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## ANALYSIS ON THE INFLUENCE OF PHYSICAL TRAINING ON IMPROVING COLLEGE STUDENTS’ PHYSICAL AND MENTAL HEALTH

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**Background:** With the increasing attention of the state and society to quality education, mental health and physical health have become the focus of attention of schools, parents and other people from all walks of life. 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. University stage is not only an important period for the gradual improvement of mental health and the cultivation of physical health, but also an important stage for them to determine

Their correct outlook on life and positive attitude towards life. Individuals with basic living ability, healthy living habits and good physical quality can promote the healthy growth of body and mind. In the context of the continuous improvement of material living standards, the vast majority of students will have the phenomenon of excess nutrition and so on. Due to the heavy academic pressure, employment pressure, social communication pressure, social adaptation pressure and other pressures, it is easy to cause a sharp decline in their physical and mental health level. It is worth noting that the proportion of college students with health and psychological problems is also gradually increasing, which seriously affects their study and life. This phenomenon requires schools, teachers and parents to take relevant measures to intervene.

Many scholars at home and abroad have confirmed that physical exercise can not only promote the improvement of students’ health level, but also play a good intervention role in individuals with psychological problems. Physical exercise can activate the vitality of human cells and enhance the metabolic rate of human body. If they live alone or in a stressful environment for a long time in college, their bad emotions cannot be well alleviated, which will further have a malignant impact on their psychological emotions. If college students with psychological problems are placed in a positive and optimistic environment, their thinking, ideas and behavior will be positively guided, which will greatly reduce the bad mood of patients. Sports can be regarded as creating a positive environment for patients. Patients can reduce their attention to their own psychological problems by relaxing their muscles and pleasing their hearts. Authoritative medical journals point out that individuals’ bad psychological emotions can be greatly improved after physical training. The effect of aerobic exercise in the treatment of mild is similar to that of drugs, which has been demonstrated by most experts. Physical training not only proves to be an auxiliary treatment for bad mood, but also can reduce the incidence rate of bad mood and effectively prevent psychological problems.

**Objective:** This paper analyzes the impact of physical training on college students’ physical health and mental health, in order to provide a new research direction for cultivating high-quality talents.

**Subjects and methods:** According to the random sampling method, 100 college students were selected as the research object. All research objects added physical training on the basis of normal physical education teaching. The experimental period was 6 months. After the end, the improvement rates of students’ physical health and mental health before and after physical training were compared and analyzed. Through ID3 algorithm, students’ physical and mental health levels are classified, and the improvement effect evaluation indicators are set as three levels: no improvement, improvement and obvious improvement, with the corresponding quantitative values of 1, 2 and 3. 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 influence of physical training on college students’ mental health is analyzed by Das

software.

**Results:** Table 1 refers to the improvement rate of the research object in the experimental cycle. It can be seen from the table that with the increase of physical training time, the improvement rate of physical health and mental health indicators such as will, emotion, will, emotion, memory and cognition has increased, and the improvement rate of various indicators of mental health is more significant. This shows that physical training can greatly improve college students' physical health problems and improve their mental health level.

**Table 1.** Improvement rate of subjects in the experimental cycle

Index	After 1 month	After 3 months	After 6 months
Physical health	54.0	62.0	74.0
Will	56.0	78.0	88.0
Emotion	54.0	77.0	82.0
Desire	56.0	79.0	83.0
Emotion	55.0	76.0	84.0
Memory	58.0	75.0	85.0
Cognition	59.0	74.0	83.0

**Conclusions:** Physical training can improve students' physical quality and psychological problems to a great extent, and help them grow up healthily and happily. Schools and relevant departments should pay attention to the mental health and physical health of college students, and actively take corresponding measures to enhance students' physical quality and improve their mental health.

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## THE CONSTRUCTION OF RURAL CHARACTERISTIC TOWNS PLAYS A POSITIVE ROLE IN ALLEVIATING VILLAGERS' PSYCHOLOGICAL ANXIETY

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**Background:** Driven by the Rural Revitalization Strategy, the construction of rural characteristic towns has become a new path of rural development, which also leads to the loss of most villagers' land, resulting in anxiety. Generally speaking, 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. Anxiety is a kind of abnormal psychological bad mood, which is mainly due to the irritability formed by excessive worry about the future, fate and life safety, including anxiety, panic, tension, anxiety and other psychological manifestations. Medical psychologists believe that anxiety usually refers to that people's adverse feelings such as risk, pressure and pain exceed their acceptable range, and it is difficult for people to face and solve these problems. At present, the most common intervention measures are personalized psychological intervention, lectures on professional knowledge of mental health and so on. Although these intervention methods can alleviate the villagers' psychological anxiety to a great extent, their application scope will be limited by the use scope, population and other conditions, and their implementation is difficult, poor effect and low real-time. Their promotion value in the relief of villagers' anxiety symptoms is not particularly great.

As an appropriate entry point of rural revitalization strategy, rural characteristic towns have made three main contributions. First, combine rural resources and develop cities to promote the development of urban-rural integration. Characteristic town is an innovative carrier of China's new urbanization construction. Its goal is to speed up the process of urban-rural integration and promote the strategy of rural revitalization. The construction of rural towns can not only promote the two-way flow between rural resources and urban resources, but also promote the optimization of agricultural industrial institutions and lead the rapid development of rural economy. Different from urban construction, the construction of rural characteristic towns makes use of rural natural resources, culture and land, and with the help of urban financial, material and human resources, it can integrate the advantageous resources of the two, and