

significant improvement in cognitive function. Therefore, in order to alleviate the cognitive impairment of college students, schools can take physical education teaching as the main treatment scheme, improve students' cognitive level and promote students' healthy growth through physical education innovation scheme.

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

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Background: The anxiety of college students is a common phenomenon in college learning. The main reason for students' anxiety is that students' psychology cannot adapt to the college environment. In students' learning anxiety, the ecological environment of colleges and universities is the main factor affecting students' learning mood. Learning tasks and learning requirements are the main factors affecting students' learning enthusiasm. Anxiety will occur when students cannot meet the learning tasks issued by teachers and the learning requirements required by teachers. In psychology, psychological anxiety is defined as a kind of negative emotion of Chang a Jin, which is easy to breed under the influence of the outside world. People with anxiety often have anxiety. It is difficult to express their true feelings in the face of real life. Under the influence of anxiety, individuals are more likely to have doubts and uneasiness about the unknown, resulting in serious mental damage. From the existing psychological research, students' learning anxiety is a manifestation of psychological pressure, and this growing pressure will lead to students not only psychological health problems, but also the decline of students' basic physical quality, and finally serious diseases. In order to deal with students' learning anxiety in college teaching, colleges and universities continue to try various mitigation schemes. In the existing research, the more effective way is physical training.

Physical training is a kind of teaching course based on sports. Compared with physical teaching course, teachers urge students to carry out physical activities and guide students to carry out scientific and effective physical exercise. Physical training is one of the indispensable teaching courses in college teaching. In the development of education in China, it has always been emphasized to improve students' comprehensive physical quality and ensure that students have good physical ability in the learning process to support huge learning activities. With the deepening of psychological research, it is found that physical training can not only improve students' basic physical quality, but also play a certain role in alleviating students' learning pressure. Some studies have directly pointed out that in the process of physical training, students' psychological anxiety in physical exercise will be significantly reduced, which is reflected in that students' anxiety and tension will be significantly relieved after physical training. However, there is little research on how physical training can alleviate the anxiety caused by students' learning pressure. Therefore, the research deeply analyzes the alleviating effect of physical training on students' learning anxiety while improving students' physical health level, in order to put forward innovative schemes for colleges and universities to alleviate students' anxiety.

Objective: Explore the current situation of learning anxiety caused by learning pressure of college students, analyze the impact of physical training on college students' physical health level, and analyze the specific role of physical training in alleviating students' learning anxiety.

Study design: Taking three universities in a city as the research object, the number of students' learning anxiety in the three universities is counted. Professional performance assessment was used to determine the physical health level of college students, and Self-rating Anxiety Scale was used to count the anxiety of students. Formulate the physical training plan and apply the plan to the physical training in three schools. The length of physical training is 4 months. Compare and analyze the differences of students' physical health level and students' learning anxiety before and after teaching, and analyze the impact of physical training on students' learning anxiety. Adopt SPSS24.0. The data difference before and after statistical

analysis was statistically significant ($P < 0.05$).

Results: The professional scores and learning anxiety of students in the three universities are shown in Table 1. Table 1 shows that after physical training and teaching, students' professional scores have increased significantly. Students' learning anxiety has decreased significantly after physical training. The differences of students' professional scores and learning anxiety scores before and after teaching are compared and analyzed. The results show that they are statistically significant.

Table 1. Comparison of students' performance and anxiety before and after physical training

Group	Before teaching	After teaching	P
Professional achievement	66.7	75.4	<0.05
Learning anxiety	63.44±2.09	37.28±1.36	<0.05

Conclusions: The anxiety of college students is the content that the school must pay attention to in the teaching development. What means to alleviate the anxiety of students in learning is the key problem to be solved in the teaching planning of colleges and universities. In the research, the purpose of alleviating students' learning anxiety is achieved through physical training. By analyzing the current situation of students' learning anxiety in school, appropriate physical training teaching mode is formulated to alleviate students' psychological anxiety on the premise of improving students' basic physical quality. The results show that physical training can completely affect students' learning anxiety, and can reduce students' anxiety score on the premise of helping students improve their physical quality, which is of great significance to the development of students' comprehensive quality. In college education, we need to focus on the impact of physical education teaching on students' anxiety, change the teaching mode in real time, improve students' mental health level, and provide talent guarantee for national development.

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ROLE OF VOLUNTARY SERVICE ACTIVITIES IN IMPROVING COLLEGE STUDENTS' MENTAL HEALTH FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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Background: In college education, alleviating the psychological problems of college students is the main work content. College students are in the stage of breaking away from the discipline of their parents. In college learning, college students are also gradually integrating into the society. Aiming at the psychological problems of college students, a large number of early scholars studied the psychological changes of college students, and analyzed that college students are prone to self-differentiation and anxiety in college learning. The self-differentiation of college students is an imperfect personality when balancing parental care and self-independence. Anxiety is a complex emotion of college students in the face of college learning tasks. In a word, college students' anxiety is a kind of positive and applied anxiety in college students' ideological and political education. Positive psychology is a kind of psychological research to tap human good morality and inherent potential. It aims to enhance people's optimism and promote the harmonious development of society at one time. Psychology emphasizes the help of students' negative emotions rather than the diffusion of negative emotions. In short, positive psychology is a way of psychological induction, which promotes the good development of students' psychology through speech encouragement, behavior induction and so on.

In college education, the comprehensive development of middle school students is becoming more and more important, which leads to the school paying more and more attention to the mental health of college students. From the perspective of positive psychology, the school should improve the existing positive psychology of students. Therefore, the school continues to carry out various extracurricular activities to cultivate students' correct values and guide students' positive physical and mental development. Among them, volunteer service activities, as a main activity to test students' social ability, have a great impact on students' physical and mental health. In volunteer service activities, students need to have basic social skills. General volunteer service activities are aimed at the elderly, weak, sick and disabled in society, which emphasizes that students have basic psychological qualities such as kindness and responsibility. Therefore, from the perspective of positive psychology, volunteer service activities can promote the mental