

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

mental health problems and give them timely help and guidance has become an important task in college education reform. According to the above research results, it shows that we can appropriately alleviate students' psychological anxiety with the help of physical training and teaching methods.

Conclusions: Since anxiety psychology is a universal existence among college students, it is necessary to face all students in the knowledge education of Anxiety Psychology. When college students enter school, they can be distributed with mental health popularization materials, carried out psychological general survey, established college students' psychological archives, set up college students' psychological courses and a series of lectures, and comprehensively improve their psychological quality. In addition, when facing the whole, we should pay more attention to special student groups with obvious anxiety, such as poor students, graduates, postgraduate entrance examination and other groups, so as to achieve the combination of popularization and pertinence.

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	10	19	15	6
	After the experiment	23	22	5	0
Control group	Before the experiment	9	22	15	4
	After the experiment	15	15	17	3

In short, reducing college students' psychological anxiety is a complex work, which requires the concerted efforts of the whole society and college educators. At the same time, college students strengthen their own psychological education and improve their psychological self-regulation ability is the key. With the deepening of educational reform and the all-round promotion of social reform, the task of psychological education for college students has become more and more arduous. We need to constantly change our ideas and innovate working methods while reducing college students' psychological anxiety.

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ANALYSIS OF THE IMPACT OF THE CHINESE LANGUAGE INTERNATIONAL EDUCATION ON COLLEGE STUDENTS' COMMUNICATION AND ADAPTATION BARRIERS UNDER THE MULTICULTURAL BACKGROUND

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Background: Communication adaptation refers to an organism's response to environmental changes. It is a process in which the subject constantly adapts to environmental changes and transforms the environment. Psychological adaptation means that when the subject interacts with the environment, the subject can choose some of its activities to adapt to and transform the environment. It is an inner response of the subject to the changing environment, which can restore the disharmony between the subject and the environment and promote the development of the subject itself. Good psychological adaptability is the basic standard to measure the quality of social talents in the future. As one of the important contents of psychological quality, psychological adaptability often refers to people's response to changes in the external environment through self-regulation, so that their psychological activities and behaviors can be more coordinated with changes in the environment and the requirements of their own development, then it is an ability to achieve a new balance between subject and object. Psychological adaptation disorder is an adverse adaptation reaction or stress reaction that individuals suffer from one or more psychosocial stress stimuli. The state of subjective distress and emotional disorder often hinders individual social functions and social activities. Psychological adaptability is an important part of psychological quality, and since the implementation of quality education in China, both academic and educational circles have attached great importance to the important role of psychological quality education. However, after entering the University, students should constantly adapt to various changes, including learning environment, learning tasks, learning content, interpersonal relationships and so on. This will lead to students' psychological maladjustment to some extent, and there may also be adaptation obstacles. Therefore, college students should improve their adaptability and make corresponding adjustments.

Objective: Under this multicultural background, the major of Chinese international education poses a