

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.

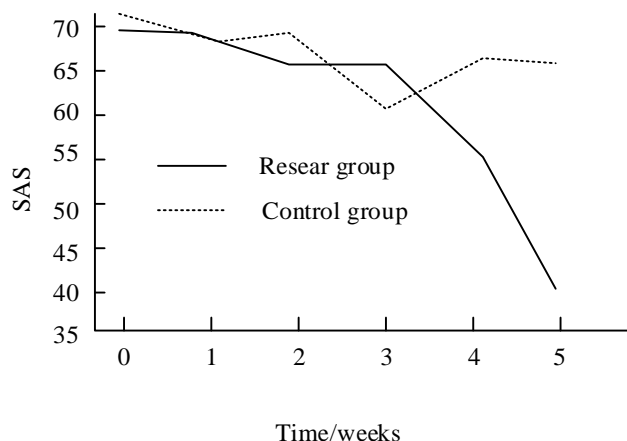


Figure 1. SAS scores of two groups of students

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.

* * * * *

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

Dawei Liu^{1,2*} & Dan Yang³

¹Wuxi Taihu University, Wuxi 214064, China

²China University of Mining and Technology, Xuzhou 221116, China

³Beijing Institute of Graphic Communication, Beijing 102600, China

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

educational activities. Educational psychology is mainly divided into behaviorism and cognitivism. Behaviorism believes that learning is a process of strengthening habits. Learning in the teaching process is a complex of stimulation and reflection. Teachers stimulate students repeatedly to form a habit of knowledge. The school of cognitivism believes that education is a process of cognitive internalization. Learning is not only the memory of knowledge, but also the subjective consciousness processing of students on the basis of knowledge. Compared with behaviorism, cognitivism puts more emphasis on the main role of students in teaching activities and advocates giving full play to students' autonomous ability in learning. The role of teachers is more inclined to guide and assist. Educational psychology is a marginal interdisciplinary subject of pedagogy and psychology, which has a short development time, but the proposal of educational psychology theory is of great significance to the development and progress of pedagogy and psychology. Educational psychology applies the theoretical content of psychology to practical educational activities, which can promote the development of education, apply the influence of psychological factors to the improvement of curriculum design and teaching methods, and help students deal with the difficulties and challenges faced in the learning process.

Sports is one of the indispensable teaching courses in college teaching. In the development of education in China, it has always been emphasized to improve students' comprehensive physical quality and ensure that students have good physical ability in the learning process to support huge learning activities. Some studies have directly pointed out that in the process of sports, students' psychological negative emotions in physical exercise will be significantly reduced, which is reflected in that students' uneasiness and tension will be significantly relieved after sports. At the same time, some studies believe that after students alleviate their negative emotions in sports, their comprehensive quality will also be improved, which can improve students' brain use ability and innovation ability. In college physical education, some studies have used educational psychology to assist colleges and universities and teachers in teaching reform, and most studies point out that educational psychology has great advantages in teaching reform. In the reform of physical education, because physical education is a subject with high requirements for students' understanding and requires students to have better psychological quality, educational psychology needs to pay attention to students' psychological quality ability and psychological bearing ability in the reform of physical education. On this basis, in order to improve the comprehensive quality of students, educational psychology is used to realize the innovation of college sports teaching, optimize and adjust the relevant sports competition management system in colleges and universities, and promote the development of college sports teaching system.

Objective: The current college sports teaching mode is relatively traditional and single, which cannot meet the needs of the times, and the construction of college sports competition management mechanism is weak. Therefore, the current college sports teaching mode still needs to be improved and optimized. Based on educational psychology, this paper analyzes the learning psychology and learning behavior of middle school students in the process of college sports teaching, and puts forward strategies to reform college sports teaching and improve the relevant sports competition management mechanism, hoping to effectively improve the effect of college sports teaching, improve students' sports literacy, and provide high-quality talents with all-round development for the society.

Subjects and methods: The research adopt the method of random sampling, takes 200 students in a university as the research object, and explores the physical and psychological quality of students under different physical education teaching modes and competition management mechanisms through comparative experiments. The research objects are divided into experimental group and control group. The students in the experimental group adopt a new sports teaching mode and competition management system, while the students in the control group teach according to the traditional teaching mode, and their competition management mechanism remains unchanged. By comparing the competition results and psychological quality of the subjects before and after the experiment, this paper analyzes the impact of different sports teaching modes and competition management systems on students' physical and mental development.

Results: The psychological level of students in the experimental group and the control group was significantly lower than that in the experimental group before and after the new teaching system, as shown in Table 1.

Table 1. The level of psychological anxiety of the two groups of students before and after the experiment

	Investigation time	Psychological anxiety level
Before experiment	Experience group	3.25±0.68
	Control group	3.27±0.71
After experiment	Experience group	2.84±0.57
	Control group	1.49±0.52

Conclusions: Sports teaching is a kind of teaching course based on sports. In sports teaching course, teachers urge students to carry out physical activities and guide students to carry out scientific and effective sports. Sports can not only improve students' basic physical quality, but also play a certain role in relieving students' pressure. With the guidance of sports psychology and the improvement of students' psychological quality, the teaching mode of sports psychology can effectively alleviate students' anxiety.

* * * * *

ANALYSIS ON INFLUENCING FACTORS OF LOCAL RESIDENTS' PSYCHOLOGICAL ACCEPTANCE IN THE REVITALIZATION OF RURAL TOURISM

Qingfu Zhou

Nanyang Institute of Technology, Nanyang 473004, China

Background: After the 19th National Congress of the Communist Party of China, an important development strategy was put forward, which advocated the "Rural Revitalization" strategy with solving the "three rural" problems as the core. The important strategy of "Rural Revitalization" emphasizes the importance of rural industrial revitalization in national development, and points out that rural industrial revitalization requires scientific overall planning from the top-level design, so as to ensure the implementation of rural revitalization strategy. As the main strategy of China's current development, the "Rural Revitalization" strategy has been paid more and more attention by all sectors of society. In the "Rural Revitalization" strategy, we take the countryside as the strategic point and drive the rural development by looking for the rural development path. At present, China's "Rural Revitalization" is mainly concentrated in the poorer inland areas. By opening up the road from the countryside to the economic market, with the help of China's relatively developed economic market, we can expand the rural external contact area, and then sell the relevant products in the countryside. The proposal of rural revitalization strategy meets the needs of urban-rural integrated development, meets the requirements of reducing the development gap between urban and rural areas under the new situation, and has important practical significance for establishing the mutual supply and feedback mechanism between rural and urban areas.

In recent years, with the proposal and promotion of the national rural revitalization strategy, rural tourism has gradually become a new tourism wave. With the advancement of urban chemical industrialization, people are keen to leave the city and enter the countryside to experience different vacation and leisure life. Rural tourism brings tourists a new leisure travel experience and helps tourists obtain pleasant physical and mental feelings. At the same time, the development of rural tourism also provides resources for new rural construction, further improves the development efficiency of rural economy, and promotes rural agricultural efficiency and farmers' income. However, we usually only pay attention to the local economic and development benefits brought by rural tourism, while ignoring the psychological acceptance of local residents to the tourism industry and foreign tourists, and the impact of rural tourism development on the mental health of local residents. The development of rural tourism not only brings positive economic development attraction to residents and local governments, on the other hand, we should also pay attention to the negative impact of rural tourism. The uneven distribution of interests in the development of tourism industry may lead to the lack of sense of gain in the process of rural tourism development, resulting in the psychological imbalance of local residents. With the development of rural tourism, the entry of capital and the blind development of tourism enterprises may have a serious negative impact on local ecological resources and threaten the native capital environment and living environment of local residents. The destruction of the surrounding living environment will have a negative impact on the life psychology of local residents, leading to the decline of residents' quality of life, which makes residents fall into negative emotions. On the other hand, there are a large number of foreign tourists. The invasion of foreign culture may have an impact on the local traditional culture, weaken or lack the local traditional folk culture, and make the local residents have an unacceptable psychological situation.

Objective: The research comprehensively analyzes the positive and negative effects of the development of rural tourism industry under the background of rural revitalization, explores the impact of rural tourism development on the psychological acceptance and recognition of local residents, analyzes the psychological characteristics of local residents under the development of rural tourism, and analyzes the influencing factors of their psychological acceptance. The research analyzes the influencing factors of local residents' psychological acceptance under the development of rural tourism, hoping to provide reference for promoting the revitalization process of rural tourism and improving the psychological acceptance of local residents under the development of tourism.