

difficulties they face lead to the frustration of their self-esteem and self-confidence, which makes individuals in nervous anxiety. Anxiety is activated by the individual's autonomic nervous system, which makes the individual show a variety of emotional characteristics, such as tension, worry and so on. Often, the degree of this anxiety state can only be directly described by myself. Therefore, researchers usually judge the anxiety degree of the object through indirect physiological characteristics, or understand the anxiety characteristics of the object by means of investigation and interview.

Objective: This paper analyzes the causes of sports athletes' pre-competition anxiety, and explores the relationship between athletes' physical health and pre-competition anxiety in the process of sports training. The research deeply excavates the influence of the technical level and psychological quality of sports athletes on the competition results in the competition state, hoping to provide reference for alleviating the competition anxiety of sports athletes before the competition, carry out targeted psychological training and counseling for athletes, and improve the psychological quality of athletes.

Research objects and methods: The research takes 80 basketball athletes as the research object, through the form of questionnaire survey to understand the mental health status of sports athletes before competition, and analyze the causes of athletes' pre-competition anxiety. Starting from the influencing factors of athletes' pre-competition anxiety, this paper explores the relationship between athletes' physical health and pre-competition anxiety in the process of sports training, and puts forward the corresponding adjustment strategies of athletes' pre-competition anxiety.

Study design: The study passed the Pre-competition Emotion Scale Trait (PEST). To investigate the pre-competition anxiety state of sports athletes, and understand the emotional state of athletes from four aspects: athletes' trait self-confidence, personal failure anxiety, social expectation anxiety and physical trait anxiety. The pre-competition emotion scale is divided into 4 subscales by 4 measurement factors. Each subscale includes 8 test items, with a total of 32 test items.

Results: The pre-competition anxiety scores of 80 basketball athletes are shown in Table 1. The pre-competition anxiety status of basketball athletes is different under different competition duration. The longer they participate in the competition, the lower their pre-competition anxiety, and their psychological quality is improved with the increase of time.

Table 1. Score results of pre-competition anxiety of 80 basketball players

Competition duration	<6 month	6 month-1 year	1 year-2 years	>2 years
Trait confidence	3	4	4	3
Personal failure anxiety	4	4	3	2
Social expectation anxiety	4	3	3	3
Somatic trait anxiety	3	3	3	4

Conclusions: The anxiety state of sports athletes before competition is affected by many factors, such as their self-confidence, the importance of personal failure, the importance of social expectation and physical quality. The self-confidence of sports athletes is based on their physical quality and economic strength. Sports athletes should make a correct self-assessment of their sports strength. Maintain high self-confidence and calm attitude during the competition. And sports athletes cannot pay too much attention to personal success or failure. Some athletes are too worried about losing the game before the game, which makes it difficult for them to give full play to their full strength in the competition process, thus affecting the competition results. On the other hand, social expectation will also cause the competition psychological pressure of sports athletes and make sports athletes in anxiety. The physical quality of sports athletes is directly related to their competitive state and competitive strength. The physical health level of sports athletes affects their pre-competition anxiety. Some sports athletes decline their physical health level due to sports injury and other reasons. They are worried that physical factors will affect their competition results, which makes athletes fall into pre-competition anxiety.

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ROLE OF MORAL EDUCATION IN ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: Under the increasingly severe social competition situation, contemporary college students bear multiple pressures from family, school, society and other aspects, and have been under psychological anxiety for a long time. Academic and interpersonal communication are the main sources of pressure for college students. Different from the previous learning mode of junior high school and senior high school, the learning and life of the university requires college students to have higher autonomous ability, require students to have higher learning initiative and initiative, and be able to realize self-active learning and positive exploration. Some college students are difficult to adapt to the differences in learning habits between college and high school, have learning disabilities, and have serious anxiety and anxiety about learning and examination. On the other hand, university campus is the epitome of society. College students need to face a variety of interpersonal scene requirements on campus. College students have strong interpersonal and communication skills. However, some college students are shy and introverted, and it is difficult to adapt to the high social college life for a while. When communicating with others, they are prone to tension and anxiety.

Moral education refers to the purposeful and planned ideological and political education and moral quality education for the educated, so as to improve their ideological and moral consciousness and character through the moral education for the educated. Mental health education is an important part of moral education. It has important educational significance for the moral quality and mental health level of the educated, and can effectively promote the personality development and spiritual sublimation of the educated. Therefore, moral education is based on the formation law of students' ideology and morality, counseling and intervention on students' mental health, and interpreting students' psychological contradictions from the perspective of psychology, which is of great value in alleviating college students' psychological anxiety.

Objective: The research explores the effect of moral education in colleges and universities, analyzes the effect of moral education in colleges and universities on alleviating college students' psychological anxiety, and hopes to provide reference and help for improving college students' mental health level. Starting from the content and methods of moral education, this study explores the role and status of moral education in college students' teaching system, excavates the effect of moral education on college students' psychological intervention, hopes to alleviate college students' psychological anxiety through moral education, and puts forward college students' psychological intervention strategies.

Research objects and methods: The research takes 500 college students as the research object, through the combination of questionnaire survey and experimental comparison to understand the psychological anxiety of contemporary college students, and analyze the causes of college students' psychological anxiety. By means of comparative experiment, this paper explores the effect of moral education in alleviating college students' psychological anxiety, and explores the impact of moral education on improving the quality of college students' mental health.

Study design: The study used the form of questionnaire to understand the mental health status of college students, and combined with the self rating anxiety scale to analyze the characteristics and degree of college students' psychological anxiety. The research adopts the method of stratified cluster random sampling to select 50 college students for comparative experiment, and the research objects are divided into experimental group and control group. The students in the experimental group received moral education for three months, once a week, each time for 1.5 hours, while the students in the control group did not participate in any type of moral education related activities.

Results: The anxiety scores of the experimental group and the control group before and after the experiment are shown in Table 1. The psychological anxiety scores of the students in the experimental group decreased significantly, and the psychological anxiety level changed from moderate anxiety to no anxiety, while the psychological anxiety scores of the students in the control group changed slightly, and the difference before and after the experiment has no statistical significance.

Table 1. Anxiety scores of the experimental group and the control group before and after the experiment

Survey object	Before experiment	After the experiment
Experience group	65.57	46.32
Control group	65.11	62.43

Conclusions: College moral education intervenes the psychological state of college students through planned moral education guidance, helps college students enhance their sense of subjective well-being and self-efficacy, and maintains their mental health. In the new era, college students pay attention to the realization of self-worth, but sometimes their own efforts will conflict with the results, resulting in a sense of frustration and loss, which makes college students fall into psychological anxiety and depression.

Through the intervention of college students' mental health, college moral education can improve college students' self-emotional experience and enhance their sense of self-worth, which can effectively alleviate college students' psychological anxiety and improve their mental health level and quality of daily life.

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VALUE OF CULTIVATING COLLEGE STUDENTS' SPORTS PSYCHOLOGICAL QUALITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology organically combines the contents of sociology and psychology, analyzes the behavior and psychological activities of individuals and groups in the social environment, studies the interaction between social groups and individuals, and discusses the law of their psychological changes. In recent years, interdisciplinary has gradually sprung up. Many researchers have found that the integration of discipline theories in different fields can further give play to the strengths and advantages of their respective fields and effectively deepen discipline research. Therefore, the research extends the theory of social psychology to the field of education, analyzes and studies the obedience, persuasion and cognitive imbalance in the process of students, and interprets the interaction between educational subjects in the teaching process by using the theoretical methods of social psychology.

College students are the future main force of China's social and economic construction. The level of college students' comprehensive quality and ability is directly related to the future development speed of the country and society. Therefore, we should pay attention to the balanced development of college students' quality and ability in all aspects and promote the improvement of contemporary college students' comprehensive quality. Sports psychological quality education is an important part of college students' quality education in China. The cultivation of sports psychological quality is of great value to improve the mental health level of contemporary college students. Maintaining good physical quality and sports psychological quality can effectively help college students realize the all-round development of physical function, reduce the possibility of mental health problems, and realize the common development of college students' body and mind. Therefore, it is necessary to analyze the actual value of cultivating college Students' sports psychological quality, excavate the training strategies of college students' sports psychological quality, and promote the overall improvement of contemporary college students' comprehensive quality based on the theory of social psychology.

Objective: The research integrates the content of psychological theory with higher education, applies the knowledge of social psychology to the curriculum reform of higher education, and explores the practical value of cultivating college students' sports psychological quality from the perspective of social psychology, hoping to provide suggestions and references for the curriculum reform of colleges and universities.

Research design: The research obtains the relevant information of college sports psychological quality education from the comprehensive evaluation report of college teaching in a city in 2021, and collects the evaluation result data of college sports education and college students' psychological education in the evaluation report. And use SPSS23.0 makes statistical analysis on the evaluation data, analyzes the current situation of college students' sports psychological quality education from the college teaching evaluation data, and understands the problems existing in college students' sports psychological quality education from the perspective of college students. The logistic regression model is used to analyze the impact of the improvement of college students' sports psychological quality on the comprehensive quality and development of college students. From the perspective of social psychology, this paper discusses the impact of cultivating college students' sports psychological quality on college students' physical quality, learning ability, pressure resistance ability and interpersonal communication ability. This paper analyzes the practical value and significance of cultivating college students' sports psychological quality. Combined with the results of regression analysis, this paper deeply excavates the causes of the problems existing in contemporary college students' sports psychological quality education, and puts forward corresponding improvement measures on this basis, so as to provide suggestions and references for the realization of college curriculum reform in sports.

Results: The evaluation and statistical results of college students on the teaching quality of college