

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. Athletes will face great negative emotions in the preparation stage of the competition. At the same time, with the approaching of the competition time, their anxiety will further increase and their psychological tolerance is poor. 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. At present, in most clinical studies, sports competition anxiety scale and sports cognitive trait anxiety scale are the most common anxiety evaluation scales.

The research on athletes' physical health and pre competition psychological anxiety in the stage of physical training is a hot topic at this stage, but there are relatively few mature theories. At present, there are relatively many reports on the impact of anxiety on athletes. The specific performance is 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. Coaches need to pay close attention to the mental health of athletes. 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 athletes can play a normal level in the process of competition is of great significance to athletes themselves and coaches. If teachers have a certain level of self-confidence and regulation, athletes will not have a high level of anxiety. At present, most studies believe that the higher the physical health level of athletes, the lower the psychological anxiety level before the competition. The reason may be that there is a positive correlation between athletes' physical health level and their self-confidence.

Objective: This paper analyzes the correlation between athletes' physical health and pre competition anxiety pressure in the process of sports training, in order to provide theoretical support for the improvement of athletes' anxiety.

Subjects and methods: Thirty athletes in a city were selected as the research object to analyze the correlation between psychological anxiety and physical health level of badminton athletes through Pearson product moment correlation coefficient. Badminton players' psychological anxiety is obtained by sports competition anxiety scale and sports cognitive trait anxiety scale. The physical health level of athletes is measured by the score of two coaches. The score range is 1-100 points. The higher the score, the better the physical health of athletes. In order to prevent the impact of the coach's research results, take the average of two factors as the final analysis.

Methods: The study uses SAS statistical analysis software to analyze the correlation data between athletes' physical health and pre competition anxiety and emotional stress in the process of sports training. The measurement data in line with normal distribution is expressed by mean \pm standard deviation. $P < 0.05$ indicates that the gap has significant statistical difference, and $P < 0.01$ indicates that the gap has very significant statistical difference.

Results: Table 1 refers to the correlation between athletes' psychological anxiety and athletes' physical health level. It can be seen from Table 1 that the correlation between sports competition anxiety scale and athletes' physical health level is 0.832, and the significance value is lower than 0.05. The correlation between sports cognitive trait anxiety scale and athletes' physical health level was 0.878, and the significance value was lower than 0.01. This shows that there is a positive correlation between athletes' psychological anxiety and athletes' physical health level.

Table 1. Correlation between athletes' psychological anxiety and athletes' physical health level

Gauge	Relevance	Significance
Sports Competition Anxiety Scale	0.832	<0.05
Motor cognitive trait anxiety scale	0.878	<0.01

Conclusions: In the process of sports training, the correlation between athletes' physical health level and psychological anxiety is positive. Subsequent research can alleviate athletes' tension and anxiety before competition by improving athletes' physical health level, so that athletes can play a normal level in the process of competition and improve the probability and opportunity of winning the competition.

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STUDY ON THE INFLUENCE OF PHYSICAL TRAINING ON ALLEVIATING COLLEGE STUDENTS' ANXIETY AND EMOTIONAL PRESSURE

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Background: With the improvement of material living standards and the increasingly fierce social competition, college students are facing more and more learning burden, employment pressure and social communication pressure, which makes them easy to fall into bad emotions such as irritability, tension and anxiety. Anxiety psychology of college students is one of the very common psychological problems. It can be clinically manifested as persistent nervous symptoms such as anxiety and tension, which will increase students' sense of failure and attack students' self-confidence. Anxiety will directly affect college students' daily life and learning, disrupt their life and learning order, and then affect their healthy growth. According to different performance types, the anxiety psychological problems of college students can be divided into three types: academic anxiety, social anxiety and employment anxiety. The methods, contents, tasks and professional knowledge of university learning have changed, which will lead to their inability to adapt to the current learning life, lack of interest in learning and decline in performance, and then produce anxiety. In addition, the political future, honors and other academic honors of college students are related to the test results, which may put pressure on their psychology and lead to anxiety.

At this stage, outdoor physical exercise has been confirmed by many scholars at home and abroad that it can play a good intervention role in individuals with psychological problems. If they live alone or in a stressful environment for a long time in college, their anxiety cannot be well relieved, which will further have a malignant impact on their psychological mood. If anxious college students are placed in a positive and optimistic environment, their thinking, thoughts and behavior will be positively guided, which will greatly reduce the psychological anxiety of patients. Sports can be regarded as creating a positive environment for patients. Patients can reduce their attention to anxiety itself by relaxing their muscles and pleasing their hearts. Authoritative medical journals point out that the anxiety phenomenon of anxious individuals can be greatly improved after physical training. The effect of aerobic exercise in the treatment of mild and moderate anxiety is similar to that of drugs, which has also been demonstrated by most experts. Sports training not only has been proved to play an auxiliary role in anxiety, but also can reduce the incidence rate of anxiety and effectively prevent anxiety.

Objective: This paper analyzes the influence of physical training on college students' anxiety and emotional stress, in order to make corresponding contributions to the improvement of college students' anxiety.

Subjects and methods: 100 college students with different degrees of anxiety were selected as the research object. They were divided into control group and experimental group by digital random grouping method, with 50 students in each group. The students in the control group taught normally, while the experimental group increased physical training on this basis. The experimental period was 6 months. After that, the improvement of anxiety in the two groups was compared and analyzed. The Self-rating Anxiety Scale (SAS) was used to analyze the anxiety of the two groups of students, and the decision tree classification algorithm was used to classify the improvement effect of college students' anxiety. As a standard of anxiety assessment, SAS can measure the improvement of anxiety in the process of intervention. Set the evaluation index of improvement effect as no improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people and the total number of people at the two levels of improvement and obvious improvement. In order to avoid the influence of subjective factors on the research results, the average score of all subjects is taken as the final result.

Methods: The effect of physical training on college students' anxiety and stress was analyzed by SPLM data statistical analysis software.

Results: Table 1 refers to the improvement rate of the two groups of subjects in the experimental cycle. It refers to the improvement rate of the two groups of subjects with statistical significance. It can be seen from the table that with the increase of experimental time, the improvement rate of patients in both groups increased, but the improvement rate of the experimental group was more significant. This shows that physical training intervention can greatly improve the anxiety of college students in the process of learning.

Table 1. Improvement rate of two groups of subjects in the experimental cycle

Group	After 1 month	After 3 months	After 6 months
Control group	46.0	58.0	68.0
Experience group	68.0	82.0*	88.0*

Conclusions: The anxiety and stress of college students have a serious impact on their normal life, which needs special attention and attention from all walks of life and their families. The results show that

compared with normal teaching, the psychological intervention scheme of increasing physical training has obvious advantages in improving college students' anxiety and pressure, and can be implemented in the management of psychological problems in colleges and universities.

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THE INFLUENCE AND RESEARCH OF CHINESE NATIONAL DANCE EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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Background: Anxiety itself is a very reasonable emotional response. However, long-term anxiety will lead to physiological and emotional diseases. According to different types, anxiety can be divided into pathological anxiety and realistic anxiety. Pathological anxiety is one of the most common types of anxiety. Its clinical manifestations are panic anxiety, generalized anxiety disorder and so on. With the improvement of material living standards and the increasingly fierce social competition, college students are facing more and more learning burden, employment pressure and social communication pressure, which makes them easy to fall into bad emotions such as irritability, tension and anxiety. Anxiety psychology of college students is one of the very common psychological problems. It can be clinically manifested as persistent nervous symptoms such as anxiety and tension, which will increase students' sense of failure and attack students' self-confidence. Anxiety will directly affect college students' daily life and learning, disrupt their life and learning order, and then affect their healthy growth. According to different performance types, the anxiety psychological problems of college students can be divided into three types: academic anxiety, social anxiety and employment anxiety. For social anxiety psychology, every student in the school is an independent individual. In terms of interpersonal communication and emotional needs, students need to have the ability to adapt and accept. With the growth of age and the maturity of thought, students are eager to communicate with the opposite sex, and this feeling becomes stronger and stronger. However, in view of the lack of experience in the emotional process faced by college students, it will make them unbearable psychologically and lead to mental stress.

In order to alleviate the anxiety of college students, scholars at home and abroad have put forward a variety of auxiliary treatment methods such as music, dance, vision, space and education, which have been proved to have obvious effects. Chinese national dance is a form of artistic expression that shows regional and national characteristics. It can not only convey positive and optimistic emotional experience to people, but also help them relax their mood and devote themselves to the edification of other cultures. As an art course, the corresponding teaching process, form and content of Chinese national dance are diverse and personalized. According to previous research results, Chinese national dance education can improve depression, irritability, anxiety and other bad emotions to a certain extent. The reason is that Chinese national dance education can expand students' cognitive ability, improve their views on anxiety, help them experience different emotions, and then enable them to focus their attention and prevent the adverse effects of anxiety.

Objective: This paper analyzes the alleviating effect of Chinese national dance education on college students' mental anxiety, in order to provide ideas for the improvement of students' anxiety.

Subjects and methods: 100 students with different degrees of psychological anxiety in colleges and universities were selected as the research object. According to the digital random grouping method, they were divided into control group and experimental group. The students in the control group adopted the conventional teaching scheme, while the students in the experimental group added Chinese national dance education on the basis of the conventional education scheme, and the cycle lasted for 6 months. After the experiment, the mental health status of patients was analyzed by Hamilton Anxiety Rating Scale (HAMA) 5 decision tree algorithm was used to analyze the anxiety of patients and evaluate the level. The HAMA scale is divided into two factors, mental and physical, with a total of 14 items. Each item is measured by grade 5 score, and the total score is 60 points. The higher the score of the scale, the more serious the anxiety of patients. The anxiety level is divided into four levels: no anxiety, possible anxiety, obvious anxiety and serious anxiety. The improvement rate is the proportion of the number of people without anxiety and possible anxiety and the total number of people. In order to ensure the reliability of the research results, the study needs to analyze the average anxiety of all personnel in each group.

Methods: The influence of Chinese folk-dance education on the mental health level of patients with depression was analyzed by jmppro15 data statistical analysis software.