

**Conclusions:** Cognitive psychology is psychological research that studies individual cognitive perception and behavior. The specific application of cognitive psychology can be seen in many fields. In the research, aiming at the Sinicization process of Marxist democratic model, this paper puts forward a research method based on cognitive psychology to deeply explore the role of democratic model in promoting the Sinicization of Marxism. The results show that in the process of the Sinicization of Marxism, the suitability, rationality and legitimacy of the democratic model can fully affect the national cognitive psychology, that is, the national cognitive psychology can also determine the development of the Sinicization process of the Marxist democratic model. Therefore, in China's social development, we should fully consider the serious psychological changes of the people, so as to promote the process of Sinicization of Marxism and improve the beauty of our national life.

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## ANALYSIS ON THE INFLUENCE OF COLLEGE STUDENTS' PSYCHOLOGICAL OBSTACLES IN PHYSICAL EDUCATION REFORM

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**Background:** In recent years, college students' mental health problems caused by various psychological contradictions have gradually increased. Some studies have pointed out that about 15% of college students have various degrees of mental health problems. The main symptoms are compulsion, interpersonal sensitivity, depression and hostility. Some scholars also pointed out that about 20% of college students show varying degrees of psychological maladjustment, and the incidence of psychological disorders is increasing year by year. It is reported that in a statistical survey in China, a sample survey was conducted among 126000 college students. The results show that the common psychological problems among college students are compulsion, interpersonal sensitivity and emotional depression. 10% of college students with psychological disorders have symptoms above the medium level. A study found that about 13% of students in a university have serious psychological problems such as suicide, depression, aggression, interpersonal disorder and so on. At present, the psychological problems of college students should be highly valued by college educators. A large number of studies show that physical exercise has a good effect on students' mental health.

Negative emotions refer to some unpleasant emotions, such as depression, anxiety and inferiority, which will do harm to people's body. The clinical characteristics of depression are pessimism, sadness, loss of help, low self-esteem and despair. Slight fatigue, irritability, indecision, social avoidance and world weariness. The antidepressant effect of sports is very obvious. Sports are mainly activities characterized by excitement and vitality, while depression is an emotional state dominated by depression. Therefore, sports can improve the psychological disorder of college students to a certain extent. Research shows that patients with psychological disorders should take physical activities as a treatment to eliminate psychological disorders. Therefore, the reform of physical education curriculum is imperative. Its purpose should be to improve students' physical and mental health, and the curriculum should meet the needs of students' "happiness". Through the pleasant emotional experience of physical exercise, form the habit of physical exercise and develop "lifelong sports", so as to continuously improve the level of students' mental health, so as to meet the current social challenges.

**Objective:** According to the mental health status of college students, in the exploration and practice of physical education reform, we actively expand the function of physical education, optimize the physical education teaching mode in colleges and universities, integrate physical education teaching resources, give full play to their subjective initiative according to students' interests and hobbies, make physical education develop in a multi-functional and diversified direction, achieve remarkable results in cultivating students' technical skills, and effectively train students to adapt to the environment, dare to face difficulties. The will and quality of overcoming self, overcoming difficulties, hard work, unity and cooperation make college physical education achieve the purpose of physical and mental education, and adjust and treat college students' psychological confusion and psychological obstacles.

**Subjects and methods:** In this paper, 500 college students in a university were randomly divided into experimental group and control group, with 250 people in each group. The experimental group was given college physical education reform mode teaching, and the control group was given routine teaching. After teaching, the students were investigated and analyzed by Symptom Checklist 90 (SCL-90). Among them, SCL-90 has a total of 90 self-assessment items, and the test factors include somatization,

obsessive-compulsive symptoms, depression, anxiety, psychosis, etc., through the 5-level scoring method, the higher the score, the lower the level of mental health. In the research process, through SPSS20.0 and Excel statistical analysis of students' psychological state.

**Results:** It can be seen from Table 1 that the scores of somatizations, interpersonal sensitivity, anxiety, depression and other factors in SCL-90 in the experimental group after intervention were significantly better than those in the control group ( $P < 0.05$ ). It shows that the application of cognitive therapy combined with group counseling program can effectively improve the bad mood of college students, and has high application value in improving anxiety.

**Table 1.** Comparison of SCL-90 test results between the two groups

Factor	Control group	Experience group
Somatization	2.22	1.95
Obsessive compulsive symptoms	1.72	1.75
Interpersonal sensitivity	1.77	1.52
Depressed	1.52	1.43
Anxious	2.27	2.21
Hostile	1.44	1.64
Terror	1.51	1.45
Paranoid	1.52	1.44
Psychotic	1.33	1.41

**Conclusions:** Due to the social environment, study and examination pressure, physiological and psychological factors, family relations, economic sources, career choices, personality development and other factors, some college students have different degrees of psychological problems, such as learning disabilities, communication barriers, environmental discomfort, loss and depression, inferiority and self-reproach, and some have addictive behaviors such as drinking, smoking and surfing the Internet in order to alleviate the pressure. Applying SCL-90 psychological scale to evaluate college students' mental health is one of the effective methods and means to detect college students' psychological disorders. The establishment of college students' psychological archives creates conditions for correctly guiding college students' learning, communication, cultivation of will quality and correction of various psychological obstacles.

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## RESEARCH ON THE INFLUENCE OF THE INHERITANCE AND DEVELOPMENT OF NATIONAL PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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**Background:** Chinese traditional sports is the crystallization of the wisdom of the Chinese people, and college sports is the basis of school education. It is the last and most important stop of school sports. It plays a vital role in college students' sports consciousness and various sports behaviors after entering the society. In the period when western sports occupied the mainstream of society, the development of national traditional sports education in colleges and universities helped to cultivate students' national pride, carry forward the national traditional sports culture and promote the quality education of college students. National traditional sports are the sum of various self-contained sports created by various Chinese nationalities, gradually integrated and developed and spread so far in the long-term social activities of the Chinese nation and under the moisture of Chinese traditional culture. Its connotation is the sports created by the Chinese nation, and its extension is a large number of related sports, including a variety of events, such as competition according to function, simple entertainment, celebration and so on. Contemporary college students have the characteristics of psychological instability. Due to the limitations of knowledge,