

control group, with 100 students in each group. There was no significant difference between the two groups in learning methods, learning time and academic achievement before the experiment. The students in the experimental group set up a learning cooperation group before the stage of learning. It is mainly voluntary and balanced, with 4-6 people in each group, which can be homogeneous (learning level, interest, personality, gender, etc.) or heterogeneous. Generally heterogeneous is appropriate, because it is highly complementary, can better reflect and give play to students' spirit of mutual tolerance, mutual help and cooperation, and can cultivate team spirit. Each group must elect a team leader. The leader of the study group should have: First, he is the backbone and activist of the subject, and has a good foundation in knowledge and ability. Secondly, it has strong organizational ability. Finally, they are willing to help students with poor learning. The group leader is the core of a group, and the effect of group learning is often closely related to the group leader. Therefore, teachers will properly arrange seats (each group will sit one continuously and the group leader will sit in the middle), which is conducive to the group leader's guidance to the group members. At the same time, teachers' pay attention to students' learning methods and ways of thinking and give guidance. The control group was not divided into groups, but the teacher's paid attention to the students' learning methods and ways of thinking and gave guidance. For 2 months, test the academic performance of the two groups of students before and after the experiment, and use Excel software to count the experimental results.

Results: The results are shown in Table 1. It can be seen from Table 1 that since teachers' pay more attention to the thinking obstacles of the two groups of students, both groups of students have improved their academic performance after the experiment. However, the academic performance of the experimental group is significantly higher than that of the control group after the experiment. This is because in the group teaching of the experimental group, the team leader can better pay attention to the thinking mode and thinking ability of the students in the same group, and the students in the group can communicate their thinking in time, even if they make mistakes, so as to effectively improve the learning efficiency.

Table 1. Comparison of academic performance between the two groups before and after the experiment

Group	Average value	
Experience group	Before experiment	81.35
	After the experiment	92.84
Control group	Before experiment	81.6
	After the experiment	86.4

Conclusions: In the process of high school mathematics teaching for many years, we found that many students have some problems in mathematics learning. This paper studies these problems and finds ways to help them improve their mathematics learning performance. Some students are difficult in mathematics learning due to intellectual factors, but some students have normal intelligence level, but their grades have not been up. After years of observation and study of this theory, we have summarized the reasons for their poor performance, that is, there are thinking obstacles in the process of mathematics learning. For students with poor performance in mathematics, we must not simply think that they have intellectual problems and give up teaching them. As students with thinking obstacles in the learning process, as long as they find the conclusion of the problem and give targeted teaching, most students' academic achievements can be raised.

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SHORT VIDEO CREATION STRATEGY OF EXCELLENT TRADITIONAL CULTURE FOR PATIENTS WITH AFFECTIVE DISORDER

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Background: In recent years, with the comprehensive popularization of smart phones and the change of media technology, short video has become the "outlet" leading the development of Internet content. With the advent of 5 g era, the characteristics of high-speed propagation and low delay of 5 g network will break the barriers of short video development, and short video content will obtain a broader development space with the support of 5 g technology. The emergence of short video provides a good opportunity for the dissemination of China's excellent traditional culture. With the help of short video, people can more intuitively understand the excellent culture. The excellent Chinese traditional culture is the spiritual lifeline

of the Chinese nation, an important source of cultivating the core socialist values, and a solid foundation for Chinese culture to gain a firm foothold in the agitation of world culture. In recent years, the party and the state have paid more and more attention to the inheritance and development of Chinese excellent traditional culture, and successively issued various policies and measures for the inheritance and development of Chinese excellent traditional culture, so as to promote the inheritance and development of Chinese excellent traditional culture on a positive, healthy, standardized and orderly track. The continuity of Chinese excellent traditional culture not only depends on Inheritance and innovation, but also needs to give full play to the positive role of communication. Tok-tok, a new media and narrative form of the Internet plus era, has been very active in the dissemination of Chinese excellent traditional culture, represented by "jitter", which combines the advantages of mass media and interpersonal communication, and takes the Chinese traditional culture as its content and advanced media technology as its core to visualize the fine traditional Chinese culture. It has broken through the limitations of the main body of traditional culture communication, formed a new representation, content production and consumption mode of Chinese excellent traditional culture, and gradually developed into a new backbone for the dissemination of Chinese excellent traditional culture. Nowadays, various short video platforms and social platforms are interconnected. Creators can share links to other short video platforms or social media after the video is online, so as to improve the coverage of short video works and let more people see it. The main meaning of affective disorder is that the patient has the problem of depression or mania. If there is the problem of depression, the main manifestations are depression, lack of happiness, low self-esteem, self-blame, self-sin, no hope for the future, decreased attention and memory, decreased appetite, difficulty in falling asleep, pessimism, despair and even negative thoughts. When there are manic problems, they may have high emotions, always be very happy, have high self-evaluation, and think they have strong skills, plan to do some big things, act recklessly, love to spend money, do things like a tiger's head and a snake's tail, etc. The main characteristics of these affective disorders are particularly unstable emotions, and sometimes they are unusually happy than ordinary people, sometimes people are significantly unhappy than ordinary people, so it is called affective disorder, also known as mood disorder.

Objective: At present, with the acceleration of the pace of people's life, people's available time is becoming more and more fragmented. In order to meet people's demand for the utilization of fragmented time, the duration of short video is generally controlled at about five minutes, so that people can obtain knowledge in very little time. In addition, because the current short video platforms have social attributes, it also determines that the interaction between transmission and reception will be smoother. For example, the bullet screen function and comment function in short video can become a place for transmission and reception interaction. Short video creators can also use the live broadcast function of the short video client to directly interact with fans, so as to timely understand the ideas and needs of fans for later improvement. Fans can also timely obtain the most cutting-edge cultural trends through live broadcast and have a deeper understanding of the connotation of Youxiu's traditional culture. Through the psychological analysis of people with affective disorders, this study makes excellent traditional culture short videos for the factors that can intervene and control their emotions, and investigates their influence results.

Subjects and methods: 100 patients were randomly selected and investigated by questionnaire. A total of 100 questionnaires were distributed, 95 were recovered and 89 were valid. If all items in the questionnaire are one answer, it will be regarded as an invalid questionnaire. The content of the questionnaire is mainly multiple-choice questions, supplemented by question-and-answer questions, mainly from the changes of patients' emotions. Improvement of communication. The essential changes in psychology were investigated and counted.

Results: In this survey, the influence values of specific factors are quantified in five grades from 1 to 5. 1 means irrelevant, 2 means slight influence, 3 means general influence, 4 means obvious influence and 5 means full influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 500 students is adopted and the average is taken to obtain the result rounded. The specific statistical table is shown in Table 1.

Table 1. Effect of anxiety disorder in innovation and entrepreneurship education in colleges and universities

Factor	Emotion	Communicate	Psychology
Student	5	4	5

Conclusions: The development of short video breaks through the inherent space-time limitations of traditional culture communication and reconstructs the pattern of traditional culture communication. Through research, we can find that the combination of traditional culture and tok-tok can help to create new spark. It not only provides strong support for the inheritance and innovation of traditional culture, but also helps to intervene the mood of patients with affective disorder.

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THE INTERVENTION EFFECT OF PHYSICAL TRAINING ON COLLEGE STUDENTS' BEHAVIOR DISORDER

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Background: Behavior disorder is the result of various psychological process disorders, which can be caused by various reasons. It is usually divided into psychomotor inhibition and psychomotor excitement. Behavioral disorders can be seen in various diseases and can be functional organic. But many behavioral disorders are nonspecific. Some patients with diseases take a certain forced position in order to reduce pain, such as supine position for patients with peritonitis, and upright breathing position for patients with severe dyspnea for patients with heart disease or lung disease. Gait refers to the walking posture, which is also helpful for diagnosis. For example, patients with spinal tuberculosis and Parkinson's disease have special gait. Many behavioral disorders are closely related to thinking, speech and emotional disorders. In order to prevent and control the occurrence of behavior disorders, we need to start with students who are of great significance to the society. Contemporary college students are under great pressure and generally have behavior barriers. It is found that sports can eliminate fatigue and reduce psychological pressure. In view of the current psychological situation of college students and the impact of mental health education on college students and sports on mental health, this paper puts forward that mental health education focuses on changing ideas and improving the ability of mental health education, guiding college students to take physical exercise, forming good habits of exercise, and effectively releasing the pressure in study and life. Moreover, college students can actively improve their physical and mental health through appropriate sports activities, and then constantly turn the pressure into a new driving force for learning and facing life. The purpose of college physical education teaching is to cultivate professional talents with physical and mental health and high quality, and then let students form a good physical exercise habit through some necessary physical exercise activities, and comprehensively relax their heart and mental state in the process of physical activities. In this regard, the sports psychological problems of students in college physical education teaching must be highly valued by all education departments and educators. At the same time, college physical education teachers should adopt more effective scientific teaching methods in the actual physical education teaching, pay attention to the cultivation of students' psychological quality, comprehensively understand and analyze students' psychological problems, and then perfectly integrate psychological education with college physical education teaching, so as to continuously strengthen students' physical quality and good psychological condition, then greatly improve the effect of college physical education and the quality of physical education.

Objective: The main mental diseases of college students in China are loneliness, timidity, impatience, lack of confidence, excessive tension, neurasthenia, anxiety, obsessive-compulsive disorder and depression. Data show that these mental diseases have become a major killer in colleges and universities. According to the statistical survey on the severity and types of mental diseases, more than 60% of patients with mental diseases are mild patients, more than 30% are moderate patients, and only 1%-2% are more serious patients. Anxiety accounts for half of mental diseases, followed by depression and neurasthenia. Some of these mental diseases can be cured by timely drug treatment, psychological intervention, exercise therapy and other means. Participating in sports is always accompanied by strong emotional experience and obvious will and effort.

Subjects and methods: The ultimate goal of physical education is to achieve students' health through teaching and training. With the rapid development and progress of today's society, the society puts forward higher and more challenging new requirements for the overall quality and expectation level of contemporary college students. In the face of college students, the society no longer simply requires college students to have scientific and cultural knowledge as in the past, but more hopes that college students can have the enterprising spirit of daring to innovate and struggle when entering the society, as well as better physical quality and psychological acceptance ability. This study from the psychological and emotional changes, communication changes and fitness psychological changes on the effect of college students' physical training on their own behavior disorders.

Study design: 500 college students were randomly selected to issue the questionnaire. The questionnaire was required to be completed at one time and the specified time was 15 - 20 mins. Overtime was recorded as invalid. A total of 500 copies were distributed, 482 copies were recovered, and the number of valid copies was 463.