

RELIGIOUS BELIEF EMOTION AND THE DEFINITION OF “CREATIVE SUBJECT” IN THE CONCEPT OF “BUDDHIST LITERATURE”

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Background: Social psychology is an interdisciplinary subject of sociology and psychology. It studies the psychological and behavioral conditions of individuals and organizations in the social environment, and summarizes the laws used to solve the corresponding social problems. Compared with traditional psychology, it focuses on language, friends, family, living environment while the learning environment has an impact on itself, it also pays attention to the communication mode, group behavior norms, group thinking and habits of group organizations at the social level. In addition, because the research object of social psychology involves human organizations, it is necessary to strictly abide by the principle of value neutrality, systematic principle and ethical principle in the process of case study, so as to prevent the introduction of irrelevant variables affecting the results in case study. Religious activities are also a special form of social activities, so social psychology can also be applied to analyze the psychological activities of religious people in religious activities. In recent years, more and more religious forces in China have adopted more popular forms of religious literature to influence the psychology of believers and expand the influence of religions they believe in. Religious literature specifically refers to the types of media that share and disseminate religious content with literature as the carrier, accurately judge and classify the feelings of religious belief and the creative subjects in Buddhist literature, which is helpful to supervise the healthy development of religion in China and avoid the occurrence of extreme religious events.

Objective: On the basis of understanding the current missionary methods of Buddhist forces and the main contents of Buddhist literature in China, to explore a more rapid and accurate method to judge the belief and emotion of Buddhist believers and the way to identify the main body of Buddhist literature creation, so as to provide support and supervision methods for the long-term and healthy development of religious undertakings in China.

Participants and methods: Collect the main Buddhist literary works at home and abroad and study them to a certain extent, then find 30 Buddhist people and 20 non-Buddhist people who are willing to participate in the research from home as the research objects, divide 20 non-Buddhist people into experimental group and control group, and conduct special training on social psychology knowledge for the personnel in the experimental group. In particular, teach them the skills to judge their emotions through the words and deeds of the observation objects, do not train the control group, and then ask the personnel of the two groups to interview 30 Buddhist people, and then tell the researchers what they think of the current religious belief emotion type of the interview objects, and then ask the Buddhist people to feed back their true religious belief emotion. Then ask the two groups to study the Buddhist literature of five different Buddhist masters, and then ask them to read the other 10 Buddhist literature written by the five masters, and judge the information of the creative subject (i.e., the author) of each Buddhist literature. Finally, the accuracy rate is used to measure the judgment correctness of the two groups.

Results: After all the experimental steps were completed, the judgment results of the two groups were counted, as shown in Table 1. In addition, all the measurement data in the study are displayed in the form of mean \pm standard deviation, and the *t*-test is conducted. The significance level of the difference is selected as 0.05.

Table 1. Statistics of judgment results of two groups of personnel

Statistical items	Experience group (%)	Control group (%)	Difference	<i>P</i>
Accuracy of belief and emotion judgment	78.2 \pm 4.3	61.9 \pm 5.1	16.3	0.003
Accuracy of judgment of Buddhist literary creation subject	86.5 \pm 4.8	63.7 \pm 4.2	22.8	0.001

The last column in Table 1 is the *P* value of the *t* difference significance test output of the two groups of data, “difference” represents the difference value of the mean value of the corresponding statistical indicators of the two groups of objects. The experimental results show that the average accuracy of the experimental group and the control group in judging the belief and emotion of Buddhist believers and the main body of Buddhist literature creation are 78.2%, 86.5%, 61.9% and 63.7% respectively. The average of the experimental group in these two data is 16.3 and 22.8 percentage points higher than that of the control group, and the data difference is significant.

Conclusions: In order to consolidate the healthy and stable development of religion in China, this study

analyzes the religious belief emotion and psychology of Buddhist believers from the perspective of social psychology, and designs a comparative experiment to teach these methods to the personnel of the experimental group. The experimental results show that the average accuracy rate of judging believers' belief emotion in the experimental group is 78.2%, an increase of 16.3 percentage points compared with the control group. The average accuracy rate of judging the subject of Buddhist literature creation is 86.5%, which is 22.8 percentage points higher than that of the control group, and the output *P* values of *t*-difference significance test of the two groups are 0.003 and 0.001 respectively, which are far less than the significance level of 0.05. The experimental results show that using the theoretical knowledge of social psychology can better judge the religious belief emotion of Buddhist believers and the creative subject of Buddhist literary works. The research results can be applied to the supervision and inquiry of religious people's religious belief emotion and the search for the creators of negative religious literary works, which will help to improve the governance level of religious affairs in China.

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INFLUENCE OF LEISURE SPORTS TRAINING ON IMPROVING COLLEGE STUDENTS' PHYSICAL HEALTH AND MENTAL HEALTH

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Background: On the one hand, with the rapid development of China's economy, science and technology, social organizations and the state put forward higher employment requirements for higher education talents. On the other hand, college students are in a critical period of growth, development, mental health quality and personality formation, and their physical function gradually tends to mature, but the development of individual psychology lags behind. After switching from middle school life to college life, due to the drastic changes in learning environment, learning mode and social relations, a considerable number of college students cannot quickly adapt to college life. Thus, anxiety, fear, negativity, depression and even pessimism are produced in the heart. These negative psychological factors will often affect the learning efficiency and social process of college students, make their social and learning results more unsatisfactory, form a negative psychological self-prediction effect, lead to more serious negative psychological factors and vicious behavior cycle. At the same time, a large number of studies show that physical training helps to improve the mental health level and physical fitness of athletes. Because when exercising, the athlete's mental attention will be firmly attracted by the exercise matters and cannot continuously allocate energy to think about other things, so that the brain has the opportunity to temporarily get rid of self-internal friction. At the same time, physiologically, during human exercise, the organs of the body's endocrine system will secrete hormones that will make people feel lasting happiness, including oxytocin, this will also help greatly alleviate the negative impact of bad psychology. However, after all, sports need some self-control and active consciousness to start. For the objects whose body and mind are in a negative atmosphere, it is more difficult to persuade themselves to carry out traditional sports. Therefore, this study adopts the leisure sports training method with much lower implementation threshold to verify whether it can also improve the level of mental health and physique.

Objective: To understand the current situation of college students' mental health and the main causes of mental health problems in China, think about leisure sports training programs suitable for college students, and design multiple groups of comparative experiments to verify the impact of these different intensities of leisure sports training on students' mental health and physique. So as to provide some research data support for exploring non drug treatment of college students' negative mental diseases.

Objects and methods: A representative university in China was selected from which 100 students with different levels of mental health problems were selected as the research objects. These students were divided into five groups, each group containing 20 people. Each group was required to choose one of their favorite sports as the sports activity in the experiment. The intensity, time and frequency of sports are determined by the students themselves, but the sports activity level of each student in the group needs to be consistent, which needs to be carried out under the guidance of physical education teachers. The sports activity level is determined according to the sports activity level scale revised by Mr. Liang Deqing, scores in (0, 9), (9, 19), (19, 42), (42, 60) (60, 100) students in the interval are marked as minimal exercise, small exercise, medium exercise, large exercise and maximum exercise, that is, one exercise interval corresponds to one group. The exercise experiment lasts for 3 months. Before and after the experiment, SCL-90 scale is