



Figure 2. Differences in the level of MH in experimental classes

**Conclusions:** With the development of the times and the progress of society, the main purpose of school teaching is to cultivate compound talents that meet the requirements of China's socialist modernization in the 21st century. In the process of psychological teaching, teachers should not only impart professional knowledge and skills, but also pay attention to the physical and MH of students in order to promote the overall development of students. The penetration of psychological teaching in school history education has opened up new ways for colleges to carry out psychological teaching.

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## THE RECOVERY OF STRESS DISORDER AND THE RECONSTRUCTION OF SPORTS PSYCHOLOGY IN THE ENVIRONMENT OF NATURAL DISASTER

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**Background:** Recovery of stress disorder and sports psychological rescue is a traditional national sport. It is not only a technical skill with a high degree of disaster prevention environment, but also an exquisite form art and fitness method. Adolescent period is the key period of human early education and psychological development. It is of great significance to seize this critical period to carry out scientific early education on disaster environment for adolescents, which is of great significance to their physical and mental health and sports psychological rescue development. Long-term disaster environment practice is beneficial to improve the response ability and concentration degree of teenagers, improve self-observation and imitation ability, self-control ability, performance ability, exercise agility, flexibility and correct thinking ability, so as to further improve the comprehensive ability.

**Subjects and methods:** Through literature review and interview, this paper makes a specific analysis of the psychological rescue of youth sports, hoping to explore the impact of environmental disaster movement on the psychological rescue of youth sports.

**Study design:** The most basic is to establish a reliable therapeutic relationship and a controlled alliance that does not overly push the boundaries of the client, that is, do not get too involved, which is difficult. On this basis, the personality of the visitors should be highly respected, that is, different visitors are suitable for different ways, cannot be required to all visitors through crying to vent their emotions. At the same time, we can help the visitor to regain his autonomy. We can invite the visitor to discuss the topic of the trauma actively. If he refuses, we can wait again. Some studies have shown that patients with severe symptoms can be treated with antidepressant drugs, which are effective.

**Methods of statistical analysis:** About the geological hazard prevention and control of strategy, first of all need to follow the principle of diversity, the construction of control system and to perfect the content, the geological conditions and environment information related to carry out survey work, at the same time the disaster geological changes before and after the time and the content such as full records, sorting and statistics after the results of the survey, geological disaster grade projections for regional geological environment disasters, and connecting with the actual level of early warning scheme, in order to prevent the work ahead of time. At the same time, in the process of overall planning for geological disaster prevention and control, a series of works, such as giving priority to prevention, organically combining control and avoidance, prevention and control, single and comprehensive, mass and special prevention, should give full consideration to key construction planning projects. In addition, it has always adhered to

the leadership of government departments, closely collaborated with all departments and units to carry out prevention and control work, carried out the concept of who develops who protects, who damages who governs, and defined responsibilities at all levels to ensure the orderly and rational development of geological disaster prevention and control work.

**Results:** China has a vast territory, a long boundary line, the impact of geological disasters is also very wide. Landslide, debris flow and other geological disasters not only affect the safety of people's lives and property, but also affect the normal traffic and communication. Therefore, in order to promote the development of society and create a safe living environment for people, the state has always attached great importance to the effective prevention and control of geological disasters. At present, although China has invested a lot of money, there are still some problems in the prevention and control system, geological disaster prediction and reconstruction in some areas. Therefore, it is necessary to solve these problems effectively to reduce the harm brought by geological disasters.

**Conclusions:** To sum up, in order to create a safe living environment, these geological disasters must be effectively prevented and controlled. In the process of prevention and control, it can be considered from the aspects of prevention of geological disasters, emergency response after geological disasters, reconstruction after geological disasters and so on. In this way, not only the prevention and control effect of geological disasters can be effectively improved, but also the geological environment can be effectively used.

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## STRATEGIES AND MEASURES OF CONSTRUCTING SOCIAL ETHICS AWARENESS IN PHYSICAL EDUCATION TEACHING ENVIRONMENT

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**Background:** Physical education plays an important role in many subject courses, which can not only exercise students' physical quality and improve their health level, but also promote students' conduct and cultivate their noble moral character of justice, fairness, integrity and responsibility. Through daily training, competitions and performances, students can better accept the implicit ethical education, constantly improve their character and quality, and lay a foundation for becoming talents needed by the society. The development of colleges and universities needs to attach importance to the moral education of sports, which provides good conditions for the stability and good development of society and the country as a whole. With the continuous progress and development of society, sports have become an indispensable part of most people's life and an important component of the social system. However, in the development of society, some bad ideas and morals have gradually penetrated into various fields, including sports. Bad or immoral behaviors in sports activities not only have a negative impact on oneself, but also cause troubles and problems in daily life, interpersonal communication and work, and may eventually become an obstacle to social stability and harmony. In order to avoid the above problems, but also for the harmonious development of the society as a whole, relevant personnel must analyze and study the unethical behavior of sports activities, and put forward targeted suggestions and measures.

**Subjects and methods:** In physical education teaching, metacognition of physical education learning refers to students' cognition of physical education learning process, that is, students' cognition ability of their cognition of physical education learning process. It is very necessary to study the process of PE learning by metacognition. This paper makes a preliminary analysis of the metacognitive theory in order to find a high-quality and efficient way for physical education teaching and cultivate students' metacognitive ability.

**Methods of statistical analysis:** The research database was conducted using the SPSS statistical package and the double entry technique. To compare the groups as to the indicator of OWS therapy completion, an analysis was conducted on the event of global dropout (OWS therapy). To compare groups for reasons of OWS therapy completion, there were built contingency tables, while Fisher's exact test was used.

**Study design:** From the perspective of cognitive psychology, this paper discusses the organization and teaching method of PE class, which unites cognition with teaching, and organically combines teaching with students' physical and psychological characteristics, so as to enrich teaching method and improve teaching level.

**Results:** Modern cognitive psychology interprets ability by knowledge and maintains that different types of knowledge are the basic elements of a kind of ability. The world we live in is full of contradictions, and it