

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.

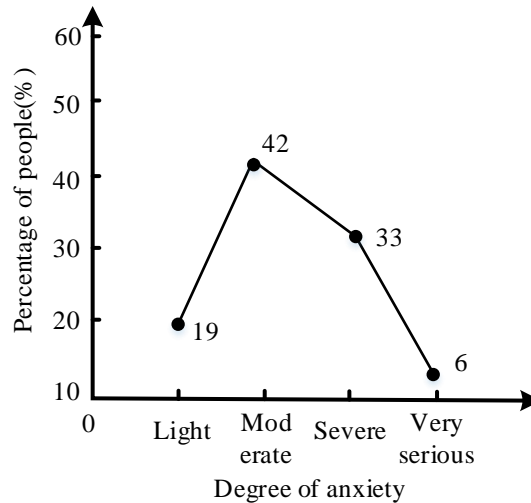


Figure 1. Anxiety level distribution

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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

this basis, the factor difference analysis method is used to analyze the factors affecting college students' mental health.

Study design: During the comparative experiment, the research adopts the form of group comparison and discussion according to the different types and degrees of exercise. During the experiment, the researchers will use interviews, observations, questionnaires and other methods to track and collect students' mental health data in real time. On this basis, this study will use the factor difference analysis method to analyze the force of factors according to the different influencing factors of college students' mental health.

Methods: In this study, SPSS software was used to analyze the impact of different degrees of sports on college students' mental health.

Results: The impact of physical exercise on college students' mental health is shown in Table 1.

Table 1. The influence of physical exercise on college students' mental health

Dimension	Variable	Control group	Experience group	<i>P</i>	<i>t</i>
Psychological pressure	Learning aspect	26.15±8.51	29.47±8.38	0.041	-0.622
	Life aspect	28.29±9.91	31.71±9.72	0.012	-0.915
	Social aspects	8.72±3.91	11.46±3.97	0.001	1.028
Health belief	Rationality	3.32±1.31	3.26±1.42	0.001	0.518
	Controllability	3.41±1.41	3.39±1.36	0.017	-0.493

As can be seen from Table 1, in terms of psychological pressure, the *P* values of students' learning psychological pressure, life psychological pressure and social psychological pressure are 0.041, 0.012 and 0.001 respectively, which are less than 0.05, constituting statistical significance. In terms of health belief, the *P* values of students' rationality and controllability were 0.001 and 0.017 respectively, which were less than 0.05, which was statistically significant.

Conclusions: College students are not mature physically and mentally, so they often have mental health problems in the process of learning and living. Based on the psychological theories related to mental health, this study uses the methods of comparative experiment and element difference analysis to analyze the impact of different sports types and elements on students. The results show that physical exercise can have a significant impact on students' learning psychological pressure, life psychological pressure, social psychological pressure, and the rationality and control of health beliefs. It can be seen that physical exercise can establish psychological counseling channels for students from the way of physiological intervention, and then improve students' mental health level.

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STUDY ON THE INFLUENCE OF SPORTS COMPETITION ON PROFESSIONAL ANXIETY OF MEDICAL COLLEGE STUDENTS

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Background: The occurrence of mental illness is closely related to the influence of individuals' inability to correctly face the stressful factors brought by the external environment. This situation is relatively more common among college students whose minds are not fully mature. College students have been under the protection of their parents in the primary and secondary school stage, and the frustration and stress events they face in the process of growing up are relatively small. Therefore, their own psychological tolerance is relatively insufficient, and they don't know how to deal with and solve the external frustration and stress events. After students successfully enter the university, the surrounding learning and growth environment has undergone great changes. Under this change, students will inevitably have a certain degree of discomfort. In addition, in the face of the surrounding high-intensity competitive pressure and multiple negative psychological effects caused by their own competitive failure, college students are easy to have negative and inferiority complex, which enlarges the psychological pressure of students, then produce anxiety psychology. For medical college students, the professional pressure that the medical specialty itself needs to face is greater than that of other majors, so they are more likely to be in a tense psychological state in the process of learning and growth than students of other majors. Under this group psychological state, although sports competition has a certain role of relieving emotions. However, the sense of training