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## RESEARCH ON OVERCOMING SPORTS SLACK BY RELYING ON PARENT-CHILD SPORTS ACTIVITIES UNDER THE BACKGROUND OF SPORTS PSYCHOLOGY

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**Background:** As a branch of psychology, sports psychology mainly studies the psychological performance of sports participants and related sports laws, that is, the two-way influence mechanism between sports activities and human psychological activities. In the current sports competition, paying attention to the psychological suggestion and psychological counseling of athletes has gradually become one of the important pre competition preparation activities. Giving full play to the role of sports psychology in sports activities or competition events can effectively exert varying degrees of intervention on participants according to their psychological state and emotional fluctuation. Positive psychological training and suggestion will strengthen the affirmation and confidence of sports participants in their physical quality and potential, produce positive self-worth and emotional excitement, and then win the game. On the contrary, negative psychological training will reduce the psychological “potential energy” of participants, and then affect their physical quality and psychological state. It is difficult to participate in sports events with a full attitude. With the continuous advancement of the process of teaching reform, the overall health quality of students is gradually placed in an important position, and the focus of health quality education is to pay attention to the individual’s mental health and its changes, followed by physical quality. The development and effect of sports are closely related to the changes of participants’ psychological situation. At the same time, the emotional changes of participants will also have a certain impact on the sports results. The current academic pressure and test anxiety make high school students neglect to pay attention to sports activities, and the frequency of sports teaching has changed from once a week to once a fortnight or once a month. This kind of irregular sports activities will also make students inevitably have emotional states such as sports slack, and corresponding psychological problems such as anxiety, conflict and anxiety, which is not conducive to the improvement of their physical and psychological quality. Parent-child sports activities refer to inviting students and their parents to participate in sports activities together to improve the enthusiasm and initiative of participants through this way of intimate contact. At the same time, this way of sports participation with clear role orientation can make participants change their views on the items of activities, and the sense of group honor will bring positive psychological hints to the psychological situation of participants. Therefore, the research explores the relationship between parent-child sports activities and students’ sports slack with the help of sports psychology, so as to alleviate their negative psychological problems in sports.

**Objective:** In order to improve students’ slack psychology and negative emotion in sports activities and help them improve their physical quality and mental health, this paper studies the relationship between parent-child sports activities and students’ slack psychology with the help of sports psychology.

**Subjects and methods:** The research take 80 students in a senior high school as the research object. Firstly, the information of their sports psychology and emotional state is collected, and then the mood state of the research object is evaluated with the help of the profile of mood states (POMS).

**Method design:** The research objects were randomly divided into group A and group B. both groups used the same sports activity training, and the training time was once a week. Group A improved the original sports teaching classroom based on the concept of parent-child sports activities and sports physical education, so that it could participate in sports activity training in the way of parent-child cooperation, while group B used the conventional sports teaching mode for sports activity training, and the training time was 4 weeks. After the experiment, collect the mood state and movement of the subjects before and after the experiment, and count the score data.

**Methods:** With the help of Excel and SPSS22.0 statistical analysis tools to process and analyze data.

**Results:** Parent-child sports activities are sports activities completed by the joint participation and cooperation of parents and children, including collective activities and group activities. Teachers can guide parents and students to participate in sports interaction from the aspects of platform construction and improvement of measures, and carry out targeted intervention according to the psychological change law of participants in sports activities. The results show that parent-child sports participation can greatly improve students’ enthusiasm and initiative in participating in sports activities, improve their attention to sports results, reduce sports slack psychology and improve their mental health level. Table 1 shows the statistics of

sports psychological scores of the research object after the experiment.

**Table 1.** Statistics of sports psychological scores of the subjects after the experiment

Sports psychology	Group A		Group B		P
	Average value	Standard deviation	Average value	Standard deviation	
Slack psychology	4.13	1.05	11.25	1.12	0.035
Anxiety psychology	9.62	1.43	10.78	1.36	0.024
Uneasy psychology	6.71	1.31	13.06	1.47	0.037
Conflict psychology	4.13	1.11	11.27	1.23	0.001

**Conclusions:** Different ways of participating in sports activities will have a great impact and interference on the changes of individual sports psychology and emotion, and then produce different feedback mechanisms on their sports cognitive attitude. As a sports event, in addition to the physical function of the participants themselves, the psychological quality of athletes will have a great impact on their endurance and mental state, and then have an impact on people’s performance in sports activities. With the help of sports psychology, improving the physical education classroom and grasping the combination degree of physical education teaching and psychological intervention can effectively improve the level of physical education teaching, so as to alleviate the boredom and laziness of students participating in physical education teaching and reduce the generation of negative psychological problems in sports.

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## ANALYSIS OF THE IMPACT OF THE FAIRNESS OF BASIC EDUCATION RESOURCE ALLOCATION ON STUDENTS’ MENTAL HEALTH

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**Background:** Mental health refers to that all aspects of individual psychology and its activity process are in a continuous and positive psychological state, and in this state, the subject can make good adaptation and give full play to its physical and mental potential. Mental health is one of the evaluation criteria of individual health status. Whether we can correctly deal with the changes and stimuli of the surrounding environment and whether we can have well psychological tolerance and quality are important aspects to evaluate the level of mental health. At the same time, the degree of mental health of individuals at different stages is also different. The factors affecting mental health include the objective environment, the level of psychological quality, self-cognition and psychological conflict, among which the objective factors of external environment and subjective psychological state are the important contents affecting the standard of mental health. The emotional value and psychological attitude of different individuals will affect the normal development of their mental health. Evaluating students’ mental health is of great significance in the current educational environment and the background of teaching reform, and students’ mental health is easily affected by many factors, such as changes in environmental conditions, academic expectations, interpersonal relationships, family factors and social stress events. Students are in a critical period of physical and mental development, which is a stage of frequent psychological problems, and the formation of their values is not yet mature. Therefore, when facing the choice and judgment of things, they will show “children’s mind” or pay too much attention to the subjective ideas at the individual level, and there are some deviations and abnormalities in the opinion evaluation. Some studies have found that there is a certain negative correlation between people’s quality and professional ability and mental health, that is, people with stronger professional ability are more likely to have psychological problems. The reason is that people with higher professional quality pay more attention to the high level of psychological needs. The quality of the educational environment and its mechanism will be directly reflected in the teaching plan and goal, which makes the teaching subject show different psychological mechanisms and emotional ups and downs in the teaching process. Basic education is a key part of the whole education system and an