

management talents with comprehensive quality, higher vocational colleges have adjusted the curriculum system of economic management specialty accordingly. The curriculum has strong practicality and applicability. In the teaching process of market economy management, we should consider students' psychological tendency, give guidance to logical thinking, and better analyze the relationship between supply and demand of economic management.

Subjects and methods: Among the students majoring in market economy in a school of different grades, 100 students were selected, including 36 boys and 64 girls. Age 23-26 years old. The students were randomly divided into two groups, 50 in the experimental group. The discussion method was added in the teaching process to exercise students' logical thinking and understand students' psychological tendency. Although the supply-demand relationship of market economy management is the individual behavior of students majoring in economic management, sometimes through collective discussion, students majoring in economic management can strengthen the analysis of some relationships that are not easy to distinguish or ambiguous. For example, before writing the "survey report", we must conduct a field survey in order to analyze the survey results according to the data and information obtained from the survey. The accuracy of the survey results is closely related to the design of the questionnaire. The control group of 60 students only used ordinary teaching methods, did not deliberately study the psychological tendency of students, and only paid attention to the logic of the relationship between supply and demand in economic management. After 3 months, interview was used to understand the learning satisfaction of the two groups of students. SPSS 18.0 was used to calculate the satisfaction results.

Results: The satisfaction results of the two groups of students are counted, and the data are shown in Table 1.

Table 1. Statistical results / number of people

Satisfaction	Dissatisfied	Commonly	Satisfied	Very satisfied
Experience group	0	11	28	11
Control group	2	33	14	1

It can be seen from Table 1 that the students in the experimental group are more satisfied with the discussion teaching method of logical thinking and considering psychological tendency, and there are no students who are not satisfied with this kind of teaching. Only a few students in the control group are satisfied with the traditional teaching methods.

Conclusions: Thinking logic plays an important role in analyzing the relationship between supply and demand in economic management. Logical thinking obstacles hinder the determination of the relationship between supply and demand in the management of market economy and affect the equilibrium analysis. Therefore, smooth logical thinking plays an important role in market economy.

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THE INFLUENCE OF PUBLIC TRUST IN LOCAL GOVERNMENT PERFORMANCE EVALUATION ON THE MENTAL PRESSURE OF THE AUDIENCE

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Background: Since the 1950s, in order to get rid of the financial crisis, management crisis and public trust crisis, improve the management efficiency and governance level of the government, improve the relationship between the government and society, and enhance the competitiveness of the government, western developed countries have set off an upsurge of government reform, explored and introduced the management tool of performance evaluation, which has been continuously developed and improved. Since the 1990s, under the influence of economic globalization and information technology revolution, driven by the vigorous upsurge of performance evaluation carried out by Western governments, China has explored and tried performance evaluation. While strengthening the theoretical research on government performance evaluation, it has also created many performances evaluation models with local characteristics in

combination with local realities. At present, China is in the crucial stage of reform and development and the period of profound adjustment of social transformation. The tasks of economic construction and social management are very arduous. The people's demand for the government to perform its duties is also increasing day by day, and the standards are gradually improved. The government is facing great pressure in many aspects such as administrative system reform and efficiency construction, government performance evaluation is facing severe challenges in both theoretical research and practical development. As an important management measure for the government to achieve effective management, government performance evaluation has attracted much attention in public administration all over the world. In the early 20th century, facing the challenges brought by economic globalization and informatization, in order to get rid of the financial crisis, management crisis and public trust crisis, constantly improve and improve the relationship between the government and the people, and enhance the government competitiveness, western countries successively set off a government reform upsurge called the new public management movement. In this new public management movement, the leading idea of western countries is to relax strict administrative control and establish an accurate government performance evaluation system and mechanism. From the practical activities of government performance evaluation in western countries, the diversification of government performance evaluation subjects, the scientization of evaluation contents, the legalization of evaluation system, the transparency of evaluation process and results, and the introduction of market competition mechanism advocated by the new public management theory to improve the service quality and level of government departments, building an efficient government and other new performance evaluation concepts have given us great enlightenment.

Objective: Government performance evaluation is an objective and fair evaluation of the administrative performance of government departments in a specific period by using scientific evaluation tools and methods. It is a powerful tool and important means of government performance management. According to the actual work results of politics, economy, culture and environment, compare with the performance objectives, and analyze, compare, evaluate and measure, so as to comprehensively evaluate the performance of government organizations and alleviate the mental pressure of the audience by improving public trust.

Subjects and methods: This paper mainly studies and analyzes the influencing factors of public trust in local government performance evaluation on the mental pressure of the audience. It is studied from four aspects: administrative concept, mass relations, resource allocation and government performance. 1000 audiences with different gender, age, occupation and education were randomly selected to issue questionnaires to statistically analyze the impact of public trust in government performance evaluation on the mental pressure of the audience.

Study design: Using stratified cluster random sampling method, 1000 audiences were investigated. 1000 questionnaires were distributed, 1000 were recovered, and the number of valid copies was 984.

Methods: Excel is used to count the impact of public trust in local government performance evaluation on the mental pressure of the audience.

Results: Through clear goal setting, comparison of results before and after, and extensive social participation and supervision, government performance evaluation helps the government change its administrative concept and alleviate the spiritual pressure of the masses. The government timely publishes relevant performance information to the public, so that the public can understand and master what the government wants and does. At the same time, it actively accepts the supervision of the public and timely adjusts the government's decision-making behavior, so as to achieve the interaction between the government and the public and improve the cohesion of the public. By improving the transparency of government behavior, we can avoid and reduce the mistakes of government decision-making and the waste of public resources.

In this survey, the influence values of specific factors are quantified in five grades of 0-4. 0 means irrelevant, 4 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 1000 audiences are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

Table 1. Effect of public trust in local government performance evaluation on the mental pressure of the audience

Content	Administrative concept	One's relations with the masses	Resource allocation	Government performance
Audience	4	4	4	4

Conclusions: Government performance management is one of the hot spots in the reform and

development of contemporary public administration, and performance evaluation is the most key link in management. The public trust in the government has increasingly become an important issue of widespread concern in today's society. The decline and even loss of trust between the government and the public all over the world is the biggest test faced by modern government. With the rise of the Chinese government's administrative system reform and the construction of a "service-oriented government", the performance evaluation activities of public participation are widely carried out, building a bridge for the interaction between the public and the government, effectively promoting the interaction between the government and the public, and helping to alleviate the spiritual pressure of the audience.

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THE EFFECTIVE EFFECT OF COLLEGE PHYSICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' ANXIETY

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Background: Anxiety is a complex emotional reaction caused by psychological conflict or frustration. It is an unpleasant emotion, which is usually intertwined with feelings such as worry, tension, disappointment, uneasiness, fear, anxiety and shame. It is a natural emotion of human beings when people are angry or angry. Excessive anxiety can easily lead to physiological and psychological abnormalities. College students are in a specific stage of physical maturity and psychological immaturity. They are facing more and more challenges in society, learning pressure and employment pressure, which leads to students' long-term tension and psychological obstacles. According to the relevant survey data, the mental health status of college students is not optimistic. At present, about 30% of China's college students have different degrees of mental health problems, mainly manifested in anxiety, depression, paranoia, compulsion, tension and so on. Moreover, incidence rate of mental disorders has been increasing year by year. It can be seen that the mental health problem of college students has become an important problem affecting the health of college students. College physical education can promote college students' mental health, which cannot be replaced by other disciplines. Physical exercise can regulate the mood, stimulate the spirit, help students vent their bad emotions, cultivate students' strong will and good ability to adapt to the environment, and enhance their interpersonal skills. It is an important method to improve college students' mental health and eliminate mental diseases. It will play a more and more important role in students' physical and mental health.

Objective: At present, the mental health of college students is not optimistic. The anxiety caused by excessive pressure on learning and employment cannot be ignored. College physical education plays a role in promoting college students' mental health. Physical exercise plays a unique role in promoting mental health with its unique nature and function. Firstly, sports activities have typical biological characteristics. Various explicit sports forms and bearing a certain physiological load are the main characteristics of physical exercise. At the same time, the process of physical exercise is also accompanied by implicit needs, motivation, interests, emotions and other psychological activities. As a physical education teacher, we can patiently enlighten students and set lofty goals through physical education teaching. Cultivate confidence and stimulate the spirit of self-improvement. Guide competition and strengthen psychological adaptability. Actively carry out effective psychological education and counseling activities to alleviate students' anxiety.

Subjects and methods: This study selected 10 weeks of physical training teaching as an intervention method to explore the impact of physical training on college students' anxiety response and its psychological mechanism, so as to provide a theoretical and practical basis for promoting college students' mental health and the setting of school curriculum, there were 50 in the experimental group (20.18 ± 1.35 years old, male 31) and 50 in the control group (20.03 ± 1.27 years old, male 28). The experimental group carried out physical training and teaching guidance, and the control group only carried out normal course teaching. The degree of students' psychological anxiety was tested with the self-anxiety scale, and the experimental design of repeated measurement was adopted. All data were processed using PASW 18.0 software package and Excel 2007.

Results: The anxiety status of the two groups of students before and after the experiment is shown in Table 1. As can be seen from Table 1, there was no significant difference in anxiety between the two groups before the experiment. After the experiment, the anxiety of the experimental group was relieved, and the anxiety of the control group was not significantly improved.

During college students' study in colleges and universities, how educators accurately understand their