

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	<i>F</i>	<i>P</i>
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

Lidan Luo

Qiongtai Normal University, Haikou 571100, China

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

healthy and sound personality. The study combined personality psychology and emotional psychology to analyze the rebellious psychology of rural left behind children, and put forward educational strategies to alleviate children's emptiness and anxiety and reduce children's rebellious psychology.

Objective: the long-term absence of parents will make the left behind children have negative emotions and think that their parents lack care for themselves, resulting in extreme behavior and thought. In the long run, 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. The study combined personality psychology and emotional psychology to analyze the rebellious psychology of rural left behind children, and put forward educational strategies to alleviate children's emptiness and anxiety and reduce children's rebellious psychology.

Subjects and methods: In four rural areas, 40 families with left behind children were selected as the research objects. Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Chinese Perceived Stress Scale (CPSS) were used to evaluate children's anxiety and rebellious psychology.

Study design: 40 families were randomly divided into study group and control group by random number table method. The family of the research group adopted the educational strategy of combining emotional psychology and personality psychology to carry out family education. The families in the control group used traditional education strategies for family education. After a period of time, the anxiety levels of the two groups of left behind children were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After the experiment, the total scores of tensions, loss of control and pressure perception in CPSS of children in the study group were significantly lower than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. CPSS of two groups of subjects

Classification	Group		t	P
	Research	Control		
Thrill	16.11±5.88	19.34±4.21	7.432	0.000
Sense of loss of control	15.76±5.12	26.65±4.84	9.465	0.000
Total score of stress perception	31.87±10.53	45.99±7.42	9.415	0.000

Conclusions: With the continuous development of China's economic level and the accelerating process of urbanization, there are a large number of rural lefts behind children. In recent years, the intergenerational family education of rural left behind children has become the focus of people from all walks of life. The long-term absence of parents will make the left behind children have negative emotions, and then produce anxiety and rebellious psychology. The study combined personality psychology and emotional psychology to analyze the rebellious psychology of rural left behind children, and put forward educational strategies. The results showed that after the experiment, the total scores of tensions, loss of control and pressure perception in CPSS of children in the study group were significantly lower than those in the control group ($P < 0.05$). To sum up, the educational strategy combining personality psychology and emotional psychology can effectively alleviate children's sense of emptiness and anxiety, and reduce children's rebellious psychology.

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RESEARCH ON THE PREDICTION AND ANALYSIS OF CONSUMER PSYCHOLOGY CHANGES IN MACROECONOMIC OPERATION

Fei Jiang¹ & Yang Lou²

¹*Economics & Management School, Nantong University, Nantong 226019, China*

²*State-owned Assets Management, Nantong University, Nantong 226019, China*

Background: It is the content of national economy and the development stage of national economy, including the content of national economy and the development stage of national economy. Microeconomics refers to the production, exchange and consumption activities based on individuals, families and enterprises. Microeconomics is the foundation of macroeconomics. They are interrelated and affect each other. Therefore, the consumption behavior of consumers can affect the operation of national macro-economy to