

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

are becoming increasingly prominent. The international health organization claims that the number of athletes with anxiety and depression is increasing and the incidence rate is becoming younger.

In most clinical studies, in clinical research, sports competition anxiety scale and sports cognitive trait anxiety scale are the most common anxiety evaluation scales. Sports competition anxiety scale is a tool to measure athletes' trait anxiety. It has good discriminant validity, aggregate validity and test-retest reliability. The sports cognitive trait anxiety scale includes cognitive anxiety and physical anxiety. Cognitive anxiety refers to athletes' cognitive concerns about their own ability, performance and competition results, excluding physiological reactions caused by autonomic nervous system. The research points out that if athletes are in a state of anxiety for a long time, it will have a negative impact on their mood and reduce the training efficiency. Teachers should pay close attention to the mental health of athletes. If teachers have a certain level of self-confidence and regulation, athletes will not have a high level of anxiety. Some scholars also believe that there is a close relationship between psychological state and competition anxiety, and anxiety can damage sports training to a certain extent. It is worth noting that whether badminton players can play a normal level in the process of competition is of great significance to the athletes themselves and coaches. However, at present, there are relatively few studies on psychological anxiety and stability in the process of competition, and the research results have not been analyzed quantitatively and deeply.

**Objective:** This paper analyzes the correlation between the psychological anxiety of badminton players and the stability of competition results, in order to provide a scientific basis for the normal play of badminton players' competition level.

**Research objects and methods:** 30 badminton players in a city were selected as the research object, and the correlation between the psychological anxiety of badminton players and the stability of competition results was analyzed by Pearson product-moment correlation coefficient. Badminton players' psychological anxiety is obtained by sports competition anxiety scale and sports cognitive trait anxiety scale. The stability of the competition results is obtained through the scores of two coaches, ranging from 1 to 100 points. The higher the score, the better the athletes' competition. In order to avoid the influence of subjective factors on the research results, the average score of the two coaches is taken as the result.

**Methods:** Through SPSS23.0 statistical analysis software is used to analyze the correlation data between badminton players' psychological anxiety and the stability of competition results. The measurement data in line with normal distribution is expressed by mean  $\pm$  standard deviation.  $P < 0.05$  indicates that the gap has a significant statistical difference, and  $P < 0.01$  indicates that the gap has a very significant statistical difference.

**Results:** Table 1 refers to the correlation between badminton players' psychological anxiety and the stability of competition results. It can be seen from Table 1 that the correlation between the sports competition anxiety scale and competition stability is -0.856, and the significance value is lower than 0.05. The correlation between sports cognitive trait anxiety scale and competition stability was -0.878, and the significance value was lower than 0.01. This shows that the psychological anxiety of badminton players is negatively correlated with the stability of competition results.

**Table 1.** Correlation between psychological anxiety of badminton players and stability of competition results

Gauge	Relevance	Significance
Sports competition anxiety scale	-0.856	<0.05
Motor cognitive trait anxiety scale	-0.878	<0.01

**Conclusions:** The correlation between badminton players' psychological anxiety and the stability of competition results is negative. Subsequent research can alleviate athletes' anxiety before competition through psychological intervention measures, so that badminton players can play a normal level in the process of competition and increase the possibility of winning the game.

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## RELATED SOCIAL PSYCHOLOGICAL FACTORS OF COLLEGE STUDENTS' NETWORK INTERPERSONAL RELATIONSHIP

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