

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

health of college students. However, some studies have not been able to understand the specific mechanism of the positive psychology in volunteer service activities in the improvement of college students' mental health. The research explores the positive means in volunteer service activities through positive psychology, and evaluates the effect of ability training in volunteer service activities on the improvement of students' mental health, in order to provide reference for the cultivation of college students' physical and mental health.

Objective: Explore the connotation of positive psychology in volunteer service activities, and analyze the role of volunteer service activities induced by positive psychology in promoting college students' mental health.

Study design: Taking a university as an example, this paper counts the main activities in the development of volunteer service activities in colleges and universities, classifies the connotation of positive psychology in various activities by cluster analysis, analyzes the impact of different positive psychology on students' anxiety, self-differentiation and emotional expression, and summarizes the comprehensive effect of volunteer service activities on the improvement of college students' mental health.

Results: The positive psychology in volunteer service activities obtained by cluster analysis includes persistence, enthusiasm, dedication, love and pride. The impact of positive psychology on students' anxiety, self-differentiation and emotional expression is shown in Table 1. 0-4 represents the degree of impact, 0 represents no impact, 1 represents weak impact, 2 represents general impact, 3 represents strong impact and 4 represents complete impact. Table 1 shows that the positive psychology such as persistence, enthusiasm, dedication, love and pride in volunteer service activities have a complete impact on students' anxiety, self-differentiation and emotional expression.

Table 1. The influence of volunteer service activities on students' psychological emotion

Psychological emotion	Persistent	Enthusiasm	Dedication	Love	Proud
Anxious	3	4	4	4	4
Self-differentiation	4	4	4	4	3
Emotional expression	4	4	4	4	3

Conclusions: The mental health of college students is the focus of all sectors of society. It is particularly important for colleges and universities to promote students' physical and mental growth in the teaching process. From the perspective of positive psychology, this paper analyzes the positive psychology in volunteer service activities, and evaluates the impact of positive psychology on students' psychological emotion. The results show that the positive psychology in volunteer service activities can completely affect students' psychological emotion, that is, volunteer service activities can significantly improve students' mental health. Therefore, in college teaching, schools should often organize volunteer service activities and use the positive psychology in the activities to promote the healthy growth of students' psychology.

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PERFORMANCE AUDIT OF FINANCIAL SUBSIDIES FOR RURAL REVITALIZATION PROJECTS FROM THE PERSPECTIVE OF ECONOMIC PSYCHOLOGY

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Background: In recent years, China has put forward the rural revitalization strategy, vigorously developed the rural tourism industry and improved the income of farmers. In order to develop rural tourism industry, the government's financial subsidy funds are indispensable. In this process, the performance audit of financial subsidy funds is very important. The traditional performance audit method of financial subsidy funds is inefficient, time-consuming and heavy workload. The staff often cannot get accurate results within the specified time, so there is great psychological pressure. In addition, the performance audit of financial subsidy funds is relatively boring, and the staff often have negative emotions such as irritability and anxiety. Over time, if the negative emotions cannot be alleviated, the staff will suffer from psychological diseases such as anxiety and depression, which will not only affect the physical and mental health of the staff, but also affect their daily life and work, and have a negative and negative impact on individuals and rural revitalization. Therefore, we need to find a fast, efficient and convenient financial subsidy fund