

psychological pressure in their daily work, among which the level of psychological stress and job burnout of college administrators aged 35-45 is the highest.

Table 1. Statistical results of psychological stress and burnout of administrative personnel in colleges and universities

Age of respondents	25-35	35-45	45-55
Depersonalization	3	4	4
Emotional exhaustion	3	4	3
Low sense of achievement	2	1	1

Conclusions: In recent years, with the development of social economy, the requirements for the working ability of university administrators are higher and higher. University administrators are prone to psychological imbalance and have low awareness of their roles in work, which makes university administrators under psychological pressure for a long time, it is not conducive to the development and efficient long-term development of administrative affairs in colleges and universities. This paper analyzes the psychological pressure of university administrators. There are individual differences in age and gender. Compared with male administrators, female university administrators have greater psychological pressure and higher degree of job burnout than men. With the growth of age, the degree of the psychological pressure of college administrators is also gradually increasing, and the work enthusiasm of young administrators is higher.

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ON THE STRATEGIES OF IMPROVING COLLEGE TEACHERS' TEACHING ABILITY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology takes teaching activities as the research object and analyzes and studies the learning and intervention psychology in the process of education from the perspective of psychology, which has the characteristics of paying equal attention to theory and practice. As an auxiliary means for teachers to carry out teaching activities, educational psychology explains, describes and predicts the psychological factors in the process of education. Educational psychology can effectively provide systematic guidance for teachers' actual teaching activities from a scientific perspective, help teachers intervene in students' psychological status in teaching activities, and has important guiding significance for improving the quality and level of education. Educational psychology focuses on the main body of teachers and students in teaching activities, and analyzes the changes of psychological characteristics in teaching activities from the perspective of educational content, educational environment and educational media.

With the gradual change of the concept of higher education in China, the focus of higher education is no longer the traditional teaching of simple knowledge, but pays more attention to the cultivation of students' comprehensive quality and ability. Under the new higher education concept with quality education and professional skill training as the core, the education quality of colleges and universities has become the focus of all sectors of society, and college teachers, as the key factor, have also improved their teaching ability standards. The transformation of higher education concept has brought greater challenges to the teaching ability of college teachers, which requires college teachers to actively improve their professional teaching ability and cultivate more high-quality talents with innovative ability and professional quality under the guidance of educational psychology.

Objective: Under the new situation of college enrollment expansion, the decline of college education quality has aroused doubts from all walks of life, requiring college teachers to improve their teaching ability and level and promote the development of higher education. Based on the theory of educational psychology, the research provides strategic reference for the improvement of college teachers' teaching ability, organically integrates educational activities with psychology, examines the education and teaching process from the unique perspective of psychology, and expects to put forward practical suggestions for the improvement of college teaching quality and the promotion of teaching reform.

Research design: Based on the public information of teaching quality evaluation of three colleges and universities in a city in 2021, the research extracts the data of teachers' teaching quality evaluation results

for college students from the teaching quality evaluation report of colleges and universities. Using statistical software SPSS22.0 sort out and analyze the evaluation data of college students, obtain the current situation of college teachers' teaching quality from the perspective of college students, and provide reference for analyzing the direction of improving college teachers' teaching ability. Using the method of correlation analysis, this paper analyzes the correlation between different teaching factors and teaching effectiveness of college teachers, and discusses the impact of college teachers' teaching design, teaching research and teaching implementation on their teaching quality from the improvement of teachers' and students' psychological changes in the teaching process. Based on the data results of correlation analysis, this paper puts forward the corresponding strategies to improve the teaching ability of college teachers, so as to provide help to improve the teaching quality of college teachers.

Results: The statistical results of teachers' teaching quality evaluation data for college students are shown in Table 1. College students of different grades generally have low evaluation scores on the teaching ability of college teachers in three aspects, and college students' overall recognition of the teaching ability of college teachers is not high, which requires college teachers to actively improve themselves and professional teaching ability.

Table 1. Statistical results of teachers' teaching quality evaluation for college students

Scoring items	Freshman	Sophomore	Junior	Senior
Instructional design	3	2	2	2
Teaching research	2	2	2	3
Teaching implementation	2	3	2	3

Conclusions: In the new era, the importance of higher education to national development and social progress is becoming increasingly prominent. Colleges and universities are required to improve their own education quality level, improve the professional teaching ability of college teachers, and provide higher quality classroom teaching for college students. College teachers should first clarify their self goal orientation, take teaching as the focus and goal of their work, diagnose and analyze their self teaching ability in time, understand the learning demand orientation of college students, and dynamically adjust the teaching plan and implementation mode. Moreover, colleges and universities should strengthen the training of teachers' teaching ability, organically integrate teacher training with teaching reform, establish a dynamic coordination mechanism for the cultivation of teachers' teaching ability, mobilize the comprehensive ability of functional departments and departments of colleges and universities, and provide college teachers with a good teaching environment and self-improvement atmosphere. Moreover, colleges and universities should actively improve the evaluation and assessment system of teachers' professional ethics, and pay attention to the comprehensive improvement of teachers' professional teaching ability and teaching professional ethics.

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INFLUENCE OF ATHLETES' PHYSICAL HEALTH AND PRE-COMPETITION ANXIETY IN THE PROCESS OF PHYSICAL TRAINING

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Background: In modern sports competition, athletes' training level, their own physical quality and competitive mentality all have an important impact on athletes' competition results. Before the sports competition, athletes have undergone long-term and professional skill training. Therefore, in the close competition, the psychological state of athletes before and during the competition has become the key to defeating their opponents. As a fierce competition, there is a strong confrontation relationship in sports competition. Athletes restrict and compete with each other. Athletes bear a high-intensity psychological and physiological load in the process of competition. With the increase of the intensity of modern sports competition, coaches and athletes pay more attention to psychological quality training. It is expected that through scientific and systematic training, athletes' on-the-spot competitive psychological state will maintain a good level and avoid the influence of psychological factors on athletes' competition results.

Anxiety refers to a threatening state that individuals feel because it is difficult to achieve their goals. When they encounter insurmountable obstacles, individuals may feel a strong sense of frustration. The