

Table 1. General situation of routine behavior and cognition of anxious college students

Dimension	Mean	S.D.
Self-recognition value	2.325	0.647
Learning enthusiasm	2.897	0.843
Learning difficulties	3.751	0.615
Emotion regulation disorder	3.304	0.676
Learning perception	2.402	0.612
Self-efficacy	2.956	0.532
Evaluation objectivity	1.252	0.663

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ANALYSIS AND RESEARCH ON MENTAL DISORDER FACTORS IN JUVENILE DELINQUENCY

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Background: Juvenile delinquency is a kind of behavior that deviates from the social code of conduct and moral standards, touches the law and has social harm. The rise of its crime rate and the younger age of the group have aroused widespread concern in the society. There are many factors causing juvenile delinquency, mainly including environmental factors and individual factors. Environmental factors mostly come from their own family environment and external environment, while the main factor causing individual differences is personality factors. Teenagers are in a critical period of physical and mental development, and their cognitive orientation is not clear and objective enough. They are vulnerable to the incorrect guidance of others and make impulsive behavior, and then step by step close to the edge of breaking the law and crime. The personality theory that is easy to cause juvenile delinquency has a more influential theory is psychoanalysis theory. Psychoanalysts generally attribute crime to internal conflict and emotional disorders, as well as unconscious feelings of insecurity and incompetence. Swiss psychoanalyst Aichhorn once proposed latent juvenile delinquency, believing that the psychological expectation of juvenile delinquency is mostly long-term and latent, and when stimulated by a certain stimulus, its criminal psychology will accelerate the emergence of criminal behavior. The main inducement of juvenile delinquency is the emotional disorder caused by personality characteristics such as the immediate satisfaction of desire, the priority of self-satisfaction and the lack of guilt. However, there is no significant guiding role between emotional disorder and criminal behavior, and the main reason for focusing on emotional disorder is that social groups pay more attention to teenagers' emotional problems during juvenile trial. Teenagers' personality is not yet perfect, and they have strong curiosity and exploration desire for external things, but they lack correct evaluation and cognition of things, so there are cognitive bias and behavior bias. The common types of juvenile delinquency can be divided into socialized crime, psychotic crime, neurosis crime and social pathological crime. Some scholars believe that personality traits are important factors affecting criminal behavior, and pay more and more attention to juvenile personality traits. Sporadic juvenile delinquency is often impulsive behavior caused by an event and stimulating behavior. For frequent delinquency, it is necessary to explore its internal motivation and influence mechanism. It is undeniable that the lack of ability to regulate their emotions and spirit is related to juvenile delinquency. Mental disorder is the manifestation of obstacles in individual perception, consciousness, emotion, thinking and behavior. Under the control of morbid psychology, patients often commit suicide or attack and hurt others. Teenagers with poor control behavior will have self-doubt and lead to spiritual internalization without the correct guidance of family and society. Exploring the mental disorder factors in teenagers' illegal and criminal behavior will help to better analyze the causes of their criminal behavior, and then guide the healthy growth of teenagers.

Objective: Juvenile delinquency has great harm to society, families and individuals, and adolescents are in a critical period of physical and mental development. Analyzing the pathological mental state in juvenile delinquency is helpful to correctly guide adolescents to recognize and evaluate themselves and their surrounding environment, reduce the crime rate and ensure the stable development of society.

Research objects and methods: Firstly, the research uses big data algorithm to collect cases of juvenile delinquency, collect individual basic information, and analyze the motivation of crime. Then, taking 100

teenagers of different types of crime in a crime Institute as the research object, first collect and sort out the basic data of teenagers' psychological and mental status with the help of psychological disorder detection scale and mental disorder scale, and then use principal component analysis to explore the correlation between illegal and criminal behavior and teenagers' mental disorder.

Method design: After collecting the basic information and scale information of juvenile delinquency, the factors affecting juvenile delinquency were analyzed by principal component analysis, and the experimental data were tested by Bartlett sphericity test. Then the subjects were divided into experimental group and control group. The experimental group was trained with targeted psychological emotional counseling and mental state guidance, while the control group was only trained with psychological counseling. The experiment lasted for three months. After the experiment, psychological experts reassessed the mental status and criminal psychological tendency of the two groups of teenagers, and compared them with the data before the experiment, so as to better explore the correlation between juvenile delinquency and mental state.

Methods: The data were processed by SPSS analysis tool, and the correlation between criminal behavior and mental disorder was analyzed by principal component analysis.

Results: Through the intervention analysis of mental disorder factors in juvenile delinquency, it was found that adolescents were prone to psychological distortion and mental problems due to environmental impact, individual differences and poor psychological tolerance. However, teenagers' poor ability to regulate their emotions and spirit will lead to criminal behavior. And the scores of the psychological scale of the two groups are quite different after the experiment. The results are shown in Table 1.

Table 1. The scores of mental disorder test scale after the experiment were compared between the two groups

Psychological barrier dimension	Experience group	Control group
Obsessive compulsive symptoms	19.7±2.6	25.2±2.4
Interpersonal sensitivity	14.1±2.5	31.2±2.9
Depressed	7.4±3.8	27.4±2.1
Anxious	13.9±2.1	22.9±2.2
Hostile	5.7±2.7	29.1±1.3
Paranoid	14.3±1.2	31.7±1.3
Psychotic	18.7±2.4	35.2±2.7

Conclusions: The motivation and performance mechanism of juvenile delinquency are relatively complex. The analysis of their behavior is helpful to better understand the psychological situation and emotional change characteristics of adolescents, give timely guidance and attention, reduce their crime rate and realize the stable and long-term development of society. Mental state and personality traits are important factors affecting juvenile delinquency. Families, society and the state should give more psychological attention and guidance to teenagers and pay attention to their physical and mental health. Only in this way can we give more protection to teenagers and create a healthy growth environment for them.

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INFLUENCE OF LEISURE SPORTS TRAINING ON IMPROVING COLLEGE STUDENTS' PHYSICAL HEALTH LEVEL AND LEARNING ANXIETY

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Background: With the popularization of quality education and the promotion of the concept of comprehensive fitness in China, the social spirit and cultural forms gradually show a diversified development trend, and the society also puts forward higher requirements for the comprehensiveness and comprehensiveness of talents. Professional knowledge and ability are no longer the only standard to investigate the ability and quality of college students. The emphasis on the physical health level and mental health of college students has gradually been mentioned to an important position by school education. In view of this, the development of school physical education activities is of great significance to students'