

THE INFLUENCE OF THE CONSTRUCTION OF TALENT TRAINING QUALITY STANDARD IN APPLIED UNDERGRADUATE COLLEGES AND UNIVERSITIES ON COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

Haibo Jiang* & Yihuo Jiang

Dongguan City College, Dongguan 523419, China

Background: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very easy to suffer from mental diseases, such as anxiety, depression and so on. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of the attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. In the cultivation of college students' psychological quality, ideological and political education in colleges and universities is a widely used intervention means. However, from the teaching time, it can be seen that ideological and political education in colleges and universities can have little intervention effect on the talent training plan in applied undergraduate colleges and universities. The reason is that the psychological changes in college talent cultivation are due to the influence of scientific research projects. Therefore, how to intervene the psychological quality of college students is of great significance.

In order to promote the talent training of college students, aiming at the improvement of college students' psychological quality, some studies have proposed to formulate the quality standard of talent training in colleges and universities, and the importance of the quality standard of talent training in colleges and universities has been emphasized in the research. In the application-oriented undergraduate colleges and universities, the school pays more attention to the practical application ability of students, that is, in the daily education and training of colleges and universities, the attention and training of students' practical ability costs a lot of practice. From the perspective of China's educational development, applied undergraduate colleges and universities carry out curriculum design and class hour arrangement according to the talent needs in social development. Therefore, the talent training quality standard of applied undergraduate colleges and universities has its own characteristics. In the formulation of talent training quality standards in applied undergraduate colleges and universities, colleges and universities continue to emphasize the need to meet the needs of social talents to formulate teaching standards, and require teachers and students to meet the standard quality. However, it is undeniable that if the quality standard of talent training formulated by colleges and universities is too high for students, students will not be able to achieve it, which will also lead to a certain degree of psychological problems. In order to solve the students' psychological problems in the talent training of applied undergraduate colleges and universities, this paper studies and constructs the formulation scheme of talent training quality standards in applied undergraduate colleges and universities, so as to help college students improve their psychological quality.

Objective: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very easy to suffer from mental diseases, such as anxiety, depression and so on. Aiming at the talent training of application-oriented undergraduate colleges and universities, this paper constructs the talent training quality standard of application-oriented undergraduate colleges and universities, formulates the scheme, and evaluates the correlation between the scheme and the cultivation of students' psychological quality.

Subjects and methods: Taking an application-oriented university as an example, 500 students were selected for empirical investigation, and the psychological emotions of all students in college learning were counted, including anxiety, depression, positive learning psychology and positive life psychology. The influencing factors of students' psychological emotions were determined by fuzzy evaluation method. Based on the influencing factors of students' psychological emotion, this paper constructs a talent training quality standard formulation scheme in applied undergraduate colleges and universities, applies the scheme to students' daily learning, and evaluates students' psychological changes during teaching.

Results: The impact of the perfection and rationality of talent training quality standards in applied undergraduate colleges and universities on students' anxiety, depression, positive learning psychology and positive life psychology is shown in Table 1, with 0-4 points indicating no impact to complete impact.

Table 1. The influence of talent training quality standard on psychological quality in colleges and universities

Content	Anxious	Depressed	Learning positive psychology	Positive psychology of life
Perfection	4	3	4	3
Rationality	4	4	3	4

Conclusions: The cultivation of college students' psychological quality is the key factor to promote students' long-term development. Therefore, it is very important to put forward the strategy of cultivating students' psychological quality. Taking Application-oriented undergraduate colleges and universities as an example, this paper analyzes the current situation of students' psychological quality, and puts forward the quality standard of talent training in colleges and universities, so as to improve students' psychological quality and ability. The results show that students' anxiety, depression, positive learning psychology and positive life psychology are significantly affected by the perfection and rationality of talent training quality standards in colleges and universities. The above results show that in the talent training of application-oriented undergraduate colleges, the formulation of talent training quality standards based on students' psychological quality education is feasible, which can help students establish a good psychological system and promote their development.

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INFLUENCE MECHANISM OF LEISURE SPORTS TRAINING ON RELIEVING TEENAGERS' NEGATIVE EMOTIONAL PRESSURE

Chenyang Zou*, Xiaoxiao Hu & Le Huang

Nanchang University College of Science and Technology, Gongqing 332020, China

Background: Psychological stress generally refers to a psychological reaction when a person's environment and events are more threatening than his ability to deal with. When the body is stimulated by the outside world and the individual is in a comprehensive state of tension for a long time due to unpleasant life experience or difficult to deal with complex stress events, it may endanger the individual's mental health, resulting in psychological stress. The individual's social environment, family background, self-feelings, interpersonal relationships and other factors will have an impact on the individual's psychological state. Their personal personality characteristics and life attitude will also affect the changes of individual spirit and emotion. The individual's own health, the setbacks and conflicts faced in life experience, the stimulation of social environment background and cultural life background to the individual and other aspects promote the individual to produce mental stress. Adolescence is a transitional stage from childish children to adult maturity. Teenagers are in the process of development and growth of ideas and ideas. Therefore, teenagers have high psychological and emotional sensitivity. When they can't meet their physiological and psychological needs, they are easy to produce strong psychological pressure and endanger teenagers' mental health. The psychological pressure of some teenagers is too strong, beyond the scope of individual self-regulation, which has had a serious impact on daily life and learning, resulting in a significant reduction in their quality of life. Appropriate tension and pressure can promote to some extent, but being under excessive tension and pressure for a long time will lead to the negative state of teenagers for a long time, which is not conducive to the healthy growth and development of teenagers.

Physical exercise is physical exercise. It refers to the purposeful and planned physical exercise activities on the basis of following the scientific law of sports, so as to promote people's physical and mental health development, enhance individual physique and enrich personal life. Leisure physical exercise can help people form good exercise habits, maintain regular body vitality, exercise the body's cardiopulmonary function and core function through appropriate amount of exercise, exercise individual muscle strength on