

Intervene	No cognitive impairment	Mild cognitive impairment	Moderate cognitive impairment	Severe cognitive impairment
Before intervention	235	124	102	39
After intervention	26	125	201	148

Conclusions: Music therapy can significantly improve the cognitive impairment of autistic patients. In the follow-up, this treatment can be used to intervene students with language cognitive impairment, so as to improve their social communication ability and memory function.

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ANALYSIS ON THE EFFECT OF FOOTBALL ON ALLEVIATING COLLEGE STUDENTS' BEHAVIOR DISORDER

Xianrui Chen¹, Kunlan Chen² & Hua Liang¹

¹*Institute of Physical Education, Guizhou University, Guiyang 550025, China*

²*College of Foreign Languages, Guizhou University, Guiyang 550025, China*

Background: The continuous advancement of social development puts forward higher requirements for the quality and ability level of college students. Therefore, college students are prone to mental illness due to excessive pressure, and then show different types of behavioral disorders. Behavior disorder mainly refers to the obvious abnormal behavior of patients, which will even have a serious impact on themselves and others. Therefore, it is imperative to explore the causes and mitigation measures of college students' behavior disorder. Football, as a collective project integrating comprehensiveness and wholeness, is widely sought after all over the world. It is well deserved to be the largest sport in the world. In the process of developing football in colleges and universities, its basic purpose is to enrich college students' after-school life and improve college students' physical quality. However, in the process of actual activities, it is found that football has a certain positive impact on college students' mental health. The level of college students' mental health, their way of looking at problems and their ability to withstand external pressure. If the level of college students' mental health is low, they are prone to a variety of mental disorders, including schizophrenia, autism spectrum disorder, obsessive-compulsive disorder, emergency disorder and so on. Under the negative influence of mental disorders, college students are prone to show different types of behavior disorders, mainly including psychomotor excitement, psychomotor inhibition, imitation action, stereotyped action, forced action, posture and so on.

Objective: In the process of talent training in colleges and universities, physical education including football not only undertakes the responsibility of physical training for students, but also contains a lot of profound spiritual connotation. As a vital collective activity in physical education, football has a positive impact on college students' physical training and mental health training to a certain extent. The smooth progress of football is conducive to the all-round development of college students. It can improve their physical quality and temper their will at the same time, so as to alleviate the behavioral obstacles of college students. The main purpose of this study is to explore the specific effect of football on alleviating college students' behavior disorders.

Research objects and methods: 180 college students were randomly selected from five universities to explore their physical performance and psychological quality in the process of football. Give regular running training combined with football training to college students participating in this topic.

Research design: Give running training combined with football training to college students participating in this subject. At different time points before and after the exercise intervention experiment, through the corresponding physical fitness test and psychological test, this paper compares and analyzes the mental health and physical quality of college students before and after the experiment, especially the improvement of their behavior disorders.

Methods: Before and after different exercise experiments in the two groups, the psychological and physical quality data of college students were collected and analyzed by Excel software and SPSS22.0 software. The grade of college students' behavior disorder is divided into five grades, from 1 to 5, indicating the severity of behavior disorder symptoms from low to high.

Results: The severity of behavior disorder of college students before and after the experiment was compared and analyzed. The results showed that before the exercise experiment, there were more college students with behavior disorder grade of 4 or 5, indicating that they had more serious behavior disorder before the experiment. In the exercise experiment, the change of the severity of college students' behavior

disorder is small. At different time points after the exercise experiment, the number of college students with behavior disorder levels of 4 and 5 decreased significantly, and the number of students with lower behavior disorder levels increased significantly. This shows that the football training received by the college students can effectively improve their behavior disorder performance and reduce the severity of behavior disorder. The grade change of behavior disorder is shown in Figure 1.

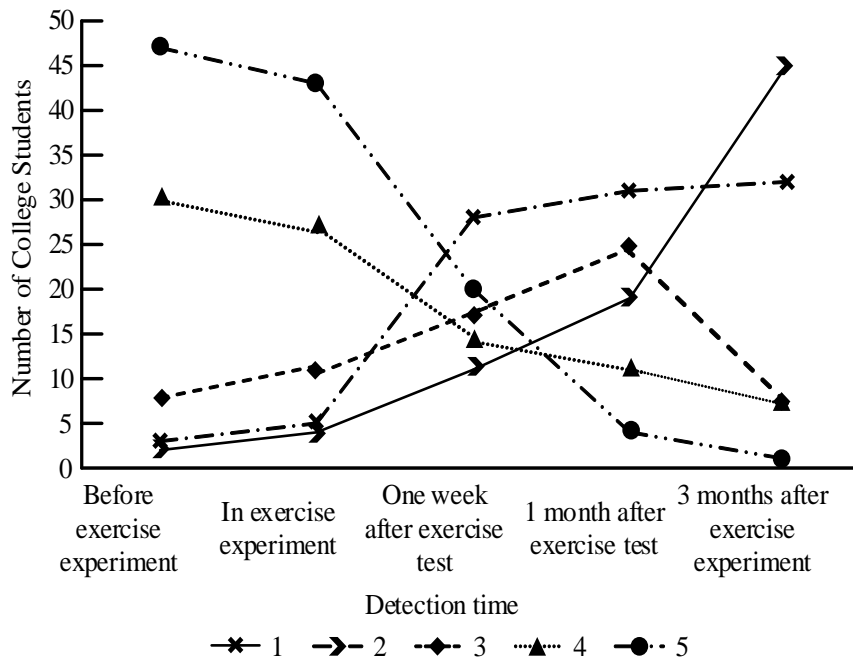


Figure 1. Comparison of the improvement of college students' behavior disorder

Conclusions: With the maturity of treatment theory and experience at home and abroad, football training is regarded as one of the measures to improve patients' behavior disorders. Exercise therapy can improve the blood circulation of the central nervous system and enhance the physical fitness of patients, and has achieved remarkable curative effect. As a collective project integrating comprehensiveness and wholeness, football is widely sought after all over the world. It is the world's largest sport. As an effective way for college students to improve their physical quality and enhance their physique, the development of football has an important positive impact on college students. Football training can not only significantly improve the level of college students' psychological disorders, but also effectively improve their physical and mental health.

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THE TRAINING MODE OF INNOVATIVE TALENTS IN THE CONSTRUCTION OF "DOUBLE FIRST CLASS" FROM THE PERSPECTIVE OF PSYCHOLOGY

Fei Tang

Department of Development Planning and Discipline Construction, Nanjing Forestry University, Nanjing 210037, China

Background: Under the background of "mass entrepreneurship and innovation", the deployment and implementation of the national innovation-driven strategy have achieved good results, and put forward higher requirements for the cultivation of innovative talents. Since the reform and opening up, China has put forward relevant policies on innovation and entrepreneurship education, and carried out pilot work on entrepreneurship education in the stage of basic education, which has promoted the development of the education industry. Although over the years, innovation and entrepreneurship education has achieved