

Table 1. Improvement rate of residents' mental health level during the experiment

Mental health indicators	After 1month	After 2 months	After 3 months
Somatization	72.0	81.0	86.0
Obsession	72.0	82.0	87.0
Interpersonal sensitivity	71.0	82.0	84.0
Depressed	74.0	82.0	89.0
Anxious	73.0	82.0	86.0
Hostile	75.0	82.0	86.0
Terror	74.0	82.0	87.0
Paranoid	73.0	83.0	84.0
Psychotic	74.0	83.0	83.0

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ANALYSIS ON THE RELIEVING EFFECT OF UNSTABLE SUPPORT TRAINING ON STUDENTS' MUSCLE STRENGTH AND PSYCHOLOGICAL STRESS

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Background: With the increase of interpersonal communication and academic pressure, students' psychological pressure is becoming more and more serious. In the process of sports, students' psychological pressure needs to contact less unhappy things, more happy things and keep a good mood. A good mood will relax your body and mind. If the psychological pressure is large for a long time, it will directly affect people's normal life. Psychological stress requires reading more positive energy books, including personal biographies. On the one hand, these books will have a good positive impact and give you corresponding inspiration. In addition, psychological pressure needs more exercise and exercise. Sweating will release the pressure. Exercise can keep a good mental state, which is convenient for self-regulation. It is worth noting that when students have great psychological pressure, they need to release the psychological pressure in time, so as to ensure that their psychological pressure will not be excessively accumulated.

Strength training under unstable conditions is the key to core strength training, which is widely used in physical training of competitive sports and fitness rehabilitation. Unstable training means that the subjects are placed in unstable interfaces such as suspension and soft treading, and the instructions of muscle system are increased through receptors and nerves. Some studies have shown that unstable training can improve the muscle function of the core area, enhance the activity of the neuromuscular system, protect the health of the back and waist, and prevent the injury of ligaments and joints. Unstable support training is a common form of core training. Unstable static training can activate the body to generate small muscle group strength, maintain the precise control ability of the nervous system over the muscles, and also promote the ability of the trunk to maintain balance and stability. A large number of research results have proved that the human body standing in the unstable support field will greatly improve their motor function. When healthy people are at an unstable interface, their shoulder and hip motor function also increases. Stable and unstable interfaces can significantly affect the motor function of the human body. Some studies have pointed out that in core strength training, both weight-bearing and non-weight-bearing exercises on the unstable support surface can activate the neuromuscular cells of the human body to a certain extent.

Objective: To analyze the correlation between unstable support training and students' muscle strength and psychological stress, in order to find ways to improve students' psychological stress.

Subjects and methods: Thirty students in a city were selected as the research objects. The correlation between unstable support training, muscle training and psychological stress was analyzed by Pearson product moment correlation coefficient. The muscle strength of students is measured by the scores of two coaches. The score range is 1-100 points. The higher the score, the better the physical health of athletes. In order to prevent the influence of subjective factors on the research results, the average score of the two coaches is taken as the final analysis result. SAS statistical analysis software was used to make statistics and Analysis on the correlation data. The measurement data in line with the normal distribution was expressed by the mean ± standard deviation. $P < 0.05$ means that the difference has significant statistical difference, and $P < 0.01$ means that the difference has very significant statistical difference. The value range of

correlation coefficient is set as follows, 0.8-1.0 refers to very strong correlation. 0.6-0.8 refers to strong correlation. 0.4-0.6 indicates moderate intensity correlation. 0.2-0.4 indicates weak correlation. 0.0-0.2 indicates very weak correlation and uncorrelation.

Results: Table 1 refers to the correlation between unstable support training and students' muscle strength and psychological stress. It can be seen from Table 1 that unstable support training is significantly positively correlated with students' muscle strength and psychological stress. In the follow-up core training process, colleges and universities need to increase unstable support training according to the situation, instead of blindly increasing unstable support training regardless of the actual situation of individuals.

Table 1. Correlation between unstable support training and students' muscle strength and psychological stress

Mental health indicators	1	2	3	4	5	6	7	8
1 Unstable support training	1	-	-	-	-	-	-	-
2 Muscle training	0.65*	1	-	-	-	-	-	-
3 Psychological stresses	0.71*	0.75*	1	-	-	-	-	-
4 Anxiety	0.67*	0.72*	0.73*	1	-	-	-	-
5 Irritability	0.62*	0.66*	0.75*	0.72*	1	-	-	-
6 Fear	0.64*	0.69*	0.76*	0.73*	0.61*	1	-	-
7 Worry	0.64*	0.71*	0.73*	0.75*	0.63*	0.72*	1	-
8 Fear	0.63*	0.72*	0.82*	0.75*	0.74*	0.76*	0.68*	1

Conclusions: Unstable support training has a significant positive correlation with students' muscle strength and psychological stress. In view of the sports psychological pressure of college students, teachers can control the time and times of unstable support training to fundamentally prevent students from generating excessive sports psychological pressure, which can greatly improve students' sports stability.

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THE EFFECT OF INTERDISCIPLINARY MUSIC POSTURE RESEARCH ON THE IMPROVEMENT OF COLLEGE STUDENTS' PSYCHOLOGICAL NEGATIVE EMOTIONS

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Background: In psychology, it is believed that college students are just at the boundary between school and society. Many college students cannot calmly deal with the pressure of learning, economy, communication and love, passively avoid, and cannot actively explore and solve problems, which leads to negative emotions such as complaints, anxiety and fear of difficulties, which seriously affects their physical and mental health. With the acceleration of social development, the social pressure that college students need to face also begins to increase. Under this social pressure, the mental health status of college students has become the main topic of social concern. Curriculum education for college students' mental health status has been the key content of college teaching at present. In college students' mental health education, the alleviation of students' negative emotions is the core purpose of curriculum education. Generally speaking, the negative emotion of college students is the psychological depression of college students in the face of college environment, including anxiety, depression, inferiority complex and other emotions. In psychology, it is believed that the generation of students' negative emotions hinders the normal growth of students to a large extent, and from a large number of practical research, it can be learned that students' negative psychological emotions promote students' emotional sensitivity by destroying students' psychological defense mechanism, and then they are very vulnerable to external influence and psychological obstacles. In order to alleviate students' negative psychological emotions, a large number of studies have put forward corresponding solutions, but from the existing research, the effect of music therapy in alleviating students' negative psychological emotions is more obvious.

Music is an art to mobilize people's audio-visual and kinesthetic sensory experience. In college education,