

ABSTRACTS

EFFECTS OF DIFFERENT PHYSICAL EXERCISE METHODS ON DEPRESSION AND ANXIETY SYMPTOMS OF COLLEGE STUDENTS

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Background: As the embodiment of the achievements of higher education and the national talent reserve, contemporary college students shoulder the important responsibility of the country's future social development. However, in recent years, the gradual enrollment expansion of colleges and universities, the increase of tuition fees, the increase of employment pressure and other factors make the life pressure and competition pressure of college students increase day by day. College students will inevitably have a certain degree of psychological obstacles and even psychological diseases when facing severe pressure in different aspects such as learning pressure, employment pressure, social pressure and family economic pressure. Psychological symptoms such as depression and anxiety will not only endanger students' own physical and mental health, but also affect the people around them, and even have a malignant impact on the family and society. Nowadays, the rate of psychological symptoms such as depression and anxiety in college students is gradually higher than that in general young people, and the adverse social phenomena caused by various psychological problems are also increasing year by year. Although in recent years, with the increase of college students' psychological problems, major colleges and universities have taken corresponding measures, such as setting up public courses of mental health and psychological counseling institutions, the relevant measures have not produced good results for various reasons. On the one hand, most college students are influenced by traditional ideas and are unwilling to disclose their psychological problems to campus psychological counselors. On the other hand, the public courses of mental health or psychological counseling institutions in colleges and universities cannot fully fit the actual situation of students. As a result, although the relevant measures exist, they do not play their due role. Therefore, it is necessary to integrate the activities that can protect college students' mental health into college students' life and make it produce benign effects. People's body and mind are closely related. Sports is not only an important way to enhance physique, but also an effective means to adjust psychological situation. Different types of physical exercise can effectively alleviate the symptoms of depression and anxiety of college students, promote the improvement of college students' comprehensive psychological quality, and lay an important material foundation for mental health.

Objective: Physical exercise can have a positive impact on college students' mental health to a great extent and intervene in college students' depression and anxiety symptoms. This study explores the psychological impact of different types of physical exercise on college students, helps college students overcome depression and anxiety symptoms and improves their comprehensive psychological quality.

Subjects and methods: This study uses Self-rating Depression Scale (SDS) and Self-rating Anxiety Scale (SAS) to test college students with depression and anxiety symptoms, and analyzes the psychological status of college students after different types of physical exercise through comparative experiments.

Study design: In this study, 120 college students participating in the experiment were divided into four groups: control group, dance group, basketball group and badminton group, with 30 people in each group. Before and after the experiment, a questionnaire was used to investigate the psychological status of college students participating in the experiment. The questionnaire was mainly divided into two parts: Self-rating Depression Scale and Self-rating Anxiety Scale.

Methods: After collecting the questionnaire, this study uses Excel to analyze the mental health data of college students.

Results: The self-assessment data of depression and anxiety of the four groups of college students before and after the intervention are shown in Table 1.

In Table 1, compared with the control group, the psychological status of the dance group, basketball group and badminton group has improved. Among them, the basketball group has a more significant effect when comprehensively comparing the two symptoms of depression and anxiety. It can be seen that different types of exercise have different benign effects on the symptoms of depression and anxiety of college students.

Conclusions: In recent years, depression and anxiety symptoms of college students have gradually increased. Physical exercise can have a positive impact on college students' mental health. Colleges and universities should set up various sports clubs dominated by interest to lay the foundation for students' physical and mental health through different types of sports. At the same time, it can also make college students with the same hobbies have more communication opportunities, so as to reduce the adverse

effects of psychological diseases in social and sports.

Table 1. Comparative experimental data

Grouping	Point of time	SAS	SDS
Dance group	Before intervention	57.43	58.67
	After intervention	56.13	53.14
Basketball group	Before intervention	57.42	58.64
	After intervention	52.31	53.45
Badminton group	Before intervention	57.41	58.83
	After intervention	52.36	57.35
Control group	Before intervention	57.42	57.57
	After intervention	57.45	58.71

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ON THE TEACHING REFORM PATH OF ART EDUCATION CURRICULUM IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF THINKING OBSTACLES

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Background: Thinking disorder refers to the phenomenon that the human brain interrupts the reflection of objective things or fails to obtain thinking results due to the confusion of thinking starting point, the fuzziness of thinking image, the deviation of thinking direction, the confusion of thinking logic, the interference of thinking, etc. It makes people's thinking activities easily exceed the normal standard of content range and progress speed range. Thinking disorders can be divided into abnormal thinking process and abnormal thinking content. Most of them have symptoms such as poor thinking, slowness, mandatory thinking, pathological restatement and delusion, which will not only affect people's thinking ability and cognitive ability, but also cause certain physical and mental damage. Thinking obstacles can be divided into solidifying thinking obstacles, one-sided thinking obstacles and disturbing thinking obstacles, which often show that it is easy to fall into the inherent thinking set, the analysis of problems is not comprehensive and objective, and then affect the depth of people's views on things. The all-round development of morality, intelligence, physique, beauty and labor is the goal and basic standard of educational talent training in China. At the same time, the establishment and development of art curriculum plays an irreplaceable role in students' aesthetic training, personality shaping, psychological training and so on.

Since the expansion of college enrollment, the enrollment of art majors has increased year by year, but the teaching quality of higher art teaching has decreased. The "elite teaching" model cannot meet the development of teaching requirements, and the impetuous social atmosphere also makes students show an unrealistic learning attitude in the learning process. The disadvantages of education courses such as unclear teaching orientation, unscientific teaching system, dislocation of teaching methods and unreasonable setting of teaching contents also require the acceleration of teaching reform of art education courses in colleges and universities. Falling into thinking obstacle is the biggest resistance to the teaching reform of art education in colleges and universities. The persistence of traditional inherent concepts and the inertia of thinking that refuses to change from time to time make the art education in colleges and universities in a tepid and even backward situation. The boring and single teaching methods and teaching objectives based on realism are not conducive to expanding students' thinking, but also make students feel dull about things, which is not conducive to cultivating and training students' innovative consciousness and ability, and then affect the improvement of art teaching quality and the promotion of educational objectives in colleges and universities. Adjusting teaching objectives and updating teaching mode has become a new mission and responsibility entrusted to art education in colleges and universities in the new era. Colleges and universities should accelerate the realization of the training plan of cultivating art talents with strong professionalism and high comprehensive quality for the country and society.

Objective: To analyze the problems existing in the course setting and implementation of art education in colleges and universities, improve its teaching quality and speed up the reform of teaching path, study and evaluate the rationality of its teaching scheme design, the completion of teaching objectives and the training process of professional talents from the perspective of thinking obstacles, in order to provide