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INFLUENCE OF COLLEGE STUDENTS' PHYSICAL EXERCISE ON ALLEVIATING STUDENTS' ANXIETY

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Background: At present, many college students in China have different degrees of mental diseases. Mental diseases have seriously threatened the lives of college students, and patients with mental diseases may have suicidal tendencies. Various behavioral disorders of adults generally come from anxiety caused by social pressure, mainly manifested in dependence, eating disorder and Internet addiction. Anxiety disorders are common mental disorders. This disease has a very high incidence rate and disability rate, which will bring great burden to patients and their families. "Anxiety reaction" is a normal psychological phenomenon. When a person's wish is not realized for a long time, or the possibility of realization is estimated to be very small, anxiety will occur, but excessive anxiety will cause anxiety disorder. In the heart of anxiety disorder, there is often a psychological problem that can't be rid of and unwilling to face. Anxiety is only a manifestation of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles. Therefore, it is particularly important to pay attention to and explore the prevention and treatment of adult anxiety disorder in time. Research shows that physical exercise can improve the speed of fat decomposition. The main mechanism is to improve the activity of key enzymes of fat decomposition in muscle, liver and other tissues. It can also improve the level of protective factors against arteriosclerosis, reduce lipid peroxidation and reduce the harm of free radicals to human body. Physical exercise can also enhance self-confidence, improve personality, enhance happy experience, and reduce the incidence of mental diseases such as anxiety and depression. Besides, physical exercise plays an important role in the prevention and treatment of aging, obesity, cardiovascular disease, diabetes and respiratory diseases, and can improve the excessive anxiety of patients with diet disorders on weight and body type, effectively transfer the attention of Internet addicts, and reduce network dependence.

Objective: There are many researches on the mental health of college students in China, but there are few researches on the mental health and educational methods of college students majoring in physical education. Based on investigating the stress level of college students, starting from the consensus that "physical exercise can improve mental health", physical exercise is regarded as a method and means to alleviate stress. This paper discusses how to relieve the pressure of college students through physical exercise and improve the mental health level of college students, to provide an effective way to solve the mental health problems of college students in China, and provide a basis for treating and solving the mental health problems of college students.

Research objects and methods: This paper mainly investigates and analyzes the relief degree of aerobic exercise on adult psychological anxiety, and statistically analyzes the effect of aerobic exercise in the form of questionnaire. Using stratified cluster random sampling method, a questionnaire survey was conducted on 200 college students in a university. The questionnaire was required to be completed at one time. A total of 200 copies were distributed and the number of valid copies was 200.

Research design: All college students were subjected to outdoor aerobic exercise for 1 hour every day. Physical education teachers formulated outdoor jogging, walking, football and other aerobic exercise training plans and supervised their implementation. The experiment lasted for 8 weeks. SCL-90 scale was used for investigation and analysis. The scale has a total of 90 self-evaluation items. The test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychosis, etc., through the 5-level scoring method, the higher the score, the lower the level of mental health.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: The scores of somatizations, interpersonal sensitivity, anxiety and depression in SCL-90 were significantly improved after 8 weeks of treatment ($P < 0.05$).

Conclusions: Aerobic exercise can improve the ability of behavior disorder students to change their thinking and deal with problems, to eliminate inferiority complex, anxiety and depression, show self-confidence and vitality, and have a positive impact on the health of adults. Regular participation in aerobic exercise can improve physical quality and enhance the disease resistance of the body, so that college students can actively invest in daily study, work and life, shape healthy physique, and lay a solid physiological foundation for college students' mental health.

Table 1. Comparison of SCL-90 test results with those before intervention

Factor	Before	2 weeks after	4 weeks after	8 weeks after
Somatization	2.09±0.17	2.14±0.23	2.2±0.43	1.94±0.47
Obsessive compulsive symptoms	1.68±0.75	1.72±0.83	1.71±0.75	1.74±0.57
Interpersonal sensitivity	1.82±0.73	1.83±0.75	1.76±0.82	1.51±0.46
Depressed	1.62±0.64	1.65±0.62	1.51±0.67	1.42±0.35
Anxious	2.39±0.44	2.37±0.48	2.26±0.40	2.20±0.24
Hostile	1.41±0.83	1.42±0.85	1.43±0.76	1.63±0.65
Terror	1.53±0.56	1.41±0.40	1.50±0.43	1.44±0.46
Paranoid	1.50±0.38	1.46±0.55	1.51±0.41	1.43±0.30
Psychotic	1.32±0.45	1.31±0.46	1.32±0.47	1.40±0.29

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ANALYSIS OF LONELINESS AND MENTAL HEALTH OF RURAL LEFT-BEHIND ELDERLY FROM THE PERSPECTIVE OF COGNITIVE IMPAIRMENT

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Background: In the process of China's rapid economic and social development, the process of urbanization and industrialization is accelerating. In this context, in order to obtain higher economic income, a large number of rural young and middle-aged labor force migrate to cities. However, restricted by various factors such as economic pressure, cultural differences and living habits, the vast majority of the elderly can only stay in their hometown in rural areas. Therefore, there is a large number of socially vulnerable groups left-behind in rural areas. Due to the lack of economic support and emotional comfort, the quality of life of the left-behind elderly in rural areas is generally not high. Now it has become a social problem that people from all walks of life focus on. In recent years, the number of rural lefts behind elderly is still growing. Therefore, many scholars have conducted in-depth research on the living conditions of rural left-behind elderly. In the relevant research of the rural left-behind elderly, the mental health status of the left-behind elderly is the focus of the research. Good mental health can improve the mental state of the rural left-behind elderly and improve the quality of life of the rural left-behind elderly.

Many studies have shown that the vast majority of the rural left-behind elderly have a strong sense of loneliness, and their mental health is extremely unsatisfactory, which not only greatly affects the quality of life of the rural left-behind elderly, but also may lead to the decline of the cognitive function of the rural left-behind elderly, which will increase the prevalence of cognitive impairment, increase the family burden and affect the construction of a harmonious society. The analysis of the loneliness and mental health of the rural left-behind elderly is conducive to the society to provide targeted assistance to the rural left-behind elderly and improve the mental health level of the rural left-behind elderly. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception and so on. The focus of cognitive reasoning is to use the cognitive orientation and reasoning mode. Based on cognitive psychology, this study analyzes the cognition and thinking mode of the rural left-behind elderly, discusses the factors that easily lead to the cognitive impairment of the rural left-behind elderly, and then provides theoretical support for the mental health care of the rural left-behind elderly and the improvement of the quality of life, alleviates the loneliness of the rural left-behind elderly and improves the mental health level of the rural left-behind elderly, reduce the prevalence of cognitive impairment of the rural left-behind elderly. Based on cognitive psychology, this study analyzes the relationship between personality traits, self-esteem and the loneliness of the rural left-behind elderly, hoping to provide theoretical support for improving the mental state of the rural left-behind elderly and improving the quality of life of the rural left-behind elderly, so as to promote the construction and development of a harmonious society in China.

Objective: In the process of China's rapid economic and social development, the process of urbanization and industrialization is accelerating. In this context, in order to obtain higher economic income, a large number of rural young and middle-aged labor forces migrate to cities. Therefore, in recent years, the number of rural lefts behind elderly people is still growing. Due to the lack of economic support and emotional comfort, the quality of life of the rural left-behind elderly is generally not high. Most of the rural