

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

used to investigate the mental health level of students respectively. The average score of SCL-90 represents the mental health level of students, and 1 is used 000-meter running, vital capacity, standing long jump and grip strength test students' physique. All physique test items are scored by physical education teachers according to the 100-point system, and the average value represents the physical quality of individual students. In addition, in order to control irrelevant variables, the proportion of men and women in each group should be consistent.

**Results:** The measurement data in the experiment were displayed in the form of mean  $\pm$  standard deviation for *t*-test, and the counting data were displayed in the form of number or proportion of number for Chi-square test. The value of difference significance level was 0.05 The mental health and physical condition data of students in each group after the experiment are shown in Table 1.

**Table 1.** Statistical data of mental health and physical fitness of students in each group after the experiment

Statistical items	Micro exercise	Small amount of exercise	Moderate exercise	Large amount of exercise	Maximum exercise
SCL-90 single average score	2.73 $\pm$ 0.12	2.51 $\pm$ 0.14	2.14 $\pm$ 0.11	1.70 $\pm$ 0.16	1.68 $\pm$ 0.25
Average score of individual physical fitness test	64.5 $\pm$ 6.4	68.1 $\pm$ 5.3	75.2 $\pm$ 5.0	84.3 $\pm$ 5.7	87.0 $\pm$ 9.6

It can be seen from Table 1 that with the increase of exercise volume, the average single score of SCL-90 and the average single score of physical fitness test of students in each group show a trend of gradual decrease and gradual increase respectively. However, after the exercise volume reaches the level of "large exercise volume", the impact of increasing exercise volume on improving mental health and physical fitness becomes small.

**Conclusions:** In order to explore the role of leisure sports training in improving college students' physical and mental health, this study designed an experiment based on sports training. 100 college students were divided into five groups on average, and each group was required to carry out leisure sports to varying degrees. The experimental results show that with the increase of the amount of exercise, the average single score of SCL-90 and the average single score of physical fitness test of students in each group show a gradually decreasing and increasing trend respectively. The experimental results show that developing leisure sports can indeed improve students' physical and mental health.

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## APPLICATION OF SOCIAL PSYCHOLOGY IN ENTERPRISE HUMAN RESOURCES DEVELOPMENT AND TRAINING

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**Background:** In the face of the gradual informatization and diversification of the external market, the traditional enterprise management method is no longer applicable, and the importance of human resource management is gradually revealed. The competition between enterprises in diversified markets is no longer a simple competition of material resources and technology. The competition of human resources has become one of the main competitive links of enterprise management. As a psychological science that studies the interaction and change law between social groups and social individuals at the psychological level, social psychology not only helps people improve their comprehensive psychological quality and quality of life, but also provides an effective way for the scientific talent management of enterprises. As the first step of enterprise talent management system, the development and training of enterprise human resources combined with social psychology is mainly divided into two parts: shallow development and deep development. Shallow development takes the number, professional level and resource allocation of talents as the main content, that is, develop a sufficient number of talents, carry out professional training, and finally allocate them to their matching positions according to the characteristics of each employee. Deep development takes the follow-up training of employees as the main form of expression, and mainly takes the psychological evaluation, psychological incentive, psychological contract and emotional intelligence development of employees as the main content. Through the management of employees' psychology and the external performance behavior of employees' psychology, it can achieve the organizational goal and