

research objects as the result, so as to ensure that the results are not affected by subjective factors.

**Methods:** Through Epi Info statistical analysis software, analyze the recognition of students on the training mode of big data innovative and entrepreneurial talents before and after the application of development psychology.

**Results:** Table 1 refers to students' recognition of big data innovation and entrepreneurship talent training mode before and after the application of development psychology. On the whole, the new big data innovation and entrepreneurship talent training mode is based on professional innovation and entrepreneurship talent career planning courses (D1), building diversified innovation and entrepreneurship theme education activities (D2), adhering to the combination of individual consultation and classified counseling (D3), establishing a talent training system in the whole life cycle (D4), actively carry out innovation and entrepreneurship practices and activities (D5) is highly recognized in five aspects, with values exceeding 80%. Therefore, the big data innovation and entrepreneurship talent training mode combined with development psychology have better practical significance.

**Table 1.** Students' recognition of big data innovation and entrepreneurship talent training mode before and after the application of development psychology

Time	D1	D2	D3	D4	D5
Before application	71.0	71.2	72.4	76.2	72.0
After application	85.2	86.4	86.4	89.2	89.0

**Conclusions:** The big data innovation and entrepreneurship talent training mode of applied developmental psychology proposed by the research has practical significance. Educators can promote and apply this talent training mode in other colleges and universities.

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## INFLUENCE OF THE REFORM OF COLLEGE EDUCATION MANAGEMENT SYSTEM ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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**Background:** Anxiety is an abnormal psychological bad emotion produced by the human body. Most patients are disappointed and sad. Medical psychologists believe that anxiety usually refers to people's adverse feelings such as risk, pressure and pain that exceed their acceptable range. At the same time, it is difficult for people to face and solve these problems. In the training process of different majors, college students need to have a variety of knowledge and skills, which will aggravate students' anxiety to a certain extent. The physiology of college students is at the dividing point between maturity and immaturity. When they face increasing pressure of study and work, they are easy to have very big psychological obstacles. College students spend most of their time in a noisy and crowded living environment, which can easily lead to psychological problems such as fatigue, slowness and irritability, and anxiety in serious cases. At present, the common intervention measures are offering lectures on professional knowledge of mental health and targeted personalized psychological intervention. The former popularizes common psychological problems and the adverse effects of psychological problems to students through regular lectures on mental health knowledge, and provides students with channels to obtain psychological assistance. The latter alleviates and improves students' psychological problems through active psychological intervention measures, and sets up a special psychological counseling room to complete psychological counseling. However, these anxiety intervention programs are difficult to implement, poor effect and low real-time, so it is difficult to fundamentally solve the anxiety problems of middle school students in the process of professional training.

With the increasingly severe psychological anxiety of college students, the optimization of college education management system plays a very important role in cultivating comprehensive talents. It can not only shape students' excellent moral quality, but also enhance students' humanistic quality. The goal of higher education management is to improve students' moral, intellectual, physical, aesthetic and labor levels, and shape students' ability of innovative consciousness. The reform of college education management system can not only help students develop good labor consciousness and labor attitude, but also enable students to develop good labor habits. After the optimization of college education management system, it can not only exercise students' spirit of hard work, but also help students improve their

competitiveness and sense of mission, make them have a strong will not afraid of hardship, and then alleviate the anxiety of college students to a certain extent. At present, many research reports at home and abroad show that college education management should pay attention to students' mental health and the development of students' all-round ability, to provide support for modern education. The goal of educational management reform in colleges and universities is to cultivate all-round high-quality talents with high psychological endurance.

**Objective:** This paper analyzes the effect of the reform of college education management system on alleviating college students' psychological anxiety, in order to provide scientific suggestions for the level of college education management.

**Research objects and methods:** This paper selects 1000 colleges and universities in a certain area as the research object, and analyzes the effect of the reform of college education management system on alleviating college students' psychological anxiety through the improved decision tree algorithm. The evaluation contents include cognition, emotion, will and belief. Cognition refers to the patient's cognition of self. Emotion refers to the patient's own emotional situation. Willingness refers to the patient's attitude towards something. Faith refers to the patient's identification with something. The evaluation result is the impact value, and the range of setting the impact value is 1-5. 1, 2, 3, 4, and 5 respectively mean no impact, little impact, impact, comparative impact and obvious impact. In order to ensure the reliability of the research results, the average value of the evaluation results of all research objects is taken as the result.

**Methods:** Through the latest version of PEMS statistical analysis software, this paper analyzes the effect of the reform of the college education management system on alleviating college students' psychological anxiety.

**Results:** Table 1 shows the results of alleviating college students' psychological anxiety before and after the reform of the college education management system. It can be seen from Table 1 that after applying the reform mode of the education management system in colleges and universities, the anxiety symptoms of college students have been significantly improved, and the improvement effect of college students' anxiety disorder is mainly reflected in willingness and emotion.

**Table 1.** Alleviating results of college students' psychological anxiety before and after the reform of the college education management system

Factor	Cognition	Emotion	Will	Faith
Before reform	2	1	2	3
After reform	3	4	5	4

**Conclusions:** The reform of the college education management system has an ideal effect on alleviating college students' psychological anxiety, especially in the two aspects of will and emotion. The follow-up research can apply the proposed innovation system of college education management to the management of other colleges and universities.

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## THE INFLUENCE OF BADMINTON PLAYERS' PSYCHOLOGICAL ANXIETY ON THE STABILITY OF COMPETITION

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**Background:** Mental health is a very broad concept, which shows a very good state of internal and external regulation at the macro level. It involves not only the stability of the internal environment, but also the dynamic adaptability of the external environment. For people with different life cycles, mental health standards have certain heterogeneity, but this difference is quite different. For athletes, they are often in a tense environment, which will also lead to corresponding changes in their psychology. Anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality, congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. Badminton players will face greater negative emotions in the preparation stage of the game. At the same time, with the approaching of the game time, students' anxiety will further increase and their poor psychological tolerance. Their mental health problems