

improve learners' comprehensive quality, which has a certain impact on the teaching effect of pedagogical principles. These are the places where the development of pedagogical principles is not perfect at present. We need to put forward relevant strategies to promote the reform of pedagogical principles.

Objective: Educational practice needs "awesome" of educational theory. How to make teachers fully experience the value and necessity of learning educational theory has always been an unsolved problem in pedagogy teaching. Therefore, the purpose of this study is to explore the effect of the theoretical reform model of higher education on teachers' thinking logic ability.

Subjects and methods: In order to verify the effectiveness of the theoretical reform model of higher education, 200 college teachers were randomly selected for questionnaire survey. The subjects were randomly divided into experimental group and control group, with 100 people in each group. The experimental group was given higher education theory reform mode for training intervention, and the control group used conventional training mode to analyze the effect of higher education theory reform mode on improving teachers' thinking and logic ability. This study uses the self-made "thinking disorder diagnosis scale" to evaluate teachers' thinking logic ability. The scale is divided into qualitative and quantitative, with a full score of 10. The qualitative score accounts for 30% of the items in this scale. It mainly evaluates the presence or absence of symptoms. 0 means no data, 1 means no, 2 means suspicious, and 3 means yes. The quantitative score accounts for 70% of the items in this scale. 0 indicates no data, 1 indicates no or normal, 2 indicates suspicious, 3 indicates light, 4 indicates medium, 5 indicates heavy, 6 indicates heavy, and 7 indicates extremely heavy. Relevant data are calculated and counted by Excel software and SPSS 20.0 software.

Results: Before the intervention, there was no significant difference in the total score of thinking disorder between the two groups ($P < 0.01$). After the intervention, the total score of thinking disorder in the experimental group decreased significantly ($P < 0.01$), while there was no significant change in the control group ($P > 0.05$).

Table 1. Changes in the total score of teachers' thinking disorders before and after intervention

Group		Before teaching	After teaching
Total score of thinking disorder	Experience group	3.26±1.33	2.75±1.27*
	Control group	3.23±1.35	3.24±1.35
	<i>t</i>	0.295	2.863
	<i>P</i>	0.807	0.012

Note: Comparison of this group, * $P < 0.05$

Conclusions: With the development of society, people have higher and higher requirements for college teachers, and put forward higher requirements for teachers' comprehensive qualities such as learning ability, logical thinking ability and management ability. In recent years, the thinking and logic obstacles of college teachers are widespread, which also puts forward new requirements for the training mode of teachers. Thinking logic plays an important role in teachers' teaching process. Thinking logic obstacles seriously affect teachers' daily teaching work. In addition, with the continuous development of colleges and universities and the adjustment of industrial structure, colleges and universities should take effective measures to pay attention to the thinking logic of teachers, strengthen the training of teachers' physical and mental health, and then improve the training quality of talents.

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STUDY ON THE INFLUENCE OF COMMUNITY PHYSICAL EXERCISE ON THE MENTAL HEALTH OF THE ELDERLY UNDER THE ENVIRONMENT OF NATIONAL FITNESS

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Background: With the extension of life expectancy and the continuation of the low fertility pattern, China's aging population is still deepening. It is estimated that by 2050, China's elderly population will

account for 34.1% of the total population, reaching 480 million. In general, in the process of aging in our country, the basic characteristics of aging are a huge foundation, short time and ahead of economic development. Whether we can effectively deal with this situation directly affects the realization of the goal of a well-off society in our country. In old age, due to the decline of physiological function and the change of life style, their psychology will appear loss disease with the change of their social role. In addition, the elderly is unwilling to talk about their psychological needs to others. In the long run, bad psychological imbalance and loss often cause various diseases, which will bring serious financial and psychological difficulties to the family, it will make China's medical and social pension system increasingly stretched. For the elderly in the community, the changes of physiological function, status, role and environment may make them feel powerless and lead to the emergence of adverse emotions. The manifestations and causes mainly include loneliness, anxiety and depression, cognitive decline, loss and sense of worthlessness. If the elderly lack strong social and family support, such as their children are busy working, their children lack filial piety and respect, divorce, widowhood, etc., the elderly with a serious sense of loneliness are prone to negative inferiority complex and even personality abnormality, which directly affects their health level and life span. With the withdrawal from the leading role of the family, accompanied by a sense of aging and chronic diseases, many elderly people in the community tend to worry too much about diseases and become obsessed with various examinations. Even if the results are normal, their inner doubts and fears about terminal illness and death cannot be eliminated. In addition, factors such as monotonous life and reduced emotional catharsis are prone to a series of adverse psychological reactions such as anxiety and depression, sometimes silent, sometimes autistic, irritable. During the aging process in the physiological period, the elderly will slow down their response to various stimuli due to the reduction of brain blood volume and the weakening of concentration intensity of attention, resulting in the decline of understanding ability and intelligence, and the obvious decline of memory, attention, cognition and other functions, which is very likely to lead to memory impairment, Alzheimer's disease and other diseases. Due to the changes in social roles, positions and relationships, as well as the inner doubt about their own subject status and anxiety about the end of their future lives, if the elderly in the community is lack of psychological preparation for the change of roles, they are likely to have obstacles in information transmission and emotional communication.

Objective: Practice has proved that physical exercise has multiple ways and methods in infiltrating mental health education. Its health value of caring for, monitoring and improving the quality of life of the elderly has been widely recognized by people. Today, when "national fitness" is advocated, vigorously developing physical education for the elderly and paying attention to its coordinated promotion with mental health education for the elderly not only meet the requirements of paying attention to people's livelihood and life care, but also provides a reference for building a community mental health education system for the elderly and actively coping with aging.

Subjects and methods: 200 elderly people, aged 60-71, were selected from a community as the research objects. 200 patients were randomly divided into study group and control group with 100 patients in each group. The study group was given community physical exercise combined with psychological intervention, and the control group was given routine psychological intervention. After three months of treatment, the degree of mental disorders of the subjects was analyzed and evaluated with the Diagnostic Scale for Mental Disorders (DSMD). In this study, the software SPSS20.0 was used to process and analyze the corresponding data.

Results: After 3 months of intervention, the score of DSMD in the study group was significantly higher than that in the control group ($P < 0.05$). The DSMD social function scores of the two groups are shown in Figure 1.

Conclusions: Today, when we advocate "active aging" and implement the "healthy China" strategy, in order to meet the demands of the elderly for a healthy and beautiful life, social roles and spiritual support, and make them fully experience achievements, dignity and life value, it is difficult to achieve mental health education only by relying on the strength of the government. We must give full play to the role of health value carried by physical exercise, and rely on the government, society, community The multi-dimensional cooperation and participation of associations and individuals can better promote the coordinated promotion of physical exercise and mental health education for the elderly in the community. The results showed that after 3 months of intervention, the score of the research group on the diagnostic scale of mental disorders (DSMD) was significantly higher than that of the control group ($P < 0.05$), indicating that physical exercise is not only a necessary condition to promote the physical health of the elderly, but also an important content to establish a scientific lifestyle and improve their quality of life.

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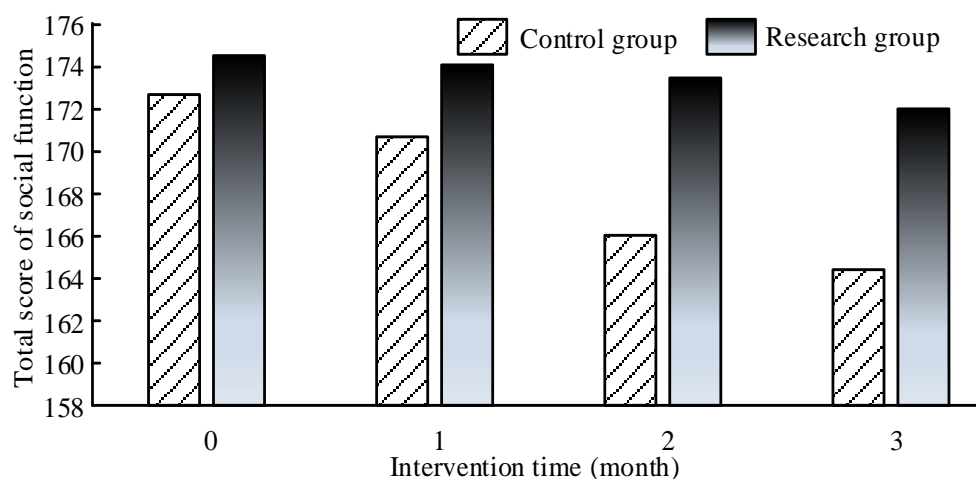


Figure 1. DSMD social function score of the two groups

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THE INFLUENCE OF THE STANDARDIZATION OF SOCIAL MORAL STANDARDS ON PUBLIC PSYCHOLOGY FROM THE PERSPECTIVE OF LEGAL ANTHROPOLOGY

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Background: Legal anthropology is an interdisciplinary subject between law and anthropology. In recent years, both legal philosophy, jurisprudence and other theoretical jurisprudence, as well as departmental law research, have shown a growing interest in legal anthropology. What is incompatible with this is that many people lack sufficient and accurate understanding of legal anthropology. From the perspective of mutual understanding between different cultures, legal anthropology mainly discusses the status and role of early human legal system in different civilized individuals, as well as the dynamic research of law. For traditional jurisprudence, legal anthropology not only shows a new academic vision, but also provides a set of unique and effective thinking approaches and research methods. The normative nature of social moral standards is opposite to the formal norms. Informal norms refer to those social norms that are formed spontaneously in the process of social evolution based on people's practice in social life or based on folk consultation. The operation of these norms does not depend on the national coercive force, but the voluntary compliance or reliance of the society on the coercive force from the folk. Although after decades of development and changes after the founding of the People's Republic of China, part of the content of informal norms gradually disappeared or retired, and even melted into the national law under the promotion of external forces, informal norms still exist. In the study of informal norms, their manifestations are generally taken as the standard, which can be roughly divided into four types: taboo, custom, convention, customary law and ethics. Norms have different sources and exist in different fields. They may be laws, customs or customs, so that different norms create different orders. Groups establish order according to their own norms, and there are various and different groups in the society, so the order is pluralistic. Due to the multiplicity of order, there are multiple and possibly overlapping orders whether from different levels of society or from the same level of society. Society is constructed by different orders. For a society, the legal order created by law is only one kind of order, and it can only be one of them. If all acts were regulated by law, people would not be able to survive in this world. Therefore, when discussing social order, we should not forget other sources of order, ignore the relationship between law and other norms, and presume that the national formal system can complete the construction of order. For the society, investigating the constitution of its normative system is the only way to understand the construction of its social order.

Objective: From the perspective of legal anthropology, formal norms, informal norms and quasi formal norms constitute the social norm system. These pluralistic norms have different properties and have different effects on the construction of social order. Social order is the result of the joint action of these multiple norms. Therefore, whether the formal norms, informal norms and quasi formal norms in the social norm system can cooperate and interact with each other is very important for the construction of a good