

groups before the intervention ($P > 0.05$). After the intervention, the SAS scores of decision makers in the study group decreased significantly ($P < 0.05$) and were significantly lower than those in the control group ($P < 0.05$). The above results confirm that music therapy intervention based on positive psychology can significantly alleviate the anxiety and excessive achievement pressure of decision-makers.

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STUDY ON THE INFLUENCE AND INTERMEDIARY EFFECT OF PHYSICAL EXERCISE ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: In the stage of colleges and universities, students begin to enter the society initially, which is at the boundary between school and society. During this period, students will be exposed to all kinds of ideas. Although the body of college students is initially mature, their thoughts and minds have not been fully developed. When they are exposed to all kinds of things, characters and thoughts in society, they are easy to fall into a state of confusion. In this case, students are easy to have some negative emotions. In addition, college students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression and so on. In psychology, anxiety belongs to a kind of negative emotion. It is an emotional state of tension, anxiety and fear that individuals are frustrated in their self-confidence and self-esteem due to their inability to achieve their goals or overcome obstacles. Usually, anxiety will lead to physiological reactions such as rapid heartbeat, elevated blood pressure, trembling, sweating, dizziness and so on. In addition, anxiety also refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of his attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. When anxiety is excessive, the patient's body and psychology will be traumatized, which will affect the patient's daily life, study and work, and have a negative impact on the future of students.

Neuroscience research shows that physical exercise can stimulate the human body, thus promoting the secretion of endorphins in the human brain. Endorphin, also known as endorphin, is a morphine like hormone secreted by the brain, which can keep people in a state of physical and mental pleasure. It also has a certain analgesic effect. It is a natural analgesic secreted by the human body. Endorphins can not only regulate individuals' negative emotions, but also improve insomnia, regulate the endocrine system and dredge the backlog of pressure. Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. Therefore, based on positive psychology, the research adopts the intervention method of physical exercise to alleviate the anxiety of college students, so as to improve students' mental health, which has long-term significance for students' future development.

Objective: In the stage of colleges and universities, students begin to step into society and are at the boundary between school and society. During this period, students will be exposed to all kinds of ideas. In addition, college students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression and so on. Based on positive psychology, the research adopts the intervention method of physical exercise to alleviate the anxiety of college students, so as to improve students' mental health, which has long-term significance for students' future development.

Subjects and methods: 80 students were randomly selected as the research objects in a university, including 38 males and 42 females. The students were randomly divided into study group and control group with 40 people in each group. Among them, the research group used the physical exercise intervention method based on positive psychology, while the students in the control group did not intervene. After a period of intervention, the anxiety levels of the two groups of students before and after the intervention were compared. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, Employment Anxiety

Scale (EAS) was used to evaluate students' employment anxiety, and Chinese Perceived Stress Scale (CPSS) was used to evaluate decision-makers' achievement stress and anxiety.

Results: The results show that physical exercise intervention based on positive psychology can effectively alleviate students' anxiety and improve students' mental health. Before the intervention, there was no significant difference in the SAS score between the two groups ($P > 0.05$). After the intervention, the SAS score of the students in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of the students in the control group ($P < 0.05$). The SAS scores of the two groups of students are shown in Figure 1.

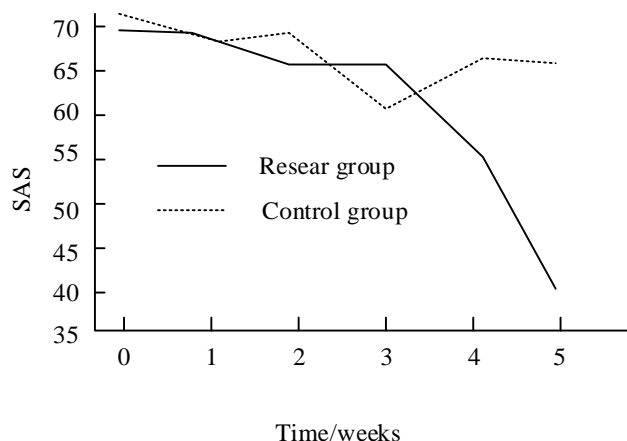


Figure 1. SAS scores of two groups of students

Conclusions: In the stage of colleges and universities, students begin to enter the society initially, which is at the boundary between school and society. During this period, students will be exposed to all kinds of ideas. Although the body of college students is initially mature, their thoughts and minds have not been fully developed. When they are exposed to all kinds of things, characters and thoughts in society, they are easy to fall into a state of confusion and suffer from anxiety symptoms. Neuroscience research shows that physical exercise can stimulate the human body, thus promoting the secretion of endorphins in the human brain. Therefore, based on positive psychology, the research adopts the intervention method of physical exercise to alleviate the anxiety of college students, so as to improve students' mental health, which has long-term significance for students' future development. The results showed that there was no significant difference in SAS scores between the two groups before the intervention ($P > 0.05$). After the intervention, the SAS scores of students in the study group decreased significantly ($P < 0.05$) and were significantly lower than those of students in the control group ($P < 0.05$). It shows that physical exercise intervention based on positive psychology can effectively alleviate students' anxiety and improve students' mental health level.

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RESEARCH ON COLLEGE STUDENTS' SPORTS COMPETITION MANAGEMENT AND SPORTS TEACHING INNOVATION MECHANISM FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organization under the educational situation. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology takes the psychological changes of objects in the process of education and teaching as the main research content, and takes psychological theory as the guidance to provide help for the development of