

mechanism of basic English mixed teaching based on flipped classroom on students' mental stress.

**Results:** The flipped classroom returned the autonomy of teaching to the students, so that they can give full play to their learning autonomy and innovative development potential in the teaching process. The diversified and lively classroom teaching methods can greatly alleviate the students' mental pressure, effectively reduce the psychological problems such as anxiety, depression and conflict related to English learning, and effectively improve the mental health level of college students. Table 1 shows the scores of some mental health scales of the subjects after the experiment under different teaching modes.

**Table 1.** Statistics of the scores of some mental health scales of the subjects under different teaching modes

Evaluation dimension	Anxiety about learning content	Low employment mood	Uneasiness in classroom learning
Before improvement	21.35±4.52	14.16±3.31	19.25±5.25
After improvement	12.78±3.15	7.43±1.05	8.39±3.47

**Conclusions:** Students' mental stress has an important impact on their mental health level, and the application of flipped classroom model will greatly improve and improve the English teaching model, so that it can teach students according to their aptitude on the basis of grasping the psychological law and teaching law of teaching subject and object, effectively guide and intervene their mental stress in time, and improve their mental health level.

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## RESEARCH ON THE DEVELOPMENT STRATEGY OF FILM THEME PARK AND THE CURE OF PEOPLE'S EMOTIONAL AND MENTAL TRAUMA—TAKING HENGQIN SHIMEN ENTERTAINMENT WORLD AS AN EXAMPLE

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**Background:** Emotional trauma is a kind of psychological trauma, which is caused by emotional abuse and betrayal by close people. People with emotional trauma will recall the past events afterwards. There are two types of memories, explicit and implicit. The former is based on memory to describe the revisited events, while the latter is the unexplained multiple reactions or emotional triggered bursts driven by emotion. People with emotional trauma will become inferior, change their clothes for self-worth, feel that they have nothing, are very small, and feel that they are not worthy of love. After emotional and mental trauma, the individual's ability to control his own emotions becomes worse. Some small things will cause violent fluctuations in individual emotions, such as sadness, anger, emotional collapse and so on. Some people will eat emotionally to vent their emotions and stabilize their emotions by eating crazily. However, this way of eating is unhealthy. In the long run, it will cause great harm to the individual's body, resulting in diabetes, acute pancreatitis and other diseases. Individuals with emotional trauma will have sleep disorders, poor sleep quality, easy to wake up in the middle of the night, have nightmares, or have difficulty falling asleep. Poor sleep quality for a long time leads to poor mental state and difficulty in concentrating, which affects individual life and work. Individuals with emotional trauma often lack a sense of security and are afraid of going to places with many people. Only when they are alone can they feel at ease, so as to avoid social interaction and unwilling to communicate with others.

The film theme park will restore the scenes in the film truly through props, clothing and other resources for tourists to play and consume. The theme of the film theme park is film culture. Universal studios in Hollywood is the most famous film theme park in foreign countries, which allows visitors to enter the film world and experience film shooting. According to the main cultural types, the film theme park can be divided into different types. For example, Hengqin Shimen entertainment world, which is dominated by foreign film box office films, takes the box office films such as hunger game and divergent as the theme and divides them into corresponding special areas to attract the attention of tourists through pioneering, immersive and diversified experience and strongly stimulate the hearing and vision of tourists.

**Objective:** To understand the current performance of people's emotional and mental trauma and the current management situation of Hengqin Shimen entertainment world, and to analyze the causes of people's emotional and mental trauma. On this basis, this paper puts forward the development strategy of Hengqin Shimen entertainment world. Enrich the types of films in the theme park, so that tourists with different hobbies can find their favorite films, immerse themselves in them, feel the emotions conveyed by the films, appease the hearts of tourists with emotional and mental trauma, and alleviate their mental trauma. Carry out the real setting of the theme film, improve the tourists' sense of experience, and let them feel in the film, enhance the tourists' sensory stimulation, and further reduce the negative emotions of emotional and mental trauma tourists.

**Subjects and methods:** The research objects are emotional and mental trauma tourists. 120 tourists are randomly selected from Hengqin Shimen entertainment world film theme park. These tourists come from different occupations, ages, genders and political faces, and their income levels are different. Understand the mental health status of these tourists and their views on the film theme park, and record the relevant data of tourists during their tour in Hengqin Shimen entertainment world film theme park. Through statistical analysis software, the emotional and mental trauma scores of tourists before and after tourism are studied. 1-5 scores are adopted, and 1-5 scores respectively mean no, slightly, general, obvious and complete.

**Results:** When an individual is betrayed by a close person, there will be emotional and mental trauma. This kind of psychological trauma will make individuals feel inferior, feel that they have nothing, very small, and feel that they are not worthy of love. After emotional and mental trauma, the individual's ability to control his own emotions becomes worse. Some small things will cause violent fluctuations in individual emotions, such as sadness, anger, emotional collapse and so on. By visiting Hengqin Shimen entertainment world film theme park, the hearts of tourists with emotional and spiritual trauma were opened and their negative emotions were alleviated. Among them, the anxiety score of young tourists is 2.43, and the results are shown in Table 1.

**Table 1.** The impact of different risk prevention and control measures on the consumption psychology of financial consumers

Age group	Uneasy	Lack of security
Youth	2.43	2.05
Young and middle-aged	2.61	2.35
Middle age	2.48	2.64

**Conclusions:** As a kind of psychological trauma, emotional trauma will make people show low self-esteem, lack of security, poor emotional control and other characteristics. Some people will calm their emotions by crazy eating, which is an unhealthy practice. People with emotional and mental trauma can choose to have an immersive film tour, enjoy the pioneering, immersive and diversified experience brought by the film theme park, let them feel the world in the film, forget their troubles and alleviate the harm brought by emotion.

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## STUDY ON THE FACTORS OF ATHLETES' PHYSICAL HEALTH AND PRE-COMPETITION ANXIETY IN THE PROCESS OF PHYSICAL TRAINING

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**Background:** Individual health includes not only physical health, but also mental health. Physical health is the basic guarantee and necessary premise of individual life. Mental health is one of the important conditions to achieve a long and orderly life and maintain a good mental state. The standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, can make better psychological response and state to the changes and stimuli of surrounding environmental differences, and will not continue to fall into negative and depressed emotions. Anxiety, as a common emotional problem and psychological disorder, is affected by many factors, such as the stimulation of the external environment, the difference of their own cognitive level, the pressure exerted by others and so on. From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency in the