

## EFFECTS OF DIFFERENT PHYSICAL EXERCISE ITEMS ON MENTAL HEALTH OF FEMALE COLLEGE STUDENTS

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Nowadays, many female college students in China have different degrees of mental health barriers. Such as "depression", "psychosis", "neurosis", "physical and mental disorders" and so on. More importantly, mental and psychological diseases have threatened the lives of college students, and there are many people who commit suicide or have suicidal tendencies. In the process of carrying out quality education in an all-round way, the mental health of college students has become the focus of physical education in Colleges and universities. As an important part of school education, physical education aims to improve students' health, enhance students' physique and promote the development of students' mental health. According to previous studies, physical exercise can promote the mental health of college students. The effect of physical exercise on mental health is affected by many factors. Physical exercise can regulate mood, enhance mental health, alleviate anxiety and depression. Therefore, it is very necessary to study the impact of different physical exercise items on the mental health of female college students and put forward measures to alleviate the mental health obstacles of female college students.

**Key words:** physical exercise - mental health - college girl

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## COMPUTERIZED ADAPTIVE DEVELOPMENT TEST OF COLLEGE STUDENTS' SOCIAL ANXIETY

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College Students' mental health problems are receiving increasing attention, and social anxiety is one of the major psychological problems with high incidence and long duration, which affect their achievement and interpersonal harmony. Social anxiety refers to the individual's significant or lasting fear of one or more social occasions. It is a common anxiety symptom. Individuals with social anxiety are more sensitive to interpersonal relationships, and they are more difficult to communicate directly with people face to face. At present, social anxiety has become a common anxiety symptom among college students and seriously affects college students' mental health. Therefore, the research on College Students' social anxiety is more urgent. At the same time, considering the universality and harmfulness of social anxiety symptoms, it is very necessary to measure, screen and evaluate these symptoms efficiently and accurately. With the development of the times, computer technology is more and more widely used in our life. Therefore, it can be considered to apply computer technology to college students' social anxiety test, which can improve the diagnostic effect, greatly reduce the number of test questions and reduce the test burden.

**Key words:** college students - social anxiety - computerization -adaptive test

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## SURVEY OF COLLEGE ENGLISH ONLINE COURSE LEARNING ANXIETY AND ITS INTERVENTION COUNTERMEASURES

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With the development of network technology, learners can learn independently. Or interact with others in a cooperative way, or even use the course website for distance learning. All these have confirmed the superiority and feasibility of the network English teaching model compared with the traditional teaching model. While improving the teaching effect, new problems also appear. The

prominent performance is classroom anxiety. Specifically, learners have no way to start in the face of vast resources, sometimes they can't get effective feedback in learning, or they are not used to screen reading because they are not familiar with computer and network operation, which hinders language learning. In foreign language learning, English learning anxiety, an emotional factor, will affect the exertion of learners' potential. If learners are too affected by negative emotions, it will have an adverse impact on English learning. The study of English online classroom learning anxiety can arouse teachers and learners' attention to English online curriculum learning anxiety. It also puts forward corresponding intervention countermeasures to help college students achieve the unity of emotion and cognition in English online course teaching and learning.

**Key words:** college english - network courses - learning anxiety - intervention countermeasures

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## A SURVEY OF NON-ENGLISH MAJORS' LEARNING ANXIETY IN BUSINESS ENGLISH COURSE AND ITS INTERVENTION COUNTERMEASURES

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With the development of global economy and culture, especially the development of information technology, the exchanges of all nationalities in the world are becoming more and more frequent. In this context, the importance of business English learning is very prominent. Foreign language anxiety is one of the important affective factors affecting foreign language learning. It refers to the fear or anxiety of learners when using or expressing the target language. Anxiety is considered to be one of the most critical psychological variables in affective factors and an important affective factor affecting language learning. Classroom learning is the main place and way for Chinese college students to learn English. Therefore, it is very necessary to study students' learning anxiety in the classroom environment. Compared with English majors, non-English majors have more difficulties in learning business English. Learning anxiety is also a very common thing, but we can't ignore its seriousness because it is common. Therefore, it is necessary to intervene the learning anxiety of Non-English Majors in Business English course in time.

**Key words:** non english majors - business english - intervention countermeasures - learning anxiety

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## INTEGRATION OF IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION IN HIGHER VOCATIONAL COLLEGES

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Under the new economic normal, a variety of cultural values have emerged, which has a profound impact on the growth of students and even their psychology. Under the influence of different values, students have different psychological problems. Higher vocational education is an important part of China's education system and an important place to cultivate comprehensive skilled talents. There is an inseparable relationship between Ideological and political work and mental health education in higher vocational colleges. On the one hand, ideological and political work broadly includes mental health education, which determines the main tone of mental health education. On the other hand, mental health education is an important part of Ideological and political work, which plays an important role in the smooth development of Ideological and political work. Based on higher vocational colleges, this paper focuses on the practical needs and implementation ways of the combination of Ideological and political education and mental health education, in order to further enhance the pertinence and effectiveness of mental health education in higher vocational colleges.

**Key words:** higher vocational colleges - ideological and political education - mental health education

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