

effectively improve the closed and lonely psychology.

Conclusions: In short, with the continuous development of our society, the process of quality education began to advance continuously. Our country also began to focus on the mental health problems of college students and carry out in-depth physical research. From the perspective of China's current college education work, major colleges and universities are still relatively weak in terms of students' physique. With the continuous promotion of quality education, major colleges and universities begin to pay attention to the education of college students' psychological quality and physical health. Indeed, modern and contemporary college students are facing great pressure, which can easily lead to physical decline and psychological diseases. Therefore, college physical education plays a very important role in the healthy development of college students. Major colleges and universities should combine physical education and psychological education to help improve the psychological quality of college students, so as to cultivate more high-quality talents for the society.

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REBELLIOUS PSYCHOLOGY AND COUNTERMEASURES IN COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION

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Background: The rebellious psychology in ideological and political education refers to the psychological process in which the educate produces rejection, resistance, disgust, disgust and other emotions when the educator educates and guides the students' thoughts and behaviors according to a certain goal (such as the goal of cultivating "Four Haves" new people), or suppresses and corrects the students' thoughts and behaviors that deviate from the goal. Rebellious psychology is based on a certain understanding. It has a strong subjective color. Its occurrence is not subject to the nature of objective things, nor does it particularly depend on the influence of situation. It mainly depends on the thinking level of the subject. The vast majority of contemporary college students have been living on campus with simple life experience. They are still in the formation period of outlook on life, world outlook and values. They have many perceptual components and strong emotional color, so they consciously or unconsciously put themselves in the position of opposition and confrontation with ideological and political education.

Objective: In the process of Ideological and political education in colleges and universities, rebellious psychology is one of the most common and difficult problems to solve. Once such problems appear, they will lead to college students' deviation from the mainstream thought of society and make the ideological and political education work in trouble. Therefore, in-depth analysis of the manifestations and causes of rebellious psychology, and exploring the solutions to the problem of "rebellious psychology" in the process of college students' ideological and political education are conducive to improving the effectiveness and scientific of college students' ideological and political education.

Subjects and methods: College students' own factors. College students are not only the object of Ideological and political education, but also the subject of Ideological and political education. They are the internal cause of rebellious psychology.

Reasons for ideological and political educators. Ideological and political educators are another inducement for college students to have rebellious psychology in Ideological and political education. At present, the ideological and political education of college students has prominent problems and poor results. There are three reasons: First, the knowledge literacy of Ideological and political educators is lack. Second, it failed to flexibly use the methods and art of ideological and political education. Third, the lack of personality charm of Ideological and political educators. Influence of external environmental factors. The influence of external environment is the external factor of college students' rebellious psychology. The external environment is mainly the environment of college students such as family, school, society and network.

Results: Cultivate college students' mental health literacy and improve their learning ability. College students are in a critical period of the formation of world outlook, values and personality development. We should strengthen the study of college students' theoretical knowledge, make them absorb nutrients from knowledge, enhance cognition and feel fun, which is conducive to establish correct ideological and moral and social norms, strengthen ideological and political education and eliminate rebellious psychology.

Enhance the comprehensive quality of Ideological and political educators and innovate the education mode. To eliminate college students' rebellious psychology towards ideological and political education and

improve the quality and effectiveness of Ideological and political education teaching, educators should strive to achieve the following three points: First, ideological and political educators should constantly improve their scientific, cultural and theoretical quality. Second, improve the methods and art of Ideological and political education and innovate the educational model. Third, we should forge the excellent quality of noble character and being a teacher.

Optimize the external environment and create a good learning atmosphere for ideological and political education. External environmental factors have a subtle effect on college students. Optimizing the external environment of Ideological and political education is of great significance to eliminate college students' rebellious emotions and improve the effectiveness of Ideological and political education.

Conclusions: To sum up, the "drug resistance" of some rebellious college students to ideological and political education is not an insurmountable "stubborn disease". College students have strong plasticity. I believe that as long as we take effective measures and appropriate methods, rebellious psychology can be prevented before it occurs and corrected after it occurs. Educators should integrate theory with practice in the ideological and political education of college students; keep pace with the times and innovate the methods of ideological and political education. Constantly strengthen the study of theoretical and practical knowledge, promote communication with the educated, and establish a harmonious relationship between teachers and students. Take operational measures to prevent all kinds of bad psychology easily produced by college students in the process of Ideological and political education, eliminate the rebellious psychology budding or already produced in the hearts of college students, and achieve outstanding educational results.

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PSYCHOLOGICAL INTERVENTION MEASURES TO PROMOTE COLLEGE STUDENTS' PHYSICAL HEALTH

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Background: The physical health status of young students in China has been declining for many years, which has attracted great attention from the state and all sectors of society. The physical health data results of Freshmen in Colleges and universities in Zhejiang Province in recent five years and the data results of the "national student physical health survey" every five years show that the declining trend of College Students' Physique in Zhejiang Province has been controlled and their physique has improved, but there are still some problems, such as the increase of the detection rate of students' obesity and the decline of physical qualities such as upper limb muscle strength and flexibility. The average score of students' physical health increased little, the good rate decreased, and the excellent rate was low. How to improve the level of students' physical health more effectively has always been the core problem perplexing the competent departments and educators. The author believes that it is difficult to comprehensively improve students' physical health level and optimize the effect of physical improvement. Therefore, the relevant work must be solved from the macro and micro levels. At the macro level, we must pay attention to unifying ideas, enhancing consciousness, strengthening system and optimizing management. In the micro aspect, we must study the mechanism of improving students' physical health level, carry out comprehensive intervention from the perspectives of psychology, physical education, pedagogy, physiology and sociology, and study the laws and specific intervention countermeasures of students' producing and maintaining healthy physical exercise behavior.

Objective: The intervention measures for the decline of students' physical health are all-round, in which psychological intervention is an important part of effective intervention measures. Based on the analysis of the psychological characteristics of college students' sports interest, this paper puts forward diversified ways to cultivate students' sports interest, so as to provide theoretical and practical basis for cultivating college students' sports interest and promoting their physical health.

Subjects and methods: (1) Tendency of sports interest. (2) Universality of sports interest. (3) Motivation of sports interest. (4) Emotion of sports interest.

Results: (1) Stimulate students' interest in sports through motivational needs. Teachers should first understand the motivation of college students to participate in physical exercise and physical education. (2) Guide students' interest in sports through target management. Teachers should make students' interests consistent with their ideals and goals, help students develop long-term interest in sports, and further promote them to form an important habit of lifelong sports. (3) Promote students' interest in sports through successful sports. Success is a very important factor in the process of students' classroom physical education and extracurricular physical activities. Students' success in a physical activity can promote them to pay