

educational goal can be successfully achieved is an important guarantee means. In today's era, college students' mental health education can only meet the needs of the new situation and new situation. It fully reflects the respect for students and is student-oriented. In order to enhance the actual effect of mental health education.

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## THE INFLUENCE OF DIFFERENT PHYSICAL EDUCATION TEACHING MODES ON COLLEGE STUDENTS' PSYCHOLOGICAL COGNITIVE BEHAVIOR

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**Background:** Modern college students are facing an era full of fierce competition and challenges. 20% - 30% of college students tend to have psychological obstacles, and the proportion of people with unhealthy psychology is increasing year by year. College students are in a critical period when their physical and psychological development tends to mature. They transition from relying on their parents to living independently. They are gradually independent in economy and life, and begin to deal with various social interpersonal relationships alone. Moreover, they are about to enter the society. They are also facing the pressure of employment while bearing the pressure of study and life. There are more choices and more confusion, which is prone to various psychological problems. In addition, the thought and behavior of college students are sometimes not mature enough. The ability of self-regulation and self-control is not strong. The transition stage makes college students have more negative emotional experience, which often leads to a variety of psychological obstacles. Although college students' mental health education has been widely concerned, the research on the specific methods and means of mental health education has not formed an effective system. The beneficial impact of physical education on mental health has been proved by a large number of scholars, and school physical education plays a major role in most students' physical activities, which puts forward new requirements for the function of mental health for college physical education. In college physical education, physical education curriculum has the characteristics of mandatory, which has inherent advantages in ensuring the time for college students to participate in physical activities. In the current school education, there are mainly three physical education modes: non physical education specialty (including sports art specialty), physical education specialty and sports training specialty. This study takes the different physical education modes of the three specialties as the starting point to explore the students' mental health development level under different modes, in order to refine and optimize the college students' physical education mode through this paper, Improve the mental health level of college students in China.

**Objective:** Setting up a new college physical education curriculum is an effective way to implement the mental health effect of physical education curriculum, which is conducive to the implementation of the guiding ideology of "health first" of school physical education. Health education is a sports concept based on health and emphasizing health education. It contains the social development concept of "people-oriented, health first and sustainable development". However, it is not a negation of existing sports concepts (such as traditional technical teaching concept, physical education concept, competitive sports teaching concept, and even the current happy sports and lifelong sports concept), Instead, we should have a more comprehensive understanding of the connotation of health on the basis of the concept of surpassing sports, surpassing physical quality and surpassing physique, so as to truly reflect the care of sports for human health. We should vigorously promote the reform of "new model of college health physical education curriculum", cancel too many examination contents in physical education, so that students can learn necessary sports skills, learn self-exercise, and form the habit of self-exercise. Improve the mental health level of college students so that college sports can give full play to its mental health effect.

**Subjects and methods:** Physical exercise can obtain sports pleasure. Participating in appropriate physical exercise can obtain more sports pleasure, which is conducive to mental health. Sports pleasure is an optimal psychological state produced after physical exercise, which has a great impact on personal emotion and emotion. The acquisition of exercise pleasure can enable exercisers to deal with unhealthy stress with control ability or sense of control. At the same time, it also enables individuals to focus on exercise activities and get rid of troubled events, which is conducive to individual mental health. Therefore, physical exercise contributes to mental health, mainly through the generation of sports pleasure.

Physical exercise can create a base finishing personality. Physical exercise can cultivate students' sound personality. The representative identity in sports competition often leads to the victory or defeat, which is not only related to personal gains and losses, but also related to the honor of the collective and even the country. Therefore, it can cultivate people's sense of responsibility, mission and patriotism. In the process of competition, in the face of stronger opponents, only by constantly surpassing yourself and your opponents can you beat the crowd and win, so you can enhance the sense of innovation. The vivid competition experience enables students to understand that the cooperation and enthusiastic encouragement of peers are the guarantee of victory, so they can cultivate the spirit of collectivism.

Physical education can exercise the will quality and improve the ability to resist setbacks. Physical education teaching has significant practicality and fierce antagonism, accompanied by a certain physiological load. He requires athletes to overcome psychological obstacles and overcome and overcome various difficulties with firm will and tenacious perseverance. At the same time, physical education can strengthen the brain and intelligence. Physical education teaching activities can effectively eliminate mental fatigue, make the mind fresher, wake up, respond more quickly and improve learning efficiency. In addition, sports contribute to the development of students' personality. Various sports activities are closely related to personality and play a fundamental role in cultivating and developing people's personality. Physical exercise also has the function of catharsis. During physical exercise, it can help you release your inner depression, forget your troubles, and bring you physical and mental pleasure.

**Results:** Under the current mode of physical education for non sports majors, we should increase the setting of physical education class hours, enrich the forms of physical education, and carry out various forms of sports participation ways including physical education classes, clubs and small sports competitions, so as to effectively improve the mental health status of College Students. In view of the psychological exhaustion of students majoring in physical education, we should optimize the curriculum of technical courses, strive to rescue the over concentration of technical courses, alleviate students' psychological exhaustion caused by physical fatigue, adjust negative emotions, and actively provide ways of psychological catharsis, so as to improve students' mental health level. Strengthen targeted psychological counseling for students majoring in physical education, understand students' problems in learning and life, and adopt psychological counseling to alleviate psychological pressure and improve their mental health.

The school shall carry out corresponding psychological counseling courses for male college students to alleviate their psychological pressure. Strengthen employment counseling and set up relevant courses. Male college students are encouraged to do a good job in career planning and carry out relevant activities, such as lectures and seminars in the class, so that students can clarify the employment direction and learning objectives, actively affirm the efforts and achievements made by students, regularly hold relevant activities for display, enhance students' sense of achievement and set a learning example.

The mental health level of college students fluctuates with the growth of grade, and the mental health level of sophomores is the lowest. We should strengthen the enrollment education of college students and carry out follow-up education in time. University counselors should play a key role in understanding the practical problems encountered by students in their study and life, and guide and solve them. Organize and guide college students to participate in group activities, let students experience success in activities, and then cultivate and improve students' self-confidence.

The school should make full use of the form of physical education when psychological intervention is carried out on students. The physical education mode of non physical education college students should increase physical education class hours and enrich the forms of participation, especially for sophomore boys. The physical education mode of physical education major should optimize the curriculum and focus on solving the problem of too concentrated technical courses. Make full use of all kinds of school resources, especially university counselors should use their spare time to organize a variety of activities and reasonably arrange psychological counseling, so as to improve the mental health level of college students and promote their psychological development.

**Conclusions:** The goal of physical education teaching is to exercise students' body, improve students' physical quality and cultivate students' health concept, which is the necessary premise of building students' healthy psychology. Whether from its own characteristics of curriculum projects, or from the passion and vitality of physical education teachers in teaching and their unique affinity for students, it will actively affect the construction of students' healthy psychology. PE teachers should also make full use of these special advantages to correctly guide students in PE Teaching in order to achieve a higher level of mental health.

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## INFILTRATING MENTAL HEALTH EDUCATION INTO COMPUTER APPLICATION TEACHING IN COLLEGES AND UNIVERSITIES

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**Background:** With the increasing popularity of the application of information technology, the Ministry of education has included information technology courses in the category of compulsory courses. The teaching of information technology courses in middle schools has developed into an independent basic discipline combining knowledge and skills. Now the ownership rate of computers in schools and families is higher and higher, and students' computer application ability is stronger and stronger. However, some students have caused various psychological problems because of family and social problems, as well as their own weaknesses. Unhealthy psychological tendencies are more serious, which is very harmful to students' physical and mental health. Therefore, it is an arduous task for our information technology teachers to reasonably infiltrate mental health education in teaching, consciously use psychological theory and technology, help students improve their psychological quality and promote the development of cognitive, emotional and behavioral skills in classroom learning.

**Objective:** Computer is a subject with high scientific and technological content, large knowledge capacity and strong operation skills. Its learning process is simple and profound, interesting and boring. Technical secondary school students are in the adolescent period defined by psychology. They have different learning experiences in junior and senior high schools, immature psychological development and many psychological problems. In the teaching process, we should pay special attention to students' mental health and cultivate students into useful talents with intermediate computer skills and mental health.

**Subjects and methods:** 1. Learning psychological problems. College students, in the high school stage, are students with poor grades. Some have not even attended high school. They come to colleges and universities directly after the high school entrance examination and begin five years of college study and life. Due to poor learning foundation, they are often criticized by teachers in middle school, and their inferiority complex is serious. After going to college, they have insufficient learning confidence, incorrect learning attitude, weak learning motivation, improper learning methods, poor overall academic performance and obvious weariness. Some students skip classes, some students play mobile phones in class, some students think that only professional courses are useful and do not pay attention to some cultural courses.

2. Emotional and psychological problems. Many people in society believe that only college students, especially those in key universities, have prospects and hopes. If they fail to go to college, children will have no prospects and hopes. Influenced by social ideas, many parents believe that if their children can't go to college, they have no hope. Entering vocational colleges is to learn some technology and have a meal in the future. Under the dual pressure of society and family, college students feel too much psychological pressure, feel worthless, unwilling to communicate with others, and have serious pessimism. Especially in adolescence, he has great emotional fluctuation, poor self-control ability, easy to be excited, excited or angry, strong impulse, poor rationality, indifferent social emotion and fragile self emotion. When facing the problem of interpersonal communication, they lack trust in the communication between teachers and students and lack understanding of the communication between students, but are keen on network communication. Although this kind of network virtual communication has filled the shortage that is difficult to obtain in real communication, it has led to college students indulging in the network, even abandoning their studies, violating the moral norms of network communication, and the self-restraint has decreased significantly.

**Results:** 1. Set an example and teach by example. Learning is a teacher and being a model. As a teacher, we should not only "impart knowledge, teach Tao and dispel doubts", but also set an example for students. Teachers' language and behavior are imperceptibly affecting students. Therefore, teachers should continue to strengthen learning, improve their own quality, leave a good image for students and become students' life mentors. With the rapid development of modern information technology, new knowledge emerges one after another. As a teacher, we should constantly enrich ourselves, understand the latest trends of computer and its technology development, and master the most cutting-edge knowledge of our major. In the communication with students, establish a erudite and noble image, meet students' curiosity and thirst for knowledge, and actively guide them in combination with students' characteristics. In computer course teaching, the process of listening to the class not only needs analysis, exploration and observation, but also needs the support of various psychological qualities such as seriousness, meticulous, patience and sureness. Through teachers' words and deeds, students can form a rigorous academic attitude and tenacious scientific exploration spirit.