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

Zijun Qian & Yutai Shen

*Basic Teaching Department, Guangling College, Yangzhou University, Yangzhou 225100, China*

**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.

**Methods:** The intervention effect of physical training on college students' behavior disorder was counted by Excel.

**Results:** In this survey, the influence values of specific factors are quantified in five grades of 0-4. 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 500 college students are taken as the average and the results are rounded, the specific statistical table is shown in Table 1.

**Table 1.** Intervention effect of physical training on college students' behavior disorder

Factor	Psychological emotion	Communication situation	Fitness psychology
Student	3	4	4

**Conclusions:** Pay attention to psychological quality education and create a good atmosphere for college students' mental health. Strengthen the construction of campus culture and create a good educational environment. Strive to cultivate college students' strong will and social adaptability. Help college students establish harmonious and harmonious interpersonal relationships. Improve the understanding of mental health of college students in physical education colleges and improve their mental health level. At the same time, strengthen the psychological expectation education of life events and psychological preparation for coping with pressure, narrow the contrast between personal expectation and reality, and enhance their adaptability. Physical exercise is to alleviate cognitive pressure. Therefore, leaders and teachers of colleges and universities should encourage students to often participate in physical exercise to relieve their pressure, so as to promote the development of students mental health .

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## EFFECT OF BASKETBALL ON COLLEGE STUDENTS' MENTAL AND EMOTIONAL STRESS INDUCED BY EXERCISE

Lei Li

*College of Physical Education, Sichuan Minzu College, Kangding 626001, China*

**Background:** Emotional stress is emotional stress. An individual's psychological tension reaction or state formed under the action of emotions such as anxiety or fear. It is related to some unexpected environmental stimuli faced by individuals and the evaluation of their coping ability. For example, when individuals feel unable to cope with situational stimuli such as major blows from nature or society, they will experience emotional stress caused by tension. In this state, there will be biological reactions such as muscle tension, increased blood pressure, accelerated heart rate, increased respiratory rate and increased gland activity. Transient emotional stress helps individuals adapt to the environment and maintain the integrity of body function. However, the continuous stress state will affect the normal function of body organs, and even cause a variety of diseases, such as wind dampness pain, fibrous tissue inflammation, neurodermatitis, gastric ulcer and so on. Canadian scholar Serry said that maladjustment caused by emotional stress is a general adaptation syndrome, which includes three stages: startle, impedance and failure. In the startle stage, when the organism is stimulated by external tension, it carries out adaptive defense through the change and regulation of its own physiological function. In the impedance stage, human potential is fully mobilized to cope with environmental changes through changes such as accelerated heart rate and respiration, increased blood pressure and blood glucose. In the failure stage, the tight stimulation persists and the impedance continues. At this time, the necessary adaptability has been exhausted, and the body will be damaged by its own defense, resulting in adaptive diseases. In recent years, the trend of mental health problems among college students in China is bullish. The survey shows that more than 20% of college students have emotional stress reactions in different degrees and situations, which directly leads to the rise of college students' suspension and dropout rate and the decline of the output rate of excellent talents in colleges and universities. At present, colleges and universities in China have generally attached great importance to this problem, and strive to provide more support for students with psychological problems through the establishment of psychological counseling rooms and relevant student organizations.

**Objective:** With the rapid development of China's economy, the competition among talents is becoming