

THE INFLUENCE OF PHYSICAL EDUCATION MODEL ON STUDENTS' PSYCHOLOGICAL STATE UNDER EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a subject whose main research object is the psychological function relationship and law between students and teachers in the teaching process. In recent years, educational psychology has been widely used in physical education, especially in the process of college physical education. Compared with primary and secondary school students, college students' psychology is more perfect and their individual consciousness is stronger. Therefore, compared with the past teaching methods, it is easier to mobilize students' enthusiasm by using the teaching methods of educational psychology. In addition, physical education based on educational psychology is also one of the important modules to ensure the physical and mental health of college students in the contemporary college education system. Because the process of sports is a process in which students constantly achieve their goals and acquire skills by urging themselves to forge ahead. In the process of physical education in which teachers and students cooperate, the psychological feedback of middle school students is often positive, which is beneficial to the mental health of students. According to the self-efficacy theory, whether an individual chooses to continue the current activities in a specific situation depends on his evaluation and expectation of whether he has the ability to complete the activities. Students are guided by teachers' psychology in the teaching process and choose to continue the training of their own sports skills, which often means students' expectation and affirmation of their own ability. This psychological expectation and affirmation can not only bring results in the physical education classroom, but also derive from the physical education classroom to other activities. Students can bring their expected experience and successful experience in the process of physical education learning into their daily life, so as to achieve the effect of positive feedback through self-training in daily life. This chain psychological reaction starting from the physical education classroom is very beneficial to students' personality development and life experience in the future. Therefore, the construction of college students' physical education curriculum teaching model based on educational psychology is not only beneficial to physical education itself, but also beneficial to students' comprehensive quality and personality development. It is one of the important directions of contemporary teaching innovation.

Objective: Through the combination of educational psychology and college students' physical education, this study explores the psychological configuration of physical education curriculum teaching, so as to help students obtain better psychological experience in physical education while obtaining the motivation of physical education learning.

Subjects and methods: According to the needs and characteristics of the construction of the teaching model of college students' physical education course in educational psychology, this study combines the expert investigation method and analytic hierarchy process to establish the model index system, and endows the weight in the index correlation weight according to the importance of the index, which is used for the measurement between the indexes and the subsequent model correlation analysis.

Study design: This study establishes the teaching model system of college students' physical education curriculum through expert investigation, decomposes the teaching evaluation indexes of college Students' physical education curriculum layer by layer through analytic hierarchy process, and determines the weight distribution of each index. Finally, the model is verified with the data obtained from the survey.

Methods: In this study, Excel and SPSS software were used to sort out and count the research data.

Table 1. Index weight table

Primary index	Primary weight	Secondary index	Secondary weight
Interactive design of physical education classroom	0.0899	Scientific nature	0.3944
		Overall	0.1763
		Feasibility	0.4293
		Environment	0.0764
Interactive implementation of physical education classroom	0.4881	Skill	0.1136
		Content	0.2599
		Student participation	0.2623
Physical education classroom interaction results	0.2574	Skill mastery	0.3713
		OOD health	0.1213

Results: The index weight designed according to educational psychology is shown in Table 1.

The psychological communication between teachers and students is based on classroom interaction. Therefore, the index design of physical education model based on educational psychology focuses on classroom interaction.

Conclusions: By combining educational psychology with college students' physical education and establishing the psychological configuration of college students' physical education curriculum teaching, we can effectively improve the learning motivation of college students in the process of physical education learning and enhance their physique. At the same time, the teaching model of college students' physical education curriculum using educational psychology can also help college students obtain positive psychological experience and psychological hint with self-affirmation in the process of physical education learning. Through relevant psychological experience, college students can bring the positive feedback action principle learned in the physical education classroom into their study and life, so as to improve their self-expectation and self-affirmation in other activities, obtain a better life experience and form an optimistic and sound comprehensive personality.

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IMPROVING THE EDUCATIONAL EFFICIENCY OF RED CULTURE BY IDEOLOGICAL AND POLITICAL COURSES IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF SOCIAL PSYCHOLOGY

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Background: Based on American experimental social psychology, traditional social psychology studies the diversity and complexity of individual psychology in a specific social environment in the form of experiments. However, with the development of the times, this kind of social psychology, which is divorced from the culture and social culture of the times and exists only in experiments, has been gradually abandoned. Contemporary social psychology is psychology that puts the psychological state of individuals and groups into the era and social background. Its research content is also carried out around the correlation between social psychology and social culture, and there is no psychology divorced from culture. There is no culture that is divorced from psychology. Therefore, from the perspective of social psychology, the education of red culture in the ideological and Political curriculum education in contemporary colleges and universities must be closely related to the psychological state of students. In a specific social environment, social psychology and social culture show a mutually constructed relationship, that is, social-cultural production and social-cultural sharing will affect the psychological tendency of individuals and groups in the social environment to a great extent. This social environment can be either a large social environment or a relatively small but self-contained social environment. Regard the learning environment of colleges and universities as a small and self-contained social environment. The production and sharing ability of red culture in the campus environment is closely related to the psychological acceptance of students. The main platform for the production and sharing of red culture in contemporary colleges and universities is the ideological and political course in colleges and universities. Therefore, by improving the production and sharing mode of red culture in the ideological and political course education in colleges and universities, it is likely to effectively improve students' acceptance of red culture, so as to produce a red cultural atmosphere among students and form a "red culture education circle". Starting from the social culture and social psychology theory in social psychology, this study provides students with an environment for in-depth learning of red culture, improves students' learning enthusiasm and improves the educational effect of red culture by improving the production and sharing path of red culture in Ideological and political education in colleges and universities.

Objective: This study uses the theory of social psychology to help ideological and political education in colleges and universities improve the path of red culture education, so as to improve students' acceptance from a psychological point of view, and then form a "red culture education circle", so as to improve the effectiveness of red culture education.

Subjects and methods: This study mainly uses the correlation analysis method and K-nearest neighbor classification method to classify the learning ways of students in the process of ideological and political education, find the educational ways with the highest influence on students and the highest educational efficiency, and construct the red culture educational strategy on this basis.

Study design: This study uses the K-nearest neighbor algorithm to classify the student groups who use