

the competition, establish positive psychological hints, and keep their hearts calm. You can also remove the tension of performing on stage by diverting your attention. Let students have a correct understanding of singing, do not shrink back in the face of failure and frustration, and use willpower to overcome the psychological obstacles in the process of singing. Correct the problems of tone deviation and excessive exertion in daily training, and avoid the problems of sound suppression caused by tension during singing, and the inability of normal muscles to carry out. By participating in large-scale singing activities to improve psychological quality, overcome and get rid of tension and stage fright. In the experiment, the measurement type features were displayed by means of mean \pm standard deviation, and the difference significance level was taken as 0.05.

Results: The competition scores of the students in these statistics are composed of professional scores and stage performance, of which professional scores account for 60% of the total scores and stage performance accounts for 40%. The results are shown in Table 1.

Table 1. Results of singing competition

Group	Professional score	Stage performance	Comprehensive score	Significance level
Only focus on professional ability improvement	94 \pm 0.23	76 \pm 0.18	86.8 \pm 0.25	0.03
Give consideration to professional ability and psychological quality training	88 \pm 0.16	92 \pm 0.26	89.6 \pm .015	0.02

As can be seen from Table 1, the students who only pay attention to the improvement of professional ability spend a lot of time to improve their professional singing ability, but rarely spend time on psychological quality training. Therefore, the average professional score obtained in the singing competition is high, while the average score of stage performance is not ideal, which lowers the score of comprehensive score. While the students who give consideration to professional ability and psychological quality training, although the average professional score is lower than that of the former, the overall score of the final comprehensive performance is higher than that of the former due to the higher score of stage performance. The standard deviation in the statistics is lower than 0.03, and the significant difference is less than 0.05, indicating that the statistics are statistically significant.

Conclusions: The joint improvement of students' professional singing ability and psychological quality will make the performance achieve an excellent effect, and is conducive to the long-term development of students' singing career. Therefore, in vocal music education, we must strengthen the training of students' psychological quality, and require teachers to update the training content according to the challenges in singing performance, so as to provide better vocal music education for students.

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ON THE TEACHING REFORM OF COLLEGE PHYSICAL EDUCATION BASKETBALL COURSE FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Physical training is a kind of teaching course based on sports. In the physical teaching course, teachers urge students to carry out physical activities and guide students to carry out scientific and effective physical exercise. Physical training 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 to support huge learning activities in the learning process. In the current college physical education, basketball, as a national sport, has always maintained a high course selection rate, but the traditional physical education basketball teaching model has been difficult to meet the rising needs of students. In sports basketball training, with the deepening of teaching, it is found that students' physical quality is not only improved in basketball teaching, but also their psychological quality has been significantly improved. In addition, some studies have proposed that the negative emotions of students in basketball class will also affect the normal development of the course. The cultivation of students' psychological quality can effectively improve students' comprehensive quality, enhance students' ability to use their brains, and then improve students' professional level in college learning. Therefore, in order to promote the growth of

students' psychological quality in physical education teaching, this study puts forward a teaching reform plan of college physical education basketball based on educational psychology.

Educational psychology is a psychological content proposed for teaching reform. Educational psychology mainly includes pedagogy and psychology. Pedagogy is to feed back the problems and laws existing in education and teaching through teaching phenomena and educational problems. Psychology is to study individual psychological activities under environmental changes, and to integrate pedagogy and psychology to form educational psychology. The purpose is to analyze the psychological changes of participants in education and teaching through psychological content, so as to reveal the law of educational reform and development. In college physical education, some studies have used educational psychology to assist colleges and teachers in teaching reform, and most studies have pointed out that educational psychology has great advantages in teaching reform. In addition, according to some studies, in the reform of physical education teaching, because physical training is a subject that requires high students' understanding and requires students to have good psychological quality, educational psychology needs to pay attention to students' psychological quality ability and psychological endurance in the reform of teaching. On this basis, in order to improve students' comprehensive quality, educational psychology is used to realize the path planning of college sports basketball teaching reform.

Objective: College physical education is an important teaching subject to improve students' comprehensive quality. At the same time, in order to cultivate students' correct values, based on educational psychology, this paper discusses the application of educational psychology in college teaching reform, and puts forward the teaching reform plan of college physical education basketball course from the perspective of educational psychology.

Subjects and methods: Taking 600 students who participated in college basketball teaching in a university as the research object, the students' basketball scores were preliminarily investigated, and the College Students' Mental Health Screening Scale (CSMGSS) was used to analyze the students' internalized and externalized psychological problems. Based on educational psychology, this paper constructs the teaching reform plan of college physical education basketball course, and applies the plan to college students' teaching practice. All the students were randomly divided into the experimental group and the control group. The students in the experimental group adopted the teaching reform scheme under the educational psychology, and the students in the control group adopted the conventional scheme. The psychological evaluation differences between the two groups before and after teaching were compared.

Results: The difference between the scores of the two groups is shown in Table 1. Table 1 shows that the mental health scores of the students in the experimental group decreased significantly, and the scores obtained after teaching were lower than those of the control group. The difference is statistically significant.

Table 1. Changes of mental health scores of two groups of students

Project			<i>P</i>
Before teaching	192.71±12.23	193.22±12.07	>0.05
After teaching	97.65±10.67	132.78±10.34	<0.05
<i>P</i>	<0.05	<0.05	-

Conclusions: Under the impact of the new era and new ideas, universities not only pay attention to the improvement of students' professional performance, but also increase the class hours of students' physical exercise. In order to improve students' physical quality and cultivate students' correct values, based on educational psychology, this paper puts forward the teaching reform strategy of college sports basketball course. This paper applies the reform strategy to college physical education teaching, and analyzes the difference in mental health scores between the experimental group and the control group. The results showed that the mental health scores of the two groups of students in the long-term basketball teaching had been significantly reduced, but the scores of the experimental group had a more significant decline, and compared with the students in the control group in the same period after teaching, the difference had statistical significance ($P < 0.05$). Therefore, it is effective to adopt educational psychology to optimize and reform the current teaching mode in college physical education teaching, and the improvement of students' psychological quality under the reform strategy is more obvious, which is conducive to students' future development.

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THE EFFECT OF DIFFERENT INNOVATIVE TALENT TRAINING MODES ON STUDENTS' SOCIAL FEAR IN LAW EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: Colleges and universities are the key source of national talents. They produce high-quality comprehensive talents in all aspects for the construction and development of the country, and law education in colleges and universities undertakes the task of delivering high-level legal professionals and pillars to the society. However, there are many problems in the traditional legal education, which cannot provide professional and scientific educational resources for legal professionals, and is not conducive to the cultivation of legal talents. In the practice of law education in colleges and universities, especially in the stage of undergraduate law education, the main way for students to learn legal knowledge is classroom learning, and classroom theoretical learning accounts for the majority of law education. The assessment of students' learning effect mainly depends on the students' memory of written theoretical knowledge, and ignores the key of the practical application ability of legal knowledge in law learning. On the other hand, the relevant systems and mechanisms of legal education in colleges and universities are not perfect, which cannot provide students with the necessary legal education tools and conditions. Students are difficult to access the legal learning knowledge in some specialized fields, and lack the ability to apply legal theoretical knowledge in many fields. The serious disconnection between legal education in colleges and universities and social legal practice makes students limited to written knowledge, but helpless in the face of practical legal problems.

Everyone is a member of a social group, and each individual has sociality and social functions. Therefore, interpersonal communication is an indispensable part of the daily life of social individuals, and it is also the only way for social individuals to survive and develop. However, some people may have the problem of interpersonal barriers, and social fear may occur due to the imbalance of interpersonal relationships. Patients with social phobia tend to magnify some embarrassing situations and negative evaluations in their daily social life, resulting in fear and avoidance of social behavior and social relationships. When facing the social scenes that make them feel scared, patients with social phobia may have problems such as rapid heartbeat, tension, sweating, and even shivering, convulsions, dizziness, which seriously affect the mental health and emotional state of patients with social phobia, and is not conducive to the life and development of patients with social phobia. However, college students are a high incidence group of social-phobia. Some studies show that interpersonal problems account for the highest proportion of college students in psychological counseling. Many college students have bad social relations and suffer from serious social phobia. There are many reasons for college students' social fear, such as genetic factors, family environment, personal personality, lack of social skills and so on. For law students, their future law work and practice cannot be separated from communication with others. Even if some law students with social fear master excellent legal skills, they are difficult to achieve good results in legal practice. Therefore, colleges and universities need to actively adjust the law education model, provide help to alleviate the social fear of law students, and promote the improvement of law students' comprehensive quality.

Objective: In order to solve the loopholes and problems in the traditional law education in colleges and universities, alleviate the social phobia of law students, study the innovative reform of the law education system in colleges and universities, explore the application effect of the talent training mode different from the previous one in the law education in colleges and universities, find out a new way out for the law education in colleges and universities under the development rhythm of the new era, and promote the comprehensive quality level of the law education in colleges and universities in China, Provide teaching support for law students with social phobia.

Subjects and methods: Starting from the analysis of the teaching effect of the law system in colleges and universities at the present stage, the research explores the problems existing in the law education in colleges and universities, understands the current situation of social phobia of law students in colleges and universities, and puts forward the innovative talent training strategy of law education in colleges and universities for social phobia students. The research explored the effect of different innovative talent training modes of law education on students' social phobia by means of pilot reform. 300 law students were divided into practical teaching group and research teaching group. The pilot experiment lasted for 6 months to explore the alleviation of students' social phobia by the two teaching modes.

Results: The change of social phobia degree of the two groups of students during the pilot process is shown in Figure 1. The social phobia symptoms of the students in the practical teaching group are significantly relieved, while the students in the research teaching group have little change.

Conclusions: Legal education plays an important role in the education system of colleges and