

**Table 1.** Results of scale scores of left behind children in different family environments

Scale dimension	Poor family environment atmosphere	Good family environment atmosphere	<i>t</i>	<i>P</i>
Emotional problems	3.04	2.32	2.084	0.002
Peer communication problems	2.58	2.15	2.135	0.013
Prosocial issues	3.93	3.28	-1.736	0.003
Influence factor	4.55	3.74	2.071	0.038

**Acknowledgement:** The research is supported by: Humanities and Social Sciences Program of the Ministry of Education of the People's Republic of China; Rural left behind children's written narrative capacity and its representation of affective projection (No. 17XJC740010).

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## RESEARCH ON THE ALLEVIATING EFFECT OF THE DISCIPLINE CONSTRUCTION OF SPORTS HUMANITIES AND SOCIOLOGY BASED ON EDUCATIONAL PSYCHOLOGY ON COLLEGE STUDENTS' MENTAL ANXIETY

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**Background:** With the development of society and economy, social competition is becoming more and more intense, people's pace of life is becoming faster and faster, and more and more people begin to have mental anxiety. Some scholars pointed out that anxiety is an emotional reflection that can reflect the serious deterioration of people's value characteristics of future things or the value characteristics of real things. If people have slight anxiety, facing it correctly will effectively improve the efficiency of study and work. However, pathological anxiety will bring continuous anxiety to patients, and even evolve into a sense of threat and disaster, so that the social function of patients with mental anxiety is damaged and their daily life is seriously affected. Educational psychology is a science that studies the basic psychological laws of teaching and learning in education and teaching situations. It mainly studies the psychological process of the interaction between teachers and students and the psychological phenomenon in the process of teaching and learning. Some studies have pointed out that the integration of educational psychology into the discipline construction of sports humanities and sociology will help to alleviate the mental anxiety of college students. Sports humanistic sociology is an interdisciplinary collection of human body movement, humanities and social sciences. Sports humanistic sociology takes the existence value of sports people in society as the main research object, explores and reveals the social essence of sports and the development law of sports in society as the research purpose, and calls physical sports and social science sports humanistic sociology. Therefore, to build a reasonable sports humanities and social sciences education curriculum system based on educational psychology is to give better play to the function of sports humanities and social sciences, cultivate the cultural and psychological quality of college students, and improve the comprehensive quality of college students. Physical education colleges should focus on developing the particularity of humanities and social sciences, such as emphasizing the connotation of sports activities, with the humanistic spirit of returning to nature, harmony with society and so on.

**Objective:** While comprehensively promoting the construction of sports humanities and sociology, it needs to be reasonably integrated into educational psychology, which is also the main task of the current teaching reform in colleges and universities. In the construction of sports humanities and sociology, how to consider the problem of college students' mental anxiety from the perspective of educational psychology is the key research direction of this study.

**Subjects and methods:** 200 college students with mental anxiety in a university were randomly selected as the research object. The construction scheme of sports humanities and sociology based on educational psychology was used to teach students for one month. The mental anxiety status of all students before and after teaching was evaluated.

**Research design:** Students were evaluated by Hospital Anxiety and Depression Scale (HADS-D) before and after teaching, in order to judge the psychological status and anxiety relief of college students before and after the construction scheme of sports humanities and sociology based on educational psychology.

There are 7 items in HADS-D scale, with 0-3 points for each item, and the total score is 21 points. The final score is 15-21 points for severe depression, 11-14 points for moderate depression, 8-10 points for mild depression and 0-7 points for no depression.

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** The HADS-D score results of college students after teaching are shown in Table 1. After two factor repeated analysis of variance, there was significant difference in HADS-D score between the two groups ( $P < 0.05$ ).

**Table 1.** The HADS-D scores of the two groups were analyzed

	Overall effect	F	P
HADS-D	Intervention effect	3.499	0.068
	Time effect	21.292	0.000
	Interaction effect	3.157	0.016

**Conclusions:** Sports Humanities and sociology takes physical exercise, humanities and social sciences as the main components. In fact, on the premise of human body movement as the noumenon and natural science and technological science as the basis, the four sciences of humanities, social science, technological science and natural science form ever-changing cross, comprehensive, hybrid, derivative and marginal relations. As a main subject that must be developed by all sports colleges in the future, sports humanities and sociology should be carefully analyzed and understood in colleges and universities in order to better carry out the discipline construction work suitable for the development of the new era. Therefore, to develop the discipline construction of sports humanities and sociology, we must do the following four points: first, establish the team construction and discipline construction of sports humanities and sociology. Second, explore reasonable research methods of sports humanities and sociology. Third, build a reasonable curriculum system of sports humanities and social sciences education, and fourth, establish a reasonably structured organization to flexibly meet the functional needs of all aspects.

**Acknowledgement:** The research is supported by: The National Social Science Foundation of China "Research on the effectiveness of public-demand-oriented public sport services supply" (No. 16CTY014).

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## INFLUENCE OF INTERGENERATIONAL FAMILY EDUCATION ON REBELLIOUS PSYCHOLOGICAL PROBLEMS OF RURAL LEFT BEHIND CHILDREN

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**Background:** With the continuous development of China's economic level and the accelerating process of urbanization, rural population began to move into cities in large quantities, including a large number of young adults. These young and middle-aged rural people settled in cities and towns by going to school and working. In this context, there have been a large number of rural lefts behind children, and the intergenerational family education of rural left behind children has also become the focus of people from all walks of life. Psychologists believe that parents have an irreplaceable position in the process of children's growth. Long-term lack of parents will make left behind children have negative emotions and think that parents lack love for themselves, resulting in extreme behaviors and thoughts. In addition, in the intergenerational family education, the educational thought of intergenerational relatives is relatively backward, and their educational level is relatively low. They indulge the left behind children too much, resulting in selfish psychology. Under the general factors, the independence and self-efficacy of rural left behind children are prone to problems, produce anxiety, and then produce rebellious psychology, establish incorrect outlook on life and values, and affect the long-term development of children.

Personality psychology is a branch of psychology, which mainly studies the unique behavior patterns of individuals, including beliefs, self-concept, personality and so on. Personality psychology holds that each individual has unique characteristics, that is, the specificity of behavior characteristics and personality composition characteristics. This uniqueness leads individuals to choose different coping styles when facing the same problem. Affective psychology is one of the important parts of psychology. Its main research object is human emotion. The main research content is how to eliminate or alleviate individual tension and pressure caused by external stimulation or nature through certain means, so as to help individuals restore