

Subjects and methods: The study selected 500 students as the research objects, and divided them into blank group and observation group according to whether the new ideological and political education mode is adopted. The observation group is divided into four groups: team building innovation group, working method innovation group, data thinking innovation group and work carrier innovation group. The number of students in each group is 100, and the test period is 3 months. The evaluation indicators of the effect of the innovation path of ideological and political education in colleges and universities combined with the positive psychology of big data on students' mental health are anxiety and fear, which are evaluated through the 0-10 grade score. The higher the score, the more obvious the improvement effect. The research gives the corresponding weights to the two indicators according to the expert grading method, and takes the final calculation result as the final result.

Results: Table 1 refers to the improvement of mental health problems of the five groups of students three months after the implementation of ideological and political education. The mental health problems of students in the blank group were slightly relieved, while the mental health problems of students in different observation groups were greatly improved. Therefore, the innovative path of ideological and political education in colleges and universities combined with big data positive psychology can intervene the psychological problems of students.

Table 1. Three months after the implementation of ideological and political education, the improvement of mental health problems of five groups of students

Group	Anxious	Fear
Blank group	3	2
Observation group A	7	8
Observation group B	6	8
Observation group C	7	8
Observation group D	7	9

Conclusions: College students are facing more and more social pressure, school pressure and family pressure. They are prone to anxiety, tension and other negative emotions, which is extremely detrimental to their healthy growth. The four innovative paths of ideological and political education in colleges and universities combined with big data positive psychology can improve students' anxiety and fear. Teachers can use the corresponding innovative ways to carry out teaching work and help students overcome their own psychological problems.

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DISCUSSION ON THE APPLICATION OF POSITIVE PSYCHOLOGY THEORY IN PHYSICAL EDUCATION TEACHING

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Background: As one of the important branches of psychology, positive psychology is essentially a science dedicated to the study of the vitality and virtue of ordinary people. It advocates the study of human positive qualities, fully tap the inherent potential constructive power of people, promote the development of individuals and society, and make people happy. Positive psychology believes that people should develop and live under good conditions, in which people's emotional nature has a good correlation with individual psychological state to a certain extent. It believes that the research focus should be on stimulating people's internal positive strength and excellent quality. The study and intervention of positive psychology can effectively help individuals to adjust their negative emotions and guide their internal psychological value, so that they can be confident and positive about life and themselves. Individual differences and the variability of psychological characteristics make individuals show different emotional characteristics when they suffer from external stimulation and interference. Among them, college students' psychological status and emotional adjustment ability are vulnerable to fluctuations caused by the influence of external things and objective incorrect evaluation. The increase of psychological pressure and the difference of their own cognitive ability aggravate students' negative emotions. In serious cases, it can also cause psychological problems and negative emotional states. This negative emotional state will have a bad psychological implication on the individual's psychological status, and then have a great impact on their life and learning,

and psychological problems will also damage the individual's mental health. In the current physical education teaching in colleges and universities, the decline of teaching frequency and more free teaching methods make students pay insufficient attention to physical education teaching, and the lack of innovative teaching methods makes the intervention mechanism of physical education on students' psychological status not play out. Therefore, by introducing the theory of positive psychology, the research explores its application in physical education teaching and its intervention effect on students, so as to promote the richness and innovation of physical education teaching, and then help students better carry out psychological adjustment and reduce the generation of psychological problems and negative emotions.

Subjects and methods: The research take 30 PE teachers in a university as the research object. Firstly, it collects the basic information about their psychological status and PE classroom teaching methods, and then invites them to conduct experimental tests. With the help of SCL-90, emotion scale and General Well-Being Schedule (GWB) as experimental tools, data on the psychological changes of the subjects during the experiment were collected. Subsequently, the subjects were divided into two groups: the positive psychology guidance group and the routine group. Both groups of subjects had a six-week physical education teaching experiment. The research objects of the positive psychology guidance group set up a psychological support cabin by learning the relevant theories of positive psychology, recorded their "three favorite little things", studied the positive psychology of the objects by means of group psychological games, guided them to optimize the teaching content in physical education teaching, and actively intervened in the students with psychological problems. After the experiment, collect and count the data on the application effect of different physical education teaching modes and their psychological status during the experiment. Process the data with SPSS statistical tools. *t*-test is used to compare the self before and after comparison. The difference is statistically significant with $P < 0.05$ or $P < 0.01$.

Results: Taking positive psychology as a teaching improvement tool can effectively play the role of teaching in intervening students' mental health, and to a certain extent, it can also improve teachers' teaching ability and well-being. Table 1 shows the scale scores of the subjects before and after the intervention.

The results in Table 1 show that there is a certain score difference between before and after the experiment in the score data of the emotional stability scale and the well-being scale after the study of positive psychology theory and teaching design, and the data has a significant statistical difference ($P < 0.05$).

Table 1. The score of the scale before and after the intervention

Time	Emotional balance scale		Happiness index scale	
	Average value	Standard deviation	Average value	Standard deviation
Before intervention	4.23	1.72	6.43	1.98
After intervention	6.57	1.13	9.22	1.74
<i>t</i>		2.33		2.35
<i>P</i>		<0.05		<0.05

Conclusions: Through the practical intervention and teaching application of positive psychology theory, physical education teachers' positive emotions are gradually improving, which also enhances their sense of well-being, and can effectively improve individual and organizational performance. However, bringing positive psychology into physical education teaching can make teachers design teaching with positive psychology and optimistic attitude, and take stimulating students' internal potential and creativity as the teaching goal, which can effectively achieve the positive intervention effect on students' mental health.

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ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL TEACHING REFORM ON COLLEGE STUDENTS' GROUP ANXIETY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology is a science that studies people's social behavior and its psychological basis in social communication. In social psychology, the psychological and behavioral activities of individuals and groups are different and diverse, and are affected by many factors. The main research objects of social psychology are divided into two levels: the individual level and the group level. The individual's social psychological phenomenon mainly shows the thoughts, feelings and behaviors with strong individual color that are constrained by the external environmental conditions, while the group level is composed of the consciousness consensus and norms jointly expressed by individuals, including the group's communication structure and racial prejudice. Social psychology includes micro level, meson level and macro level. Looking at individual development and social changes from the perspective of social psychology can effectively link the close relationship between individuals and social groups, strengthen the guidance and intervention of individual behavior decision-making and psychological changes, and make them have a better understanding of their own value orientation and social role identity, so as to reduce the negative emotions and psychological problems caused by external non-objective changes. When the danger is coming, the individual will enter the alert state, produce unpleasant emotional states and somatic activation such as tension, anxiety and anxiety, and produce efforts and expectations to avoid danger and threat, namely anxiety. Anxiety is often associated with depression, which can be divided into trait anxiety and state anxiety. Trait anxiety is a relatively stable and lasting individual difference in individual personality traits, while state anxiety refers to the transient anxiety in a specific situation. Among them, group anxiety refers to the emotional syndrome with anxiety, depression, fear and other negative emotions when the group is faced with emergencies, and makes it have the behavioral intention of avoiding danger at the cognitive level. However, college students' physical and mental development is not yet fully mature, and they are more likely to be restricted and affected by external things and their own internal cognitive structure, resulting in negative emotions and psychological problems. The ideological and political education in colleges and universities plays a role in guiding students' thoughts through teaching classes, so paying attention to students' psychological education and guiding their positive emotions is one of the teaching tasks that colleges and universities should pay attention to. However, ideological and political construction seldom helps students improve their mental health from the macro level in terms of intervention in students' thoughts, which cannot make them have a comprehensive and clear understanding of their own value identity and the criteria for judging things, and then it is difficult to master the mental health status of students. Therefore, the research explores the influence mechanism of ideological and political teaching reform on students' group anxiety from the perspective of social psychology.

Subjects and methods: Firstly, the basic information about the psychological anxiety of students in a university was collected by random sampling, and the students with social group anxiety were taken as the research objects. Then, with the help of principal component analysis, this paper analyzes and extracts the factors of the current situation and problems of the original ideological and political teaching, and makes targeted improvement and mode optimization on the basis of considering the students' psychological status. The optimized experimental model and anxiety test scale were used to make statistics on the mental health and anxiety status of middle school students during the experiment. The experimental teaching time was three months. After the experiment, the difference of the experimental data was analyzed with the help of statistical analysis tools, so as to better test the intervention mechanism of ideological and political education reform on students' group anxiety.

Results: With the help of social psychology, we can effectively strengthen the practical application of classroom teaching, improve students' awareness of self-social consciousness, group psychology and social role, and better play the role of ideological and political teaching in intervening and guiding students' psychological status. Figure 1 shows the scores of students' group anxiety under different ideological and political teaching modes.

In Figure 1, before the intervention of the teaching experiment, there was a small difference in the anxiety degree of the students in the two groups under the teaching mode. One week after the intervention, the anxiety score of the students under the original teaching mode was higher than that under the improved teaching mode. However, after two weeks, three weeks and four weeks of the intervention, the anxiety score of the students under the improved mode was lower than that under the original teaching mode, and