

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'

physical health. Changing physical education teaching methods, increasing physical exercise forms and setting up a variety of courses can effectively stimulate students' physical enthusiasm, help them actively participate in physical exercise and enhance their physical health in physical training. At the same time, as the young army of the country's future development, the complexity of the social environment and the strictness of teaching standards make their mental health problems occur frequently, which further affects their life and study. The evaluation standard of mental health is whether individuals have good cognitive and understanding ability, whether they have corresponding evaluation indicators for the changes of external things, and whether they can correctly view the changes of themselves and their surrounding environment. The common psychological problems of college students are anxiety symptoms, which are mostly manifested in learning anxiety, social anxiety and individual anxiety, and the anxiety symptoms are mostly manifested in negative emotions such as worry and fear. Students' anxiety psychology is mainly learning anxiety. Appropriate learning anxiety can effectively urge students to improve learning speed and quality, but too much anxiety will make them have learning resistance. According to statistics, about one third of the students in school have varying degrees of psychological anxiety. The establishment of school physical education curriculum can effectively help students have a certain physical exercise time outside their learning time, while leisure sports can effectively mobilize physical functions to enhance immunity, help students release negative emotions, alleviate learning anxiety and study in a better mental state. Leisure sports training is not only a simple form of exercise, but also an organized, collective and planned sports activity. It can effectively strengthen the relationship between individuals and groups, and then better improve the comprehensive quality of students.

Objective: Under the basic condition of mastering students' physical exercise and psychological emotion, with the help of leisure physical training, improve college students' physical health level and interest in physical exercise, guide their cognition of physical training, alleviate their learning anxiety, and achieve the purpose of physical education teaching to enhance students' physical quality and mental health level.

Research objects and methods: 500 students in a university were selected as the research object. Firstly, the basic information of students' physical health, physical exercise and psychological emotion was collected, and then the leisure sports training of college students was carried out. The types of leisure sports training include fitness leisure sports, fitness leisure sports, health care sports and sports competition sports. The experimental time is three weeks. After the experiment, with the help of students' physical health scoring standard and Self-rating Anxiety Scale, the experimental data of students' changes after the experiment are counted and compared with the data before the experiment, so as to better explore the influence mechanism of leisure sports training on college students' physical health level and learning anxiety.

Method design: Firstly, the physical health level and learning anxiety of the subjects were evaluated and graded, and then the subjects were divided into bodybuilding group (group A), fitness group (group B), health care group (group C), competition group (group D) and no physical exercise group (group E) according to the types of leisure sports. The experiment lasted for three weeks. At the end of the experiment, the data of anxiety and physical health of different groups of experimental subjects after one week, two weeks and three weeks are counted and analyzed, in order to explore the improvement mechanism of leisure sports training on college students' physical and mental health.

Methods: With the help of SPSS22.0 statistical analysis tools to sort out and analyze the physical test scores and anxiety scale scores of the subjects before and after the experiment, and get the experimental results.

Results: After investigating the basic situation of most students' physical health test level and anxiety score, it was found that the overall quality of students was relatively poor. Leisure sports, with its characteristics of freedom, culture, initiative and non-utilitarianism, can make students exercise in a more relaxed atmosphere, reduce their psychological burden and pressure, and then significantly improve students' physical condition and psychological anxiety. After the experiment, the students who carried out leisure sports showed a positive attitude as a whole, and their sense of happiness and efficacy in the collective society were significantly improved. Figure 1 shows the score statistics of anxiety scale in Aerobics group (group A) and group without any physical training (group E).

Conclusions: As a relatively relaxed way of exercise, leisure sports can effectively connect the relationship between individual and collective, improve their health level and sports passion, improve their anxiety and improve their mental health level. At the same time, leisure sports enhance students' communication ability and promote the development of self-consciousness. Paying attention to students' health level and psychological problems is the focus of current education. It also needs the joint efforts of all parties to give full play to the positive impact of leisure physical exercise on college students and help them grow healthily.

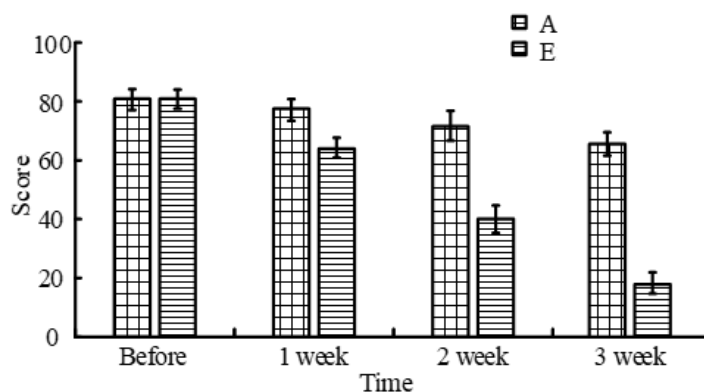


Figure 1. Statistics of anxiety scale scores of Aerobics group (group A) and group without any physical training (group E)

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IMPROVEMENT MECHANISM OF TEACHING REFORM ON STUDENTS WITH THINKING LOGIC OBSTACLES UNDER BIG DATA THINKING

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Background: Thinking disorder refers to the process of objective things acting on the human brain. Due to the confusion of thinking starting point, the fuzziness of thinking image, the deviation of thinking direction, the confusion of thinking logic and the interference of thinking, it is difficult for the human brain to display the normal thinking results of objective things, so that the content range and speed range exceed the normal standard. The thinking disorder can be divided into thinking process abnormality and thinking content abnormality, which is specifically reflected in the lack of due logic in the connection of semantics. Among them, the logic disorder is a more common form of thinking disorder. The thinking logic disorder mostly has the symptoms of poor thinking, slowness, mandatory thinking, pathological restatement and delusion. It is often manifested in pathological symbolic thinking, new words, logical fallacy thinking and sophistry thinking. Its essence is that thinking deviates from ordinary people's thinking process in the process of information processing and processing. Thinking logic disorder will not only affect people's thinking ability and cognitive ability, lead to their easy to fall into the inherent thinking set, and then lack of comprehensiveness and objectivity in the analysis and treatment of problems, affect the depth and breadth of people's views on things, but also cause certain physical and mental damage. With the emphasis on quality education and curriculum quality in China, paying attention to the shaping of students' personalities and psychological training is the focus of current education and teaching. With the development of big data information technology, the focus of educational research focuses on "smart education represented by personalized learning", including adaptive learning, educational big data, smart classroom, etc., focusing on the cultivation of students' quality and physical and mental health, and paying more attention to educational big data mining at the technical level and learning analysis technology with equal emphasis on technology and methods. Improving teaching quality and innovating teaching methods are the key points faced by schools at present. For students in special schools, there is a certain lack of learning ability, especially for some students with thinking logic barriers, the quality of teaching effect will affect their learning effect. The exposure of educational disadvantages such as unclear teaching positioning, unscientific teaching system, dislocation of teaching methods and unreasonable setting of teaching contents also requires the acceleration of the process of teaching reform. The persistence of traditional inherent concepts, the inertia of thinking and the neglect of students' personalized needs will affect the effectiveness and quality of special education teaching. Therefore, with the help of big data background to realize teaching reform and improve the teaching system, we can better provide higher quality teaching quality for students with logical barriers and promote the progress of China's education.

Objective: From the perspective of thinking logic disorder, accelerate the reform process of teaching in