

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.

Acknowledgement: The research is supported by: the Fundamental Research Funds for the Universities of Henan Province.

* * * * *

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

Chao Ma

Ministry of Sports, Kaifeng University, Kaifeng 475004, China

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

their ability of resisting pressure and relieve their mental and emotional stress, exercise therapy was used. But the soccer movement is the university popularization high degree movement, unifies the soccer movement and the psychological health guidance, after all is one kind of beneficial attempt.

Subjects and methods: Mental health has become an important connotation of modern health concept. With the development of modern society and the enhancement of competitiveness, parents and society's expectations of young people are getting higher and higher. Therefore, the mental pressure they are facing is also increasing, and the excessive psychological pressure seriously affects the healthy development of their psychology. Mental health education is an important part of college physical education and health curriculum, and it is the teaching goal of school physical education. Physical exercise has certain influence and promotion on students' mental health. Make full use of medical student's sports enthusiasts' two-in-one advantages to explore the emotional stress of college student's spiritual source. Through scientific and planned football training to release the psychological pressure of college students, let college students out of the dormitory and classroom, rush to the football field, 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. This research mainly carries on the investigation analysis from the soccer movement to the university student exercise induction spirit pressure effect. Through the way of sending out questionnaires, statistics after the effect of football.

Study design: 500 college students were randomly selected for a questionnaire survey. Request a one-time answer within a limited time. A total of 500 questionnaires were distributed, 482 questionnaires were retrieved, with a recovery rate of 96.4% and 478 effective questionnaires with an effective rate of 95.6%.

Methods: SPSS 18.0 and Excel were used to count the effects of football on college students' exercise induced stress.

Results: In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation value of 200 college students shall be rounded off and the results shall be obtained by rounding off the average number of the evaluation results.

Table 1. Effects of football sports on college students' stress induced by exercise

Factor	Physical fitness	Emotional relief	Stress relief
Adult	4	4	4

Conclusions: Football and sports have different effects on all dimensions of college students' mental health level, and improve their mental health level to some extent. The aim of college PE teaching is to cultivate professional talents with good physical and mental health, and then to make students form a good habit of physical exercise by some necessary physical exercises. Football can urge some students who are under emotional pressure to change their way of thinking and dealing with problems, so that they can show confidence, strength and vigor without inferiority complex and depression. As one of the effective means to treat mental diseases, aerobic exercise has a positive effect on the physical health of adults. Regular participation in aerobic exercise can improve the physical quality, enhance the body's resistance to disease, make people energetically into daily study, work and life, thus shaping the healthy body of adults, and lay a solid physiological foundation for the mental health of adults.

* * * * *

ON THE STAGE PSYCHOLOGICAL CONSTRUCTION OF PIANO PERFORMANCE ART AND THE RECONSTRUCTION OF AESTHETIC VALUE OF PEOPLE WITH COGNITIVE IMPAIRMENT

Yijun Zhu

Normal School, Changshu Institute of Technology, Changshu 215500, China

Background: Stage psychological control and aesthetic value evaluation is the main internal factor in the piano performance art, including the stage psychological control ability of the piano performance art is the main factor affecting the performance in the performance, aesthetic value evaluation is the audience as the main object to guide the players to show stage style and music style. The stage psychology of the piano performance art will have a great impact on the performance of the player. The aesthetic value determines the internal meaning of the music performance on the stage. In the piano performance art, the stage