

tension, anxiety and effective psychological control and dredging. Third, ensure that the target is reasonable. Fourth, strengthen attention training. After the end of the experiment, the 20 players were investigated by questionnaires, using Excel statistics in the above four aspects to improve the quality of tennis players on the impact of competition.

Results: Every excellent athlete has a glorious history and an unforgettable lesson. It is a good teaching material for us to educate the athletes. This kind of material can inspire the athletes to love the collective, maintain the honor, not forget the humiliation, the courage to fight, positive and enterprising spirit. Even if the skills and movements of the athletes are not satisfactory, as long as the coaches give more encouragement and encouragement to the athletes, it will give them a kind of self-confidence, a kind of affirmation, and will have a profound impact on cultivating their interests and other psychological qualities.

The results of this survey use 1-5 grades to quantify the influence values of specific factors, 1 to indicate irrelevant, 2 to indicate slight influence, 3 to indicate ordinary influence, 4 to indicate obvious influence, and 5 to indicate full influence. In order to reduce the relatively large error caused by individual subjectivity in the evaluation, the evaluation values of 20 tennis players are adopted and the average values are obtained by rounding off the results. The specific statistical table is shown in Table 1.

Table 1. The influence of improving the quality of tennis players on competition

| Factor | Enhance self-confidence | Control one's nervousness | Ensure the reasonableness of objectives | Intensified attention |
|--------|-------------------------|---------------------------|---|-----------------------|
| Grades | 5 | 5 | 4 | 5 |

Conclusions: In the tennis match, the athlete's psychological quality is the direct factor which affects the match result. Therefore, to improve the psychological quality of athletes can not only ensure the normal or extraordinary level of athletes, but also help athletes win the game. However, there are many factors that affect athletes' psychology, so we should pay attention to the application of various effective measures in order to reduce the impact of various factors on athletes' psychology, so that they can achieve the best results in the process of competition and thus win the competition.

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ANALYSIS ON THE EFFECT OF THE INNOVATION AND REFORM OF PHYSICAL EDUCATION TEACHING MODE IN COLLEGES AND UNIVERSITIES ON STUDENTS WITH COMMUNICATION AND ADAPTATION BARRIERS

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Background: Physical education is an important part of higher education and an important means to promote the all-round development of students' morality, intelligence and physique. The essential function of physical education is to improve people's health, enhance people's physique and promote people's socialization process. College physical education is one of the important courses to cultivate modern qualified and innovative talents. It plays an important role in shaping college students' strong physique, complete personality, tenacious perseverance, stable emotion, good adaptability and smart adaptability. At present, due to the imbalance of college students' physical and mental development, many college students often face psychological confusion and psychological conflict, and some develop into serious psychological obstacles such as weariness, loneliness and inferiority, and even lead to psychological diseases. According to statistics, the number of college students with communication and adaptation barriers is increasing year by year.

The reform of physical education curriculum in colleges and universities should aim at strengthening students' physique, developing psychological quality and cultivating noble moral quality and personality characteristics. On the premise of health education and emphasizing the importance of college students' physical and mental health, we should carry out physical education curriculum teaching to comprehensively improve college students' physical culture literacy. Make full use of various resources, set up a variety of sports to meet the learning needs of students, show students the colorful and pleasant charm of sports, and form the educational characteristics of traditional sports culture in colleges and universities.

Objective: Colleges and universities should actively expand the function of physical education, optimize the physical education teaching mode, integrate physical education teaching resources, give full play to

their subjective initiative according to students' interests and hobbies, make physical education develop in a multi-functional and diversified direction, and achieve remarkable results in cultivating students' technical skills. It effectively cultivates the will and quality of students to adapt to the environment, dare to face difficulties, overcome themselves, overcome difficulties, bear hardships and stand hard work, unite and cooperate, so as to achieve the purpose of physical and mental education in colleges and universities, and adjust and treat the psychological confusion and psychological obstacles of college students.

Subjects and methods: 400 students with communication adaptation disorder were randomly selected, including 180 girls and 220 boys, with an average age of 20.51±1.35. The subjects were divided into experimental group and control group, with 200 students in each group.

Research design: Give the experimental group an innovative model of college physical education teaching. The control group was given routine physical education teaching mode. After teaching, the cognitive impairment of the two groups of college students before and after teaching was compared, and Alzheimer's Disease Assessment Scale cognitive subscale (ADAS-cog) was used to evaluate before and after intervention. The scale has 11 questions with a full score of 70. The evaluation content involves the use of language, concept, structure, orientation and word recognition, and the score is directly proportional to the degree of damage. In order to judge the situation of communication and adaptation obstacles of college students before and after the innovative mode of physical education in colleges and universities.

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

Results: Before teaching, there was no significant difference in ADAS-cog between the two groups ($P > 0.05$). After teaching, there was significant difference in ADAS-cog scores between the two groups ($P < 0.05$). As shown in Table 1.

Table 1. The ADAS cog scores of the two groups in different periods were compared

| | Group | Experience group | Control group | P |
|----------|-----------------|------------------|---------------|-------|
| ADAS-cog | Before teaching | 20.02±2.61 | 20.12±2.58 | 0.379 |
| | After teaching | 13.55±1.87* | 17.59±2.31* | 0.018 |

Note: Compared with the baseline ADAS-cog score of this group, * indicates $P < 0.05$.

Conclusions: Deepening the reform of college physical education curriculum, expanding the function of physical education, and promoting the physical and mental health of college students are the inevitable trend of the development strategy of modern physical education. It is one of the effective methods and means to test college students' psychological disorders to conduct a follow-up survey of college students' mental health and establish and improve college students' psychological archives. The positive influence of physical education on college students' psychological obstacles is all-round. There is a positive correlation between the purpose of physical education and college students' mental health. According to the actual situation of colleges and universities, reasonably optimize the physical education curriculum, implement the integrated teaching mode inside and outside the class, expand the physical education platform, and lead the treatment of college students' psychological obstacles to the process of physical education. The reform of physical education curriculum in colleges and universities must achieve the goal of physical and mental education of students. According to the learning characteristics, learning tasks, interests and hobbies of college students, the reform system of physical education curriculum in colleges and universities should be implemented. All these are in line with the requirements of the state on the all-round development of quality education and the development direction of contemporary education.

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THE IMPACT OF SOCIAL POLICY CHANGES ON COMMUNICATION ADAPTABILITY DISORDER OF MIGRANT ELDERLY

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Background: The background of China's urbanization is accelerating, including a large number of rural populations moving into cities. These young and middle-aged rural people settled in cities and towns by going to school and working. These young and middle-aged parents for various reasons, such as taking care of their children's daily life, self-pension, filial piety and so on, these old people either voluntarily or forced to leave their rural hometown and move to cities and towns to settle down. For this special group of elderly