

perspective of human characteristics and reality. Although the stock market has the characteristics of long-term memory, investors should not be too superstitious that the market will have similar cycles. Because of factors such as time, space and psychological groups, the stock market will have no obvious periodic performance. Moreover, investing with reverse thinking will lead to the problem that it is impossible to accurately grasp the trading opportunity, and the investment income of investors will be affected by this kind of irrational judgment, which is particularly key for investors who use reverse investment thinking.

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EFFECT ANALYSIS OF BALL TRAINING ON COLLEGE STUDENTS' PSYCHOLOGICAL STRESS

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Background: At present, the mental health of college students has directly endangered the quality of talent training in colleges and universities, which has aroused widespread concern of society and become the focus of education reform. Many studies show that college students' self-consciousness is not mature enough, and their choice of value and judgment are lack of stable and unified standards. When the multiple values to society coexist, they show more mental frustration and psychological contradiction than other groups, and the external manifestations are such phenomena as weak psychological state, easy psychological conflict and emotional behavior. In the face of the increasingly prominent mental health problems of college students, to find a simple and effective way to ease the psychological problems of college students is an important issue. Based on the teaching experiments, this paper explores the mechanism and theoretical basis of ball games as a means of intervention on mental health, to prove the positive effect of ball games on mental health.

Objective: With the rapid development of our country's economy, the competition between talents has become increasingly fierce, which has brought great employment pressure to contemporary college students. In addition, the contemporary college students in the process of life and study, also have to face from the school work, family, interpersonal pressure, so in recent years the increasing pressure of our college students, mental health problems continue to arise. In order to improve the mental health level of college students, improve their ability of resisting pressure and relieve their mental and emotional stress, exercise therapy was used. Ball training is a popular sport in colleges and universities. It is a beneficial attempt to combine ball training with mental health guidance.

Subjects and methods: Make full use of medical students' sports enthusiasts' two-in-one advantages to explore the emotional stress of college student's spiritual source. Through scientific and planned ball training to release the psychological pressure of college students, let college students out of the dormitory and classroom, rush to all kinds of ball court, relieve pressure and enhance the physical quality of college students. Improving the ability of resisting pressure can relieve the psychological and emotional pressure of college students and prevent them from suffering from psychological diseases.

100 college students with high psychological pressure were randomly selected and randomly divided into experimental group and control group, 50 students in each group. Before the experiment, there was no significant difference between the two groups in sex, age and psychological stress ($P > 0.05$), which could be compared, and all the 100 students volunteered to take part in this research activity, which took football training as an example. Based on the theories of systematology, training and psychology, the commonness of football technology is extracted, the single technical action of football is organically integrated, and the "normalization" of action is not excessively required. A "combined" teaching experiment scheme is designed, that is, according to the principle of step-by-step progress, from barrier-free to barrier-free, and then from passive defense to active defense, and finally to actual combat confrontation, so that students can understand, grasp and use it more easily, so that students can experience success in actual combat, and improve their learning enthusiasm and team spirit. Emphasize the happy sports in the movement, experience the ball game charm, thus change to the ego, behavior and cognition of others. The sports of the experimental group include martial arts, aerobics, sports dance and other non-football events. The control

group was the sports project group with no sports hobby and passive participation. The experiment lasted for 32 weeks. The subjects took part in the experiment twice a week for 90 minutes. The first 10 - 15 minutes of the experiment were given psychological and cognitive intervention. Various experimental conditions shall be controlled so as to reduce the external factors that affect the results of the experiment and the control group as much as possible and ensure the reliability and comparability of the experimental results. Before the teaching experiment, the experimental group and the control group shall be strictly grouped into two groups, and the psychological health level of the three groups of experimental subjects shall be assessed by using the SCL-90 Psychosomatic Symptom Checklist, which shall be completed by the experts in the psychological teaching and research department and the data shall be collected and tested.

Methods: SPSS 23.0 statistical software was used to analyze the two groups of observation data.

Results: The results of BPRS scores before and after football training are shown in Table 1. From Table 1, we can see that there are significant differences in anxiety, depression and lack of activity between before and after BPRS training through exercise therapy ($P < 0.01$). There was no significant difference in thinking disorder and hostile suspicion ($P > 0.05$).

Table 1. Statistical processing results of BPRS scores

Project	Before training	After training	<i>P</i>
Thinking disorder	24.42±9.64	18.17±7.43	<0.01
Hostile suspicion	6.54±1.12	5.45±2.06	>0.05
Lack of vitality	6.12±1.49	4.15±1.82	>0.05
Lack of vitality	9.05±3.53	7.05±2.24	<0.01
Anxiety and depression	6.24±2.35	4.56±1.25	<0.01

Conclusions: Ball training and exercise intervention had positive effects on college students' mental health, and there were significant differences in somatization, hostility and depression ($P < 0.01$). Therefore, it is suggested that colleges and universities should implement intervention programs in various forms to ensure the improvement of college students' mental health.

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A STUDY ON THE INFLUENCE OF FOOTBALL SPORTS ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the rapid development of economy, social change, educational reform, study, the complication of emotion and interpersonal relationship and so on, the mental health problem has brought invisible pressure to the contemporary college students. Under these pressures, some students have different degrees of psychological barriers, which seriously affect the physical and mental health of college students. When higher vocational education occupies a large proportion of higher education, a series of psychological problems, such as anxiety and depression, exposed by higher vocational college students in their daily life, have become common problems in higher vocational colleges. Higher vocational college students are the group with higher cultural quality and the backbone of promoting social development. Their mental health is related to the future and destiny of our country and society. The rapid development of modern society, the accelerated pace of life and increasing competition, higher vocational colleges on the mental health of students have had a great negative impact. Also causes the student mental health aspect a series of questions, the prospect is not optimistic. Football is not only one of the physical education courses, but also a sport project with the function of strengthening body and improving mood. It can improve one's physical strength, improve team cooperation, promote interpersonal communication and promote the physical and mental health of athletes.

Objective: Nowadays, the competition for talents is more and more fierce, and the employment problem has brought great pressure to college students. At the same time, the contemporary university student in the study life, also must face many families and the human relations and so on many aspects brings the pressure. Therefore, the psychological capacity of college students is weakened and mental health problems occur frequently. In order to improve the mental health level of college students, improve