

subject teaching. The author starts with physical education teaching methods, takes basketball as an example, takes sports game teaching method as the independent variable, and takes higher vocational college students' mental health level as the dependent variable. Its purpose is to explore the internal relationship between sports game teaching method and higher vocational college students' mental health, promote the positive impact of sports teaching on middle school students' mental health, and find the theoretical basis of the psychological effect of sports game teaching method, so as to provide a theoretical basis for higher vocational college students' mental health education and all-round quality education.

Subjects and methods: 2019 students of a higher vocational college were randomly divided into experimental group and control group, with 30 students in each group. Before the experiment, the two groups of students' in-situ one hand shoulder shot and three-step layup skills were tested and analyzed by one-way ANOVA. It was found that there was no significant difference in skills. At the same time, the anxiety of the two groups of students was evaluated before and after the experiment. There was no significant difference in the anxiety degree of the two groups of students before the experiment.

Study design: (1) Literature method. Search and consult the relevant literature on sports game teaching method, sports teaching and experimental design, so as to provide some theoretical support for this study. (2) Experimental method. The experiment was divided into two groups: the experimental group and the control group. The experimental time was from March to June 2019. Classes were held once a week for 80 minutes each time, with a total class hour of 32. Both groups were carried out in the Teaching Hall of vocational colleges. The teaching contents of the experimental group and the control group are single handed shoulder shooting and three-step layup. The experimental group adopts sports game teaching, and the control group adopts traditional teaching methods. After 18 weeks of the experiment, the successful times of one hand shoulder shooting in the two groups were compared and analyzed. (3) The standard score of self-rating Anxiety Scale was greater than 50. Before the experiment, the subjects were informed that the test content included basketball, and reminded of their right to withdraw freely at any time. The experiment was started after signing the informed consent, and a certain reward was given after the experiment. The self-rating Anxiety Scale was used to detect the anxiety status of the two groups of students before and after the experiment.

Methods: Make statistical analysis on the collected data, and use SPSS 18.0 and Excel for data statistics.

Results: The anxiety status of the two groups before and after the experiment is shown in Table 1. It can be seen from Table 1 that the anxiety of the students in the experimental group has been significantly alleviated, the students with severe anxiety have changed to severe anxiety or mild anxiety, and the students with moderate anxiety have changed to mild anxiety or even no anxiety, indicating that the sports game teaching method can effectively alleviate the anxiety of the students. The moderate anxiety students in the control group increased instead of decreased.

Table 1: Comparison of anxiety status / number of people in the two groups before and after the experiment

Group	Before and after the experiment	No anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Experience group	Before the experiment	0	9	13	8
	After the experiment	11	12	7	0
Control group	Before the experiment	0	11	12	7
	After the experiment	2	8	17	3

Conclusions: The sports game teaching method is obviously better than the traditional sports teaching method in promoting students' interest and enthusiasm in learning. The sports game teaching method is conducive to cultivating students' autonomy and enthusiasm in learning, and cultivating students' self-learning ability, creativity and adaptability. The sports game teaching method fully reflects the students' main position and alleviates the students' anxiety to a great extent.

Through the experimental research on the sports game teaching method, this paper also finds some problems: generally speaking, in different teaching stages, choose appropriate teaching methods. When teaching sports games, we must choose the correlation between the game content and the teaching content, and pay attention to monitoring the whole process of play and learning, so as to achieve the expected effect of teaching and to the greatest extent, help students relieve anxiety and psychological pressure.

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THE IMPACT OF PERFORMANCE INNOVATION BASED ON POSITIVE PSYCHOLOGY

ON SOCIAL AND ECONOMIC DEVELOPMENT

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Background: Positive psychology is not only a revolution in the field of psychology, but also a new milestone in the development history of human society. It is a new science that studies the research of traditional psychology from a positive perspective. As a research field, positive psychology adopts scientific principles and methods to study happiness and advocates the positive orientation of psychology, so as to study human positive psychological quality and pay attention to human health, happiness and harmonious development. In terms of research methods, positive psychology absorbs most of the research methods and research means of traditional mainstream psychology (such as scale method, questionnaire method, interview method and experimental method), and organically combines these research methods and research means with humanistic phenomenological method and empirical analysis method.

Innovation performance refers to the increase of enterprise value after the implementation of new technologies, which is measured by the increase of enterprise business volume. In this study, organizational size was used as the control variable. It is expected that organizational technology diversification, technology accumulation and external learning opportunities may have a positive correlation with organizational scale. Performance is a multidimensional construction, and the results will be different with different measurement factors.

Objective: Today, social development is changing with each passing day, consumer demand is also changing, and competition among enterprises is fierce. With the advent of the era of economic globalization, innovation has become the key for enterprises to improve their core competitiveness and maintain their foundation under the new normal. Employee's active behavior is an important driving factor of organization and employee's innovation performance. The purpose of performance appraisal has an important impact on promoting employee's active behavior and improving innovation performance. Therefore, taking measures to stimulate employees' creativity and willingness to innovate and improve employees' innovation performance has become an important issue concerned by more and more managers.

Subjects and methods: This paper mainly investigates and analyzes the impact of positive psychological performance innovation on social and economic development. By issuing questionnaires, this paper statistically analyzes the effect of positive psychology on enterprise development.

Study design: 600 employees of different types of enterprises of different ages and genders were investigated by stratified cluster random sampling. 200 people from three enterprises were randomly selected for questionnaire survey. A total of 600 questionnaires were distributed, 600 were recovered, and the number of valid copies was 584.

Methods: Use Excel to count the impact of positive psychological performance innovation on social and economic development.

Results: Positive psychology is a variable that can promote knowledge exchange. People with self-confidence are more willing to speak out their opinions boldly. There may be some relationship between psychological capital and knowledge sharing. Psychological capital can positively predict knowledge sharing behavior. Employees who are full of hope, optimism and strong willpower are more likely to carry out knowledge sharing. Employees' positive psychology can affect their willingness to share knowledge. Employees with higher psychological capital are more willing to share knowledge. There is a positive relationship between knowledge sharing and innovation performance. The innovation ability generated by the interaction between individuals is higher than that of independent individuals. Employees need to sort out and absorb the knowledge they have obtained and stimulate innovation through knowledge sharing. Psychological capital is a positive psychological state, and only when the positive psychological state is transformed into action can it give full play to the maximum benefits. It is considered that paying attention to employees' positive psychology and cultivating employees' ability to acquire knowledge can bring better performance.

The survey results use five grades of 0-4 to quantify the influence values of specific factors. 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 600 enterprise staff groups are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Conclusions: With the emergence of "big data", firstly, knowledge workers need to mine the information they need from a large amount of data. Secondly, the collected information can be transformed into knowledge after processing. Finally, the knowledge they have obtained can be applied to practical work to improve themselves. In addition, knowledge workers often play a "leading" role in their work. Sharing their personal experience and skills with other team members can improve the overall work efficiency of the

team. At the same time, after absorbing relevant knowledge, sharing with others can bring about the re flow of knowledge and promote the development of the whole company.

Table 1. Effect of positive psychological performance innovation on social and economic development

Factor	Knowledge sharing	Innovation performance	Psychological capital
Large enterprises	3	4	4
Medium-sized enterprise	3	4	3
Small business	4	3	4

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ANALYSIS ON THE PROMOTING EFFECT OF EDUCATIONAL PSYCHOLOGY TRAINING ON COLLEGE TEACHERS' TEACHING EFFECT

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Background: Educational psychology is the social psychology that studies human learning, the effect of educational intervention, teaching psychology and enterprise organization in the educational situation. The focus of educational psychology is to apply the theories or research results of psychology to education. Educational psychology can be applied to design schemes, improve enterprise financing methods, promote development motivation and help enterprises face various difficulties and challenges in the process of growth. Colleges and universities aim to cultivate students' all-round development of morality, intelligence, physique and beauty, so that students can obtain professional knowledge, master practical operation skills, be full of innovative spirit and good professional ethics. Educational psychology is one of the compulsory professional basic courses for normal students and one of the key contents of teacher qualification examination. Some of the teachers are professional and technical teachers who have not graduated from normal universities. Although they learn the theoretical knowledge of pedagogy through training and refresher, they do not grasp the theoretical knowledge of Educational Psychology deeply and understand it thoroughly, it is also not fully applied in teaching. College students are in the puberty stage. Teachers can master and fully apply educational psychology to promote students' all-round development. It is an inevitable requirement for implementing quality education and improving students' all-round quality and comprehensive professional ability. College students' psychological education needs to be paid more attention, and college teachers need to put themselves in their shoes, Analyze the psychological characteristics, learning status and living needs of college students, deepen the correct guidance of college students' psychological education quality, and find a good solution in the work of college teachers. Some studies have proved that teachers' behavior is affected by their views on personality expression and values, that is, teachers' existing views on learning and teaching will have a significant impact on educational decision-making. Teachers' thinking researchers believe that the research on the psychological process of teachers' perception of teaching environment is the key to understand teachers. At the same time, relevant researchers believe that the research on the psychological process of teachers' perception of the teaching environment is the key to understand, predict and affect teachers' behavior. In this process, attribution plays a very important role, which is related to teachers' perception of the causes of students' behavior and students' emotional response. It can be seen that teachers' existing view of learning and teaching is very important.

Objective: The theory of educational psychology is helpful to the professional development of college teachers. Reflective practice is a main content of educational psychology. Teachers' reflective practice can more clearly understand their professional knowledge structure, and then play a certain role in promoting the development of professional knowledge and promoting the development of the rationality of teaching practice. Teachers' learning is not from theory, but from experience. Reflective practice is the most important way for teachers' professional development. Teachers reflect on their teaching ideas and existing experience, and then construct their own learning. Experts in educational psychology believe that if teachers participate in the process of self-reflection, the relevant research results and ideas will become valuable and meaningful to them. Practice has proved that teachers can improve their quality by establishing their own teaching theory, and constantly summarize and reflect at the same time. When college teachers encounter problems that they can't solve alone, teachers majoring in educational psychology give them corresponding guidance, which promotes the improvement of teachers' quality and plays the effect of