to deal with calmly, avoid fighting incidents in competition training, so as to improve students' ideological level. In addition, teachers should guide different students to ensure that students realize their own identity in the competition, strengthen the training of their sports skills, and ensure that they play a positive role in the competition, so as to improve students' sense of social responsibility and promote their all-round development. For example, in the basketball match, the referee, the phenomenon of the miscalculation, easy to make students, the phenomenon of the high, in the field has the order situation, this kind of situation will be the normal competition and the development of students' subsequent caused some negative effect, the teacher must, for example in training teaching, guide students to reasonable control their own emotions, improve the ability to control their emotions, emotional control ability to ensure play an active role in the student work and learning, improve the students' social adaptability. In the athletic teaching, students not only to improve their sports skills, because it is in the group, the students should actively communicate with teammates, and improve the degree of tacit understanding with teammates, improve community in place in the competition, make students in a relaxed and pleasant atmosphere to complete the training work, and improve sports skills training results. Therefore, the teacher in the teaching process should pay attention to cultivate the students' interpersonal skills, ensure that students can reasonable expression, according to their own idea to team-mate clear their own point of view, establish a good friendship with his teammates, in improving students training performance at the same time, to ensure that students have a certain social

skill, and improve the students' social adaptability. In basketball competition, for example, teachers in the teaching process, to actively guide students through communication gradually clear each student accounts for a position, in order to improve students' communication ability, and in team training to guide students according to their own problems to communicate with classmates, guarantee in improving students' basketball skills to improve their social skills at the same time, for the students to lay a good foundation for future learning and development. In athletic work, to clear their own elementary school physical education teachers in teaching the importance of to their own subjective initiative into full play in sports teaching, improve students' social adaptability, for students to study higher order learning and future work to lay a solid foundation of knowledge, promote the rapid development of the students. In order to improve students' social adaptability, teachers should gradually cultivate students' awareness of social competition in sports teaching, and realize that they can stand out in the group in sports, study and work, so that students can constantly improve their own ability in competition and promote students' all-round development. For example, in basketball, teachers should select athletes in different positions through group elimination, so as to ensure that students have a certain sense of competition. In order to improve students' social adaptability, primary school PE teachers should pay attention to the cultivation of students' survival ability in the primary school stage, ensure that students have certain social competitive advantages, and promote students' all-round development. Strengthen the student to the knowledge in the teaching stage use can effectively improve the students' ability to survive, as a result, teachers in teaching students' knowledge, to actively guide students to use knowledge, and gradually improve students' ability of applying their knowledge, ensure that students can take knowledge into their own advantages, to promote the further development of students.

Conclusion: The school team training is professional and competitive, reduces the psychological pressure of students' theoretical knowledge learning, and promotes students' rapid development. School team training students' social adaptation ability training can effectively cultivate students to form good habits of physical exercise and a positive influence on students' future development, guarantee the students to participate in the sports team gradually in the process of consciousness, to ensure that the students can improve their social adaptability, help students to improve their competitive ability, promoting the further development of the students. Demand for the school team competition for primary school students, teachers should actively change their teaching concept, to create a good atmosphere for students in competition, make sure that students can gradually cultivate the students' social responsibility in training competition, survival ability, thus effectively improving the students' social adaptation ability, for the students lay a solid foundation for future study and work.

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EFFECTS OF PHYSICAL ACTIVITY ON MENTAL HEALTH OF COLLEGE STUDENTS UNDER THE BACKGROUND OF EPIDEMIC PREVENTION AND CONTROL

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Background: Since December 2019, COVID-19 has become the world's most serious public health emergency due to its high infectiousness, difficult prevention and control, and wide radiation coverage. It has impacted People's Daily life and seriously threatened their safety and physical and mental health. As the epidemic prevention and control has entered a regular phase, most universities in China have implemented measures such as delaying the opening time and semi-closed campus management to stop the spread of the epidemic. Studies have shown that college students suffer from different degrees of psychological problems during the epidemic prevention and control period, and physical exercise is a necessary condition to improve their mental health. Scholars Liu Xinhao et al. found that physical exercise during the semi-closed campus can effectively regulate the psychological stress, depression and anxiety of college students, and the mental health level of college students who regularly participate in physical exercise is significantly better than that of college students who occasionally participate in physical exercise or never participate in physical exercise. Research by Miao xiaolei and others shows that physical exercise significantly affects physical and mental health in the fight against COVID-19. Shen Wei pointed out that physical exercise plays an indispensable role in improving college students' mental health, reducing anxiety, removing psychological obstacles and improving positive emotions. Physical exercise can effectively promote the physical and mental health of the elderly. To sum up, many studies have confirmed the relationship between physical exercise and mental health of college students, but there is a lack of research