

RESEARCH ON THE INFLUENCE OF COMPUTER TEACHING ON COLLEGE STUDENTS' ANXIETY DISORDER IN HIGHER VOCATIONAL COLLEGES

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Background: With the development of society, anxiety psychology has attracted more and more attention. Some studies have shown that anxiety psychology can lead to behavioral disorders such as overeating, which will have a dual malignant impact on the physical and mental health of individuals with anxiety disorder. The state of being in anxiety for a long time has a bad impact on the physical and mental health of individuals. In psychological theory, the external pressure faced by individuals, that is, the source of realistic anxiety, is a relationship between human individuals and the external environment. This relationship requires individuals to actively respond to it and turn it into positive psychological feedback. This basic source of anxiety coping ability is the basic pressure resistance of the human body. For college students, the reasonable growth pressure and learning pressure they face in the growth process are the external factors that promote the formation of college students' stress resistance system, which can play a positive role to a certain extent. For example, a certain sense of anxiety in student competition can promote students to form a stronger sense of urgency, stimulate stronger ability, and generate stronger self-confidence after receiving feedback. But the premise is that the influence of anxiety is within a reasonable range. Different college students have different ways to deal with the source of anxiety in their growth. Due to different feelings, the source of anxiety will also show different forms of influence on different students. Once the impact of the source of anxiety exceeds the boundary of students' feeling and bearing, that is, the physical and mental bearing range of college students, it will cause students' anxiety symptoms. In the process of computer teaching in higher vocational colleges, college students often form psychological anxiety due to the difficulty of computer learning and actual operation. Therefore, in the teaching process, the teaching side should not only pay attention to the students' academic performance, but should treat the teaching psychological counseling as a part of the teaching behavior, and timely control the students' anxiety through counseling, so as to provide environmental conditions for the healthy growth of students' body and mind.

Objective: This study takes the computer student group in higher vocational colleges as the main research group, combined with the computer learning characteristics of higher vocational colleges, analyzes the main anxiety psychological characteristics of the computer student group in higher vocational colleges, provides a theoretical basis for the establishment of the anxiety psychological counseling mechanism for this student group, helps students get rid of anxiety and improve learning efficiency.

Subjects and methods: This paper takes 200 computer majors in higher vocational colleges as the main research object. This study combines the experimental method, interview method and index analysis method to investigate the intervention impact received by students in the experiment in the form of setting up computer improved courses in higher vocational colleges for students' anxiety symptoms. It is divided into different dimensions and indicators to analyze the psychological anxiety state of students before and after the course.

Study design: The experiment of this study is mainly conducted in the way of comparative experiment. During the experiment, the psychological data of students are collected by means of short interview. The interview is conducted before, during and after the experiment. On this basis, the research will establish relevant index system for analysis according to the psychological change state of students. Through the way of index comparison, this paper analyzes the benign impact of the improved curriculum on students.

Methods: SPSS18.0 was used in this study for statistics and analysis of research data.

Results: The distribution of anxiety degree of computer majors in higher vocational colleges is shown in Figure 1.

It can be seen from Figure 1 that 19% of students are in mild anxiety, 42% are in moderate anxiety, 33% are in severe anxiety and 6% are in very serious anxiety. It can be seen that in the distribution of anxiety psychology of computer major students in higher vocational colleges, the number of students in moderate anxiety state is the largest, followed by severe anxiety state. These two anxiety states are the most common anxiety state among students' psychological anxiety at present.

Conclusions: In the process of computer teaching in higher vocational colleges, college students often form psychological anxiety due to the difficulty of computer learning and practical operation. This study uses the method of comparative experiment to establish the improved benign teaching classroom, and on this basis, establishes the student anxiety psychological index system, and uses the index system to compare and analyze the effect of the improved computer teaching classroom on students' anxiety symptoms. By analyzing the influence of computer teaching in higher vocational colleges on college students' anxiety disorder, we can effectively help college teachers find teaching methods that fit students'

actual psychology, and then form a more effective teaching method that helps students' psychological growth, and help students get rid of the troubles brought by anxiety psychology.

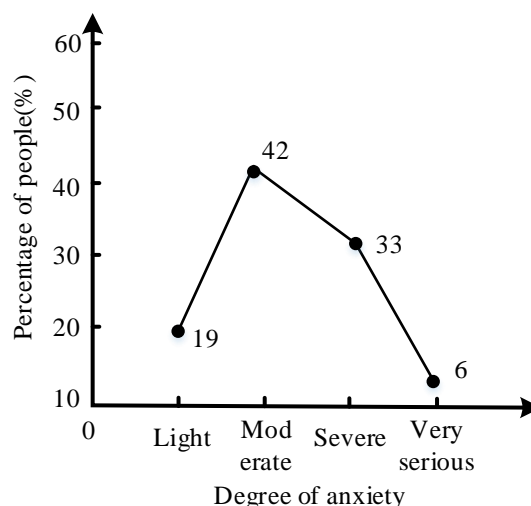


Figure 1. Anxiety level distribution

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ANALYSIS ON THE INFLUENCE OF DIFFERENT LEVELS OF SPORTS ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: As an important group in the process of psychological and personality development, college students are still immature in body and mind. It is very important for their personality development to maintain their mental health level. The overall mental health of students can be divided into two main parts, one is psychological stress, the other is health belief. Psychological stress refers to a phenomenon of physical and mental tension conveyed by an individual's psychological state and physical function in the face of threatening stimuli. This psychological phenomenon of physical and mental tension can also be regarded as a stress response to external stimuli. Health belief refers to that when an individual is subjectively aware of a certain pathological state in his body or psychology, he will actively use the things around him to hinder the process of this state, so as to achieve the effect of intervening in the disease and promoting his own recovery. The individual's judgment of their own health level is mainly divided into two parts: one is self-awareness and the other is self-awareness severity. Self-awareness represents the individual's subjective assessment of the possibility of suffering from a certain physical or psychological disease, and self-awareness represents the individual's subjective assessment of the severity of the disease caused by their bad habits. As an external psychological intervention method, sports intervention can carry out psychological intervention on college students from the perspectives of psychological pressure and health belief. In terms of psychological pressure, sports can help students reduce the impact of psychological pressure and improve their mental health by providing students with ways to vent pressure; In terms of health belief, sports can improve college students' cognition of individual health through exercise, and then achieve the effect of improving health belief. By taking sports as campus activities, we can help college students get rid of the influence of bad mental state and achieve better mental health.

Objective: Combined with the actual learning and living environment of college students, starting with the theory of college students' mental health, this study applies different degrees of sports to college students' mental health intervention, in order to provide colleges and universities with an effective means of campus activities outside the classroom that can effectively intervene college students' bad psychology and ensure students' physical and mental health.

Subjects and methods: 210 medical college students were selected as the main research objects. This study adopts the method of combining comparative test and factor difference analysis. Through the method of comparative test, a comparative experimental group is established from the perspective of sports, and on