

quality of physical education teaching.

**Objective:** This paper analyzes the effect of innovative strategies in college physical education teaching on students' positive psychology in order to enhance students' positive emotions.

**Subjects and method:** The students of two schools were selected as the research objects. The positive psychological effect of college physical education innovation strategies on students was evaluated by dichotomous K-means clustering analysis algorithm. The number of students in each school was 100, and the duration of the experiment was 3 months. The content of the assessment is to change the teaching mode of physical education and improve teachers' theoretical cognition and teaching level. Set up two aspects of rich and diversified course content, which are respectively referred to by strategy1-2. The evaluation results are Rand index and adjusted Rand index, in which the range of Rand index is [0,1], and the range of adjusted Rand index is [-1,1]. In order to ensure the reliability of the results, the average value of the evaluation results of all research objects is taken as the final result.

**Results:** Table 1 refers to the positive psychological effects of innovative strategies in college physical education teaching on students after the end of the six-month experiment period. It can be seen from Table 1 that the range of Rand index is 0.3-0.7 after the implementation of the two innovation strategies for college physical education teaching, and the range of Rand index is adjusted to -0.2-0.4. Therefore, the innovative strategies of physical education teaching in colleges and universities can enhance students' positive emotions and promote the cultivation of their comprehensive quality.

**Table 1.** Six months later, the innovative strategy of college physical education teaching has a positive psychological effect on Students

Strategy	Rand index	Adjust Rand index
Strategy 1	0.3	-0.2
Strategy 2	0.7	0.4

**Conclusions:** Six months after the implementation of the two innovative strategies of college physical education teaching, the range of Rand index is 0.3-0.7, and the range of Rand index is adjusted to -0.2-0.4. Most physical education teaching aims at physical exercise, and the teaching method is Indoctrination Theory teaching, which not only affects students' learning enthusiasm, but also deviates from comprehensively improving students' comprehensive quality. The traditional teaching concept lacks the ability to find and solve problems in time, and also ignores the impact of interest training on students in sports activities.

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## ANALYSIS ON THE INFLUENCE OF PRACTICE TEACHING INNOVATION OF BUSINESS ADMINISTRATION SPECIALTY ON COLLEGE STUDENTS' ANXIETY

Qiaoling Xiao<sup>1,2</sup>

<sup>1</sup>*Guangdong Innovative Technical College, Dongguan 523960, China*

<sup>2</sup>*Universiti Sains Malaysia, Penang 11800, Malaysia*

**Background:** After entering the university, college students are facing great changes in their learning styles. At the same time, with the increase of learning pressure and learning tasks, as well as their poor psychological tolerance, their mental health problems are becoming increasingly prominent. Student anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor restlessness and sympathetic hyperfunction. The causes of the disease are depression, mental stimulation, personality, congenital heredity, etc., and the manifestations are anxiety, shame, disappointment, anxiety, fear and other negative emotions. According to the international health organization, the number of patients with anxiety and depression among college students is still growing, and the incidence group is becoming younger and younger. Under the increasingly serious phenomenon of students' anxiety, colleges and universities must take corresponding measures to intervene students' anxiety. At present, college teachers do not pay attention to students' psychological needs in the teaching process, which leads to a serious phenomenon of students' anxiety. A large number of studies at home and abroad show that the innovation of practical teaching in colleges and universities can improve students' anxiety.

The problems existing in the practical teaching of Business Administration major are as follows: first, the neglect of the practical teaching content and the single teaching content and method. The major of

business administration is a major with strong practicality. The traditional teaching mode cannot improve students' practical ability. At the same time, the vast majority of colleges and universities do not understand the correlation between practical teaching and theoretical teaching, which causes many colleges and universities to ignore practical teaching. Second, there is not enough equipment and facilities. The practice teaching of business administration major is divided into two aspects: off campus and on campus. The improvement of on campus practice teaching requires a good environmental atmosphere and corresponding infrastructure. Third, there is no enterprise practice base. The practice teaching base of enterprises outside the university has no effect and value. In view of the problems existing in the practical teaching of the major of business administration, this paper puts forward innovative measures for the practical teaching of the major of business administration, which are as follows: standardize the system on the basis of optimizing the concept; Integrate resources from all aspects and establish a practical teaching base. Strengthen the construction of teaching staff and strive to cultivate high-quality teachers.

**Objective:** This paper analyzes the effect of practical teaching innovation of business administration on college students' anxiety, aiming to improve college students' anxiety and other bad emotions.

**Subjects and methods:** 100 college students with different degrees of psychological anxiety were selected as the research objects. The psychological health status of the patients was analyzed by Hamilton Anxiety Rating Scale (HAMA), and the anxiety of the patients was analyzed and evaluated by particle swarm optimization algorithm. The experimental period lasted for 3 months. The HAMA scale is divided into two factors, mental and physical, with a total of 14 items. Each item is measured with a 5-level score, and the total score is 60 points. Somatic anxiety factors include autonomic nervous system symptoms, reproductive and urinary system symptoms, gastrointestinal symptoms, respiratory system symptoms, cardiovascular system symptoms, sensory system and muscle system symptoms. Mental anxiety factors include behavior performance, depression, cognitive function, insomnia, fear, tension and anxiety. The higher the score of the scale, the more serious the anxiety of patients. The anxiety level is divided into four levels: no anxiety, possible anxiety, obvious anxiety and serious anxiety.

**Results:** Table 1 shows the effect of practical teaching innovation of business administration on college students' anxiety. It can be seen from the figure that after the implementation of the innovative practical teaching mode of business administration, the anxiety of college students can be greatly improved, and the improvement rate has reached more than 85%. Follow up college teaching can pay more attention to students' mental health problems.

**Table 1.** The effect of innovation in practical teaching of business administration on college students' anxiety/%

Index	Before	After 1 month	After 2 months
Behavior during the meeting	78.0	84.0	86.0
Depressed mood	77.0	82.0	87.0
Cognitive function	75.0	81.0	88.0
Insomnia	76.0	84.0	89.0
Fear	78.0	83.0	89.0
Nervous	77.0	82.0	88.0
Anxiety state	74.0	83.0	86.0

**Conclusions:** The anxiety of college students can be greatly improved after the intervention of the innovative model of practical teaching of business management, and the improvement rate is more than 85%. In the teaching process, college teachers should pay attention to the students' behavior and psychological changes, such as behavior performance, depression, cognitive function, insomnia, fear, tension, anxiety and so on. The driver teaching course of business administration major is a relatively complex system engineering, which requires students' communication and coordination in many aspects, such as enterprises and schools, in order to finally achieve the goal of practical teaching.

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## RESEARCH ON THE INTEGRATION OF IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

Yiping Yan