

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.

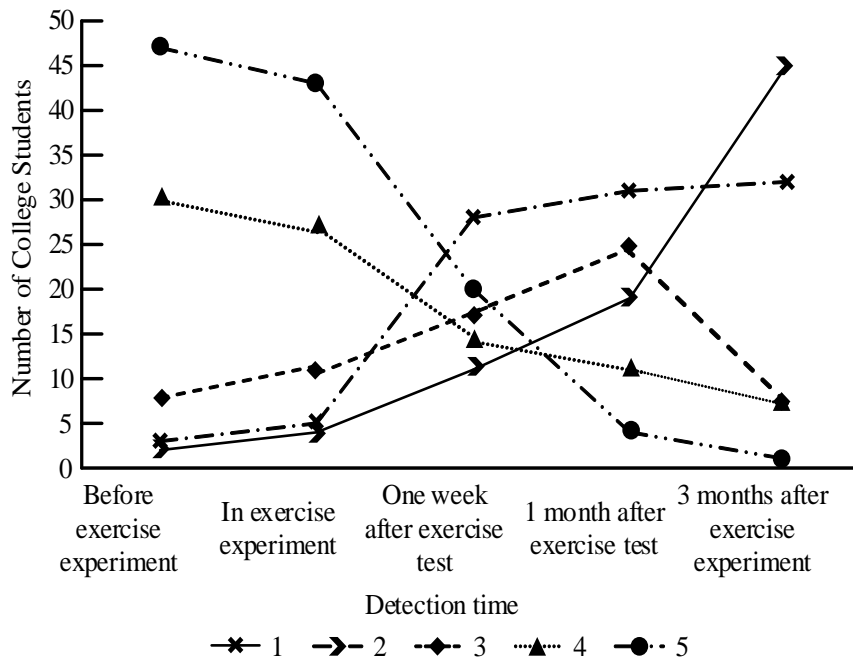


Figure 1. Comparison of the improvement of college students' behavior disorder

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

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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

certain development results and showed a rapid development trend, due to its late start, it is still in the primary stage and has certain potential problems to be solved urgently. Compared with the education and training of professional knowledge and skills, the main purpose of innovation and entrepreneurship education is to enhance students' all-round development ability. At present, the innovation and entrepreneurship education courses carried out in colleges and universities often focus only on the relevant professional courses, but ignore the cultivation of students' psychological quality and comprehensive ability, which is difficult to significantly enhance their innovation consciousness and entrepreneurship ability. The innovative talent training mode of "double first-class" construction should abandon the disadvantages of traditional classroom teaching methods, and reform and optimize the examination method based on examination and the training means centered on knowledge indoctrination. The traditional talent training mode is lack of innovation and practicality, which mainly reflects the rigid teaching characteristics of the trinity of teachers, classrooms and teaching materials, and cannot effectively stimulate students' subjective initiative and self-efficacy in autonomous learning. The learning mode and learning effect of students in the learning process are closely related to their internal psychological characteristics. From the perspective of psychology, it can cultivate students' innovative consciousness and learning initiative, and help to ensure the application effect of innovative talent training mode under the construction of "double first-class".

Objective: After the issuance of relevant guiding policies such as several opinions on deepening system reform and accelerating the implementation of innovation-driven development strategy and opinions on several policies and measures to vigorously promote mass entrepreneurship and mass innovation, China has accelerated the improvement of entrepreneurship curriculum and the construction of entrepreneurship training system, it aims to bring entrepreneurship cultivation and entrepreneurship quality education into the national education system, so as to improve and optimize the training mode of innovative talents in the construction of "double first-class", and provide strong support for training more innovative talents. This study will focus on the psychological perspective, explore the learning behavior and psychological characteristics of college students in innovation and entrepreneurship education, and hope to put forward effective innovative talent training measures.

Research object and method: 120 college students were randomly selected from each of the four universities, a total of 480. The intervention experiment was carried out for all college students, the training mode of innovative talents was given, and the corresponding training effect was analyzed.

Research design: The duration of intervention was set to 4 months. For all college students, the innovative talent training model from the perspective of psychology was used for intervention. Before and after the intervention, the training effects of college students under different innovative talent training modes were collected and statistically analyzed.

Methods: Before and after the intervention experiment, the subjective initiative, self-efficacy, innovation consciousness and entrepreneurial ability of college students were evaluated. Five evaluation dimensions are set, from 0 to 4, representing extreme difference, poor, average, good and excellent respectively. Excel and SPSS23.0 were comprehensively utilized to analyze the evaluation data in detail.

Results: Before the intervention, the effect of innovation and entrepreneurship education of the tested college students was not ideal. The evaluation values in the four dimensions of subjective initiative, self-efficacy, innovation consciousness and entrepreneurial ability were low, which was in a very poor or poor evaluation level. After the intervention, the evaluation values of the tested college students in the four dimensions increased to 4, 5, 4 and 5 respectively, which showed that their subjective initiative, self-efficacy, innovation consciousness and entrepreneurial ability were significantly enhanced.

Table 1. Innovative talent training effect of college students before and after intervention

Evaluation time	Subjective initiative	Self-efficacy	Innovative consciousness	Entrepreneurial ability
Before intervention	1	1	0	1
After intervention	4	5	4	5

Conclusions: From the perspective of psychology, improving the traditional innovative talent training mode of "double first-class" construction can obtain better training results and significantly improve the subjective initiative, self-efficacy, innovation consciousness and entrepreneurial ability of college students. Compared with the traditional talent training mode, the innovative talent training mode of "double first-class" construction from the perspective of psychology can organically combine the national and school talent training plan with the personal growth and development of college students, so as to improve the innovation and entrepreneurship ability of college students and promote the realization of their self-worth.

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EVALUATION OF TEACHING INTERVENTION EFFECT ON ANXIETY DISORDER OF NAVIGATION MAINTENANCE STUDENTS

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Background: As an important guarantee of national security and the core embodiment of the level of economic and social development, the aviation industry has developed rapidly. In the field of aviation industry, the rapid development of general aviation occupies an important position. With the proposal of the 13th five-year plan, general aviation has become one of the six main objectives of civil aviation, which indicates that general aviation is ushering in a golden period of vigorous development. However, in this process, as an important supporting force for the safe operation of general aviation, navigation maintenance practitioners show the disadvantages of long-term shortage. The main reasons for the lack of navigation maintenance practitioners are the lack of profitability and difficult working environment of general aviation enterprises. At present, the shortage of professional maintenance personnel has become the main factor affecting the sound and rapid development of general aviation in China. Under the main influence of poor employment prospects, students majoring in navigation maintenance are prone to varying degrees of psychological problems, especially anxiety disorder. Anxiety is a very common negative emotion. It usually refers to a state of anxiety and fear in which one's self-esteem and self-confidence suffer setbacks due to failure to achieve goals or overcome the threat of obstacles, or an increased sense of failure and guilt. Anxiety disorder will have a certain negative impact on the individual's daily behavior and life enthusiasm, and exists in the individual for a long time as a negative emotion. The causes of anxiety disorder of navigation maintenance students have a certain diversity, including poor employment prospects, difficult working environment, poor matching between learning content and actual work needs, lack of practical resources and so on. The anxiety disorder of navigation maintenance students will have a great negative impact on students' learning initiative and mastery of knowledge and skills, resulting in the poor educational effect of navigation maintenance courses, and it is difficult to cultivate a large number of qualified high-quality navigation maintenance professionals.

Objective: In the process of the rapid development of general aviation in China, there are still some restrictive factors, including the small number of navigation maintenance personnel, the low level of engineering and technical ability of navigation maintenance personnel, and the lack of familiarity of navigation maintenance personnel with relevant laws and regulations. In the training of navigation maintenance professionals, students often have certain anxiety due to various factors. This study will take certain intervention measures to eliminate the anxiety of navigation maintenance students and ensure the teaching effect of navigation maintenance.

Research object and method: 126 students majoring in navigation maintenance were randomly selected from two civil aviation colleges to investigate their anxiety and mastery of professional knowledge. The relevant data of anxiety symptoms and mastery of professional knowledge were collected before and after the intervention to analyze the teaching intervention effect of anxiety disorder of navigation maintenance students.

Research design: This study is aimed at 126 students majoring in navigation maintenance, all of whom adopt the improved teaching mode of navigation maintenance professional knowledge. At different time points before and after the teaching intervention, the data related to the degree of anxiety and mastery of professional knowledge of the two groups of students were collected.

Methods: Self-rating Anxiety Scale (SAS) was used to count and analyze the anxiety level of navigation maintenance students before and after intervention. The self-made assessment scale for professional knowledge and practice of navigation maintenance was used to evaluate the mastery of professional knowledge and practical ability of all students. All data were collected by Excel software and SPSS24.0 software for calculation and analysis.

Results: According to the comparison of the average SAS score, the SAS score of the students remained at a high level before the intervention, indicating that they were accompanied by moderate anxiety symptoms. After the intervention, the average SAS score of students decreased significantly from 64.72 to 43.64, and there was no anxiety. In terms of the average score of navigation maintenance professional knowledge, the average score of professional knowledge of all the students tested has increased significantly, which shows that the improved teaching and training mode of navigation maintenance