

significantly lower than that of the other two groups.

Conclusions: Appropriate psychological stress can promote individual behavior and effectively urge individuals to improve self-efficiency. However, excessive psychological stress will seriously affect the quality of individual mental health and lead individuals to fall into negative emotions. Aiming at the psychological stress of college students, this paper puts forward a psychological intervention strategy integrating mental health education and physical education. The results show that the combined intervention strategy can effectively alleviate students' psychological stress and improve college students' mental health level.

Table 1. Psychological stress level scores of different groups of subjects after the experiment

Survey object	Experience group
Mental health education group	2.73
Physical education group	2.59
Joint intervention group	1.06

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PRACTICE AND REFLECTION ON THE CULTIVATION OF TOP-NOTCH INNOVATIVE TALENTS IN COLLEGES AND UNIVERSITIES WITH INDUSTRIAL CHARACTERISTICS FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The main research object of educational psychology is the learning and educational psychology of the educated and the teaching psychology of the educators in the environment of receiving education. Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. By studying the psychology of educates and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students' learning motivation, assisting students to face difficulties in the learning process and so on. Using the theoretical methods of educational psychology to study and optimize the problems existing in the teaching process will not only help to improve teachers' teaching ability and the ability to solve complex educational problems, but also help schools adjust teaching measures and management mode according to the research results, so as to improve the quality of education and teaching in schools. With the development of China's science and technology and industrial intelligence, the country's demand for top-notch innovative talents with industrial characteristics is increasing. However, the cultivation of such talents requires the role of many factors, such as their own talents and efforts, excellent and responsible teacher training, employment environment with growth space and so on. The key factor is the higher education of talents, which will make an indelible impression on the lifelong work, life and thinking habits of top talents. Therefore, this study attempts to apply the method of educational psychology to the cultivation of top-notch innovative talents with industry characteristics in colleges and universities, hoping to improve the learning effect and learning enthusiasm of top talents and supply more high-quality talents for national development.

Subjects and methods: Find out the academic materials and books on educational psychology and top talent training published at home and abroad in recent 10 years, read in detail the documents with the top 10% of citations and sales volume, and put forward some methods that may help to improve the quality of top talent training and positive psychology of talents. Then 48 educational psychology experts and high-level academic talent training professors were selected from China to form an expert group. Evaluate the positive influence of the five kinds of methods, the slight influence and the complete influence of the five kinds of methods, and give them to each group of experts according to the requirements of the five kinds of methods. After the first evaluation, the expert group shall sort out its feedback and judge whether the opinions of the experts are consistent. If not, the sorted materials shall be sent to the experts for evaluation again. The inquiry cycle cannot be stopped until they reach an agreement. In addition, the

measurement type features are displayed in the form of mean \pm standard deviation for *t*-test, and the counting type features are displayed in the form of number or proportion of number for *chi* square test. The significance level of difference is taken as 0.05.

Results: After completing the expert consultation experiment, the final opinions of the statistical expert group are obtained in Table 1.

The number in the cell in Table 1 represents the number of experts in the expert group who believe that the corresponding method formulated with reference to the theory of educational psychology will have a corresponding grade impact on the talent training of top industries. It can be seen from Table 1 that the expert group believes that “let top talents teach each other” and “ask interesting questions to guide talents to learn” have the most significant impact on the cultivation of top talents and the positive psychology of talents. The method of “encouraging top talents to carry out all kinds of research” has little impact. The cumulative number of people above the “general impact” level can be 32, 30 and 5 respectively.

Table 1. Statistical results of the final opinions of the expert group

Method	No effect	Slight impact	General impact	Obvious influence	Full impact
Let top talents teach each other	0	5	11	23	9
Encourage top talents to carry out all kinds of research	7	18	18	5	0
Ask interesting questions and guide talents to learn	1	7	10	20	10
Provide psychological support when top talents are confused and negative	2	13	17	12	4

Conclusions: In order to explore the methods to improve the training quality of top innovative talents in the industry, this study designed a variety of methods based on the ideas of educational psychology, such as teaching in fun, and used the expert consultation method to investigate the effectiveness of these strategies. According to the statistical inquiry results, the expert group believes that the methods of “letting top talents teach each other” and “asking interesting questions to guide talents to learn” have the most significant impact on the cultivation of top talents and the positive psychology of talents, and the methods of “encouraging top talents to carry out all kinds of research” have little impact. The cumulative number of people above the “general impact” level can be 32, 30 and 5 respectively. It shows that some of the methods combined with educational psychology proposed in the study can indeed improve the positive psychology of top talents, so as to improve the effect of training and treatment.

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APPLICATION OF EDUCATIONAL PSYCHOLOGY IN COLLEGE PHYSICAL EDUCATION REFORM

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Background: Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. Its main research object is the learning and educational psychology of the educated and the teaching psychology of the educators in the environment of receiving education. By studying the psychology of educates and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students’ learning motivation, assisting students to face difficulties in the learning process and so on. Using the theoretical methods of educational psychology to study and optimize the problems existing in the teaching process will not only help to improve teachers’ teaching ability and the ability to solve complex educational problems, but also help schools adjust teaching measures and management mode according to the research results, so as to improve the quality of education and teaching in schools. On the one hand, with the improvement of national living standards, more and more college students put forward higher requirements for college physical education. On the other hand, at present, the physical education teaching methods and teaching contents of most domestic colleges and universities cannot well match the students’ demand for physical exercise. There are some problems, such as backward and rigid teaching methods, more theories of teaching contents, less physical exercise items and lack of entertainment and so on. In view of these problems, this study attempts