

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,

experience and thinking, sometimes they make mistakes and childish words and deeds, and sometimes their studies are not smooth. Once they are hit, they are prone to pessimism, weak psychological tolerance, and are very prone to anxiety and other negative emotions. With the continuous development of society, the incidence rate of adult anxiety and anxiety disorder is on the rise. Anxiety reaction is a normal psychological phenomenon. When a person's wish is not realized for a long time, or the possibility of realization is estimated to be very small, anxiety will occur, but excessive anxiety will cause anxiety disorder. In the heart of anxiety disorder, there is often a psychological problem that can't be rid of and unwilling to face. Anxiety is only a manifestation of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles. A survey on the relationship between college students' self-efficacy, self-esteem and depression shows that about 10%-40% of college students have different degrees of bad psychological emotions, and anxiety is the most common psychological problem. Mild anxiety may have some positive significance, but long-term anxiety will affect people's work, study, and even physical and mental health. Anxiety is gradually becoming an important factor affecting college students' mental health. Therefore, it is of great significance to understand the characteristics of college students' psychological development and pay attention to college students' anxiety when facing problems.

Objective: With the continuous development of society and the increasing competition for talents, self-awareness and values are also changing in people's hearts. At present, college students generally pay more attention to their achievements and honors, and are under increasing pressure from society, school and family, which makes college students have varying degrees of anxiety and depression. Therefore, aiming at the mental anxiety of college students, this study adopts the teaching mode of inheritance and development of national physical education in colleges and universities to intervene, in order to explore the impact of the inheritance and development of national physical education in colleges and universities on alleviating college students' mental anxiety.

Subjects and methods: In this study, 200 college students in a university were divided into control group (100 cases) and research group (100 cases). The control group was given routine teaching and the research group was given the teaching mode of inheritance and development of national physical education in colleges and universities. Before and after the teaching, the self-designed scale was used to evaluate the students' anxiety and depression. The psychological evaluation of college students in W1 (0 month), W3 (4 months) and W4 (4 months) will be taken as the psychological evaluation of college students before teaching.

Results: There was no significant difference in the scores of anxiety scale between the two groups at W0, W1 and W2 ($P > 0.05$), but the scores of anxiety scale in the study group at W3, W4 and w4-w0 were significantly lower than those in the control group ($P < 0.05$). As shown in Table 1.

Table 1. Anxiety scores of the two groups at different time points

Scale	Group	W0	W1	W2	W3	W4	W4-W0
Anxiety scale	Research group	10.7	10.1	9.3	8.6	8.3	-2.4
	Control group	10.3	9.9	9.6	9.3	9.2	-1.2

Conclusions: Anxiety is a feeling intertwined by tension, anxiety, anxiety, worry and fear. It is a complex emotional response in the state of helplessness and chaos. Due to the change of college students' role and the influence of social environment after entering the university, many college students will have varying degrees of anxiety. National traditional sports in colleges and universities should be based on the present, face the society and focus on the future. It can not only exercise students' body and teach students the technology of some national traditional sports, but also focus on solving students' mental health problems. Through the study of national traditional sports, it is helpful for contemporary college students to adapt to university study and future work with good psychological quality.

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ANALYSIS AND GUIDANCE OF AGGREGATION INFORMATION PLATFORM ON THE FORMATION OF USERS' ANXIETY UNDER THE ENVIRONMENT OF IDEOLOGICAL AND POLITICAL NEW MEDIA

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