

Table 1. Changes of anxiety degree of students with severe anxiety (n=45)

Degree of anxiety	0 month	1 month	2 months	3 months	4 months
Severe anxiety	45	39	34	28	21
Moderate anxiety	0	3	4	9	13
Mild anxiety	0	3	5	6	7
No anxiety	0	0	1	2	4

Conclusions: The psychological anxiety of college students will seriously affect students' study and life. Reading is one of the more effective methods to alleviate college anxiety, but the lag of library promotion leads to the fact that students' psychological anxiety cannot be alleviated at the first time. The research introduces the thought of cultural inheritance to promote the classic literature in the library, so as to help students deeply understand the core ideas in literary works and alleviate their psychological anxiety. The promotion experiment shows that the anxiety of college students under the cultural inheritance and promotion program is significantly reduced. Therefore, in college education, colleges and universities need to improve the promotion of library reading, help students alleviate psychological anxiety and promote students' growth.

* * * * *

STUDY ON THE REGULATION OF PHYSICAL EXERCISE ON SOCIAL FEAR AND ANXIETY OF HIGHER VOCATIONAL COLLEGE STUDENTS

Dapeng Qi

Shanghai Sipo Polytechnic, Shanghai 201399, China

Background: Psychological anxiety refers to the panic and anxiety caused by social individuals in the face of difficulties or obstacles because they are difficult to solve in time or worried that they cannot solve them effectively. Appropriate psychological anxiety can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological anxiety will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Under the new social situation, higher vocational students in China are only children, and their family life is relatively closed and constrained, so they are shy and introverted. A long time alone leads to the low ability of these vocational students to deal with problems in interpersonal communication and cannot form a normal interpersonal relationship, which makes vocational students prone to psychological anxiety in the face of interpersonal communication and communication. On the other hand, with the improvement of social and economic level, the connivance of parents to students in modern society is increasing day by day. Some parents spoil students too much, resulting in students' low psychological pressure resistance and fragile psychological defense line. Therefore, when students leave their families for collective life, they are prone to problems with low willpower and emotional control in the face of difficulties and setbacks, and are troubled by negative emotions such as psychological anxiety in the process of problem solving. When students have anxiety, it will also lead to students' lack of sufficient self-confidence, so that students dare not participate in social activities, which will lead to students' social phobia. Therefore, how to alleviate students' anxiety and social fear is a key problem to be broken through in college teaching.

The study and exercise of physical education curriculum can not only improve students' physical quality, but also help students improve their mental health level and alleviate their psychological pressure through physical exercise and the infection of sports spirit. However, the traditional teaching mode of physical education is relatively backward and rigid, which is not conducive to the development of students' mental health. Some studies have put forward the physical exercise method of combining physical education teaching with game method, combining traditional physical education teaching methods with games, stimulating students' interest in sports learning and exercise through relaxed recreational games, promoting students to actively carry out sports activities, alleviating students' negative emotions and helping students get rid of psychological anxiety while improving students' physical quality. At the same time, some studies have found the specific mechanism of sports to alleviate anxiety. They believe that students can maintain a pleasant psychological feeling in physical exercise, eliminate the impact of negative emotions such as anxiety on students' mental health through psychological and physiological satisfaction and pleasure, and alleviate students' anxiety and anxiety. Therefore, in order to reduce the anxiety psychology of higher vocational college students and alleviate the social fear of students under the

anxiety psychology, this study puts forward the use of physical exercise to cultivate students' mental health and provide reference for students' development.

Objective: Analyze the current situation of students' anxiety psychology in higher vocational colleges, understand the current situation of students' social fear under the influence of anxiety psychology, and analyze the current situation of the application of physical exercise in higher vocational colleges.

Subjects and methods: Taking 500 students with different degrees of psychological anxiety in a university as the research object, the Self-rating Anxiety Scale was used to evaluate the current situation of students' anxiety, and the students with social fear among 500 students were counted. The baseline data of all students were collected to understand the influencing factors of students' anxiety and social fear. Formulate the physical exercise mode for anxious students, analyze the changes of students' anxiety psychology under this mode, analyze the changes of students' social fear, and evaluate the impact of physical exercise in higher vocational colleges on students' social fear and anxiety psychology.

Results: The psychological changes of social fear and anxiety among 500 students are shown in Table 1. Table 1 shows that the number of students with social fear among 500 anxious students is 107. With the gradual progress of physical exercise, the anxiety scores of all students gradually decreased. At the same time, it can be seen that the number of students suffering from social fear also showed a decreasing trend.

Table 1. Changes of anxiety and social fear in middle school students after physical exercise

Project	Before teaching	After teaching	P
Number of social phobias	107	54	<0.05
Anxiety score	66.38±2.37	35.79±1.71	<0.05

Conclusions: The cultivation of college students' mental health is the key work in college education. How to alleviate students' anxiety and reduce students' social fear caused by psychological anxiety is an urgent problem to be solved in colleges and universities. In the study, in order to alleviate students' psychological anxiety and reduce students' social fear, physical exercise is proposed to promote students' physical and mental growth, only to alleviate anxiety. The results show, under the influence of physical exercise, students' anxiety can be significantly alleviated, and students' social fear can also be reduced. The above results show that in college education, using physical exercise to promote students' physical and mental growth can effectively alleviate students' negative psychological emotions, improve students' social ability and promote students' future development.

* * * * *

RESEARCH ON THE INNOVATION OF COLLEGE INNOVATION AND ENTREPRENEURSHIP EDUCATION PLANNING FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Dan Wei

Zhumadian Vocational and Technical College, Zhumadian 463000, China

Background: Educational psychology is a type of psychology proposed according to the current situation of education. The purpose of educational psychology is to solve the problems of traditional teaching schemes in innovative design. Educational psychology believes that in the educational situation, human learning behavior is affected by psychology, and in the design of teaching methods, it advocates paying attention to students' learning habits and development space. In psychology, educational psychology can be divided into pedagogy and psychology. It is considered that the combination of the two forms educational psychology, that is, combining the teaching practice in pedagogy theory and the characteristics of teachers' and students' learning psychological activities in psychology theory. In educational psychology, pedagogy and psychology integrate and influence each other, that is, teachers can take psychology as the theoretical basis to formulate the teaching curriculum plan, and can also give psychological support in teaching practice to gradually improve the teaching plan. With the needs of social development, the research objects of educational psychology also began to increase. From previous studies, we can know that early educational psychology focused on the research of students' psychology and learning rate, and focused on the cultivation of students' professional knowledge by using students' psychology. With the transformation of the concept of social education, college education is not only the cultivation of students' basic professional knowledge, but also the planning of students' future development, which shows that so far,