

While giving physical rehabilitation to heavy drug addicts, drug treatment institutions should pay more attention to psychological treatment and psychological support for various mental diseases of different severity caused by drug abuse, which is a necessary condition for achieving real psychological drug treatment.

**Table 1.** Comparison of SCL-90 factor between adolescent drug addicts and domestic norm youth group

Project	Domestic norm	Drug addicts	P
Somatization	1.34±0.45	2.48±0.94	<0.05
Obsessive compulsive symptoms	1.69±0.61	2.48±0.80	<0.05
Interpersonal sensitivity	1.76±0.67	2.66±0.75	<0.05
Depressed	1.57±0.61	2.77±0.96	<0.05
Anxious	1.42±0.43	2.66±0.91	<0.05
Hostile	1.50±0.57	2.59±1.13	<0.05
Terror	1.33±0.47	1.95±0.67	<0.05
Paranoid	1.52±0.60	2.39±0.81	<0.05
Psychotic	1.36±0.47	2.16±0.77	<0.05
Number of positive items	27.45±19.32	57.98±18.20	<0.05

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## ANALYSIS AND COUNTERMEASURES OF COMPETITION ANXIETY OF COLLEGE SPORTS ATHLETES

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**Background:** In the important period of vigorously developing campus football throughout the country, the college students' football competition system has been further improved. Domestic colleges and universities pay more attention to the cultivation of college students' athletes. At the same time, the training methods, techniques and tactics of campus football teams in colleges and universities have been constantly updated, and the level of college football competition in China has been correspondingly improved. With the faster and faster pace of football matches, the competition degree is becoming more and more intense. Therefore, in the current environment, football players need to have higher psychological tolerance, and how to strengthen psychological training has gradually become an important topic concerned by domestic researchers. Pre-competition anxiety, also known as competition anxiety, refers to that in the preparation stage of the competition, the state anxiety level of athletes has a significant impact on their behavior. Pre-competition anxiety usually shows an emotional state of anxiety, tension or fear. High or low pre-competition anxiety will make the body in a state of low cognitive and behavioral functions, which makes it difficult for athletes to play their normal competitive level before or during the competition. This abnormal anxiety state is very unfavorable to the sports performance of participating athletes and greatly affects the athletes' on-the-spot ability. The psychological problems of athletes such as pre-competition anxiety have attracted the attention of scholars, and have become the most popular research topic in the field of sports psychology. At present, Spielberg's State-Trait Anxiety theory has a great influence in many anxiety theories. He believes that state anxiety is a temporary emotional state formed by individuals in a specific situation. It is a kind of subjective consciousness and sensory tension and fear. It is usually accompanied by highly autonomous nervous system activities, with different intensities and changes with the environment.

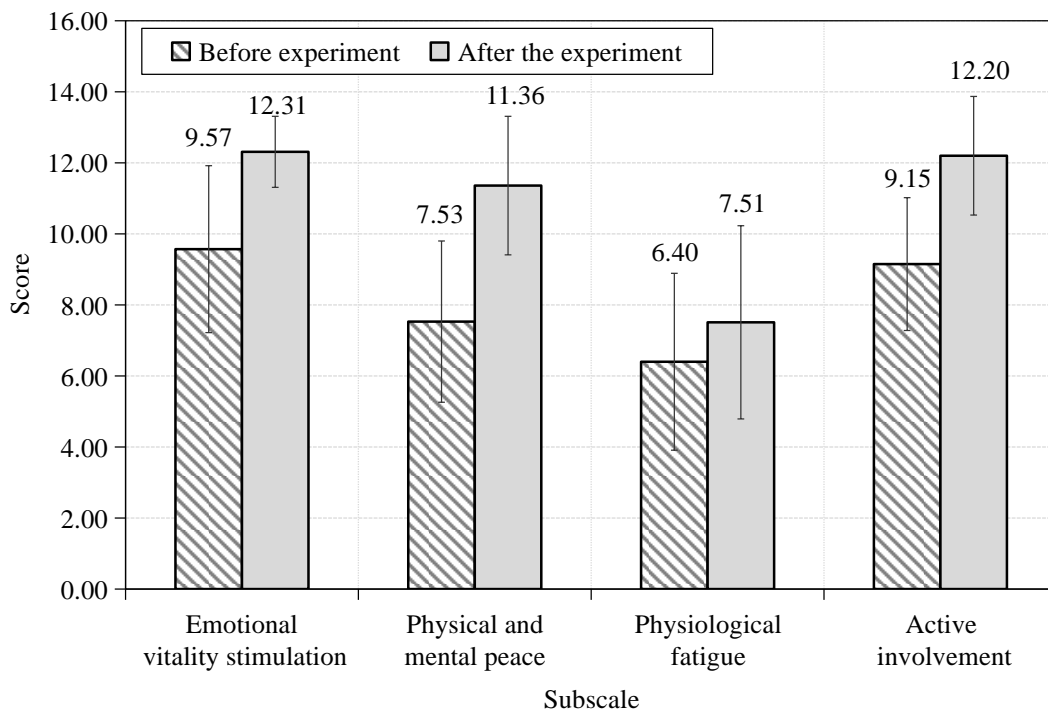
**Objective:** Through the research on the pre-game state anxiety and its influencing factors of college campus football players, this study analyzes the causes and main influencing factors of their pre-game anxiety, and then puts forward adjustment measures for the existing problems, so as to improve the pre-game state anxiety and improve the competitive level of college campus football players.

**Research objects and methods:** This study analyzes the competition anxiety of sports athletes in a university by means of questionnaire, and takes 200 sports students in the university, aged 20-22 years old. 200 questionnaires were distributed to 200 college students, and 200 were recovered, with a recovery rate of 100%.

**Research design:** The EFI scale was used to study the psychological feeling of athletes after the competition. There were 12 survey questions, which were divided into four subscales: vitality stimulation, physical and mental calm, physical fatigue and active investment. Each subscale consisted of three questions, and the score of each question was 0-5, which were no feeling, slight feeling, medium feeling, strong feeling and strong feeling. The highest score of each subscale is 15 and the lowest score is 0.

**Methods:** The relevant data were calculated and counted by Excel and SPSS20.0.

**Results:** Before and after the intervention, by paired t-test, the subjects showed significant differences in four aspects: vitality stimulation, physical and mental calm, active involvement and fatigue compared with those before the experiment ( $P < 0.05$ ). As shown in Figure 1.



**Figure1.** Comparison of EFI scores before and after intervention training

**Conclusions:** For short-term players, in daily training, coaches will irregularly carry out competition experience exchange meetings to let experienced players impart field experience to other players, so that we can not only learn from each other, but also enable new players to speed up their integration into the team and reduce the anxiety of football players about strange competition environment. Let athletes devote themselves to training and competition, enhance athletes' self-confidence and improve athletes' psychological state. Before the formal competition, coaches should adopt correct ideas to guide athletes to establish a reasonable cognitive level, scientifically use relaxation methods for "Relaxation" training, reduce athletes' inner pressure and reduce athletes' pre competition anxiety level.

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## ANXIETY PHENOMENON AND COUNTERMEASURES OF COMPANY FINANCIAL MANAGERS

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**Background:** Anxiety refers to the tension, uneasiness, worry, worry and other unpleasant complex emotional states caused by an individual's upcoming danger or threat. Anxiety is a kind of irritability caused