

development, which is mainly reflected in the improvement of venues and facilities and the reform of physical education courses. With the development of the Internet and the continuous improvement of technology, the integration of all walks of life with the Internet has been promoted. Under the impact of the information age, some limitations of the traditional physical education management mode in colleges and universities have gradually become apparent, mainly reflected in the low transmission efficiency of physical education teaching resources, the difficulty of physical education teaching management, and the lack of timeliness of physical fitness monitoring and training. Based on this, it is imperative to take corresponding measures to implement the intelligent management of college physical education from the perspective of positive psychology.

Objective: From the perspective of positive psychology, this paper explores the mechanism and implementation measures of the research on the intelligent management of college sports, analyzes its impact on students' learning anxiety, and ensures that students' learning anxiety can be eliminated to the greatest extent.

Subjects and methods: In a university, 170 college students with learning anxiety were selected by random sampling. Self rating Anxiety Scale (SAS) and Manifest anxiety Scale (MAS) were used to objectively assess the anxiety of college students before and after the intervention of intelligent management of physical education in colleges and universities from the perspective of positive psychology. SAS included 7 items in total, and the frequency of symptoms was measured by the standard of 5-level score. 0-4 represent five different evaluation results from low to high frequency. If the total SAS standard score is ≥ 50 , it shows anxiety symptoms; If the score < 50 , it means no anxiety symptoms; If the SAS score of the college students is higher than 70, it shows that they are accompanied by severe anxiety. MAS score greater than 40 indicates severe anxiety; MAS score is in the range of 15-40, indicating mild anxiety; MAS score less than 15 points indicates no anxiety.

Results: Before the intervention, the SAS and MAS scores of the college students were at a high level, indicating that they were accompanied by serious anxiety. From the perspective of positive psychology, the college sports intelligent management intervention has been carried out for college students, which has significantly reduced their SAS scores and MAS scores, and effectively alleviated the anxiety of college students. See Table 1 for details.

Table 1. The influence of college sports intelligent management intervention on SAS and MAS scores of college students from the perspective of positive psychology

Intervention time	SAS score	MAS score
Before the psychological Intervention	71.93 \pm 4.58	46.08 \pm 1.94
After the psychological Intervention	35.07 \pm 5.16*	11.13 \pm 1.82*

Note: Compared with before management intervention, * $P < 0.05$.

Conclusions: At present, with the increasing social competition, many college students are under various pressures, including academic, employment, interpersonal communication and so on. Not only that, college students are at a critical time of transformation from a large number of students to social figures. Under the influence of their incomplete mental development, college students are very likely to have a sense of self doubt, self denial and self loathing in the face of too many threatening events, and it is difficult to face and solve a series of setbacks with a stable attitude, resulting in anxiety.

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REGIONAL DIFFERENCES AND EVOLUTION OF POPULATION AGING FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology is a kind of thinking pattern formed by subjective and subtle evolution. For example, people's understanding of the people of a certain country, even if they have never been there

before, will come up with a certain pattern, even with prejudice and extreme elements. For example, in the eyes of many Europeans and Americans, China is still what it was before the reform and opening up, even in the Qing Dynasty. Social psychology refers to the whole social psychological state that pervades the society and its groups in a specific period of time. It is the sum of the emotional tone, consensus and value orientation of the whole society. People's universal feeling and understanding of social phenomena is a form of social consciousness. It is reflected in people's general life emotions, attitudes, speeches and habits. Social psychology is spontaneous and disordered. It is a primary and intuitive reflection of social life. People's social psychology ultimately depends on the reality of social life, which is directly formed by the stimulation of various signs of real life and people's understanding and feelings. Social psychology contributes to a certain social atmosphere. Ideological system and social psychology are two categories of social consciousness in the field of historical materialism. The former is the advanced form of social consciousness, and the latter is the primary form of social consciousness. This primary form is the basic premise for the formation of ideological system. Due to the different subjects of social consciousness, social psychology is divided into individual psychology and group psychology. Since it was formally proposed, population aging has attracted worldwide attention, especially in western developed countries. At present, China's elderly people aged 65 and above have exceeded the total elderly population in Europe, becoming the country with the largest elderly population at present. In the same period, the dependency ratio of the national elderly people aged 65 and above was 13.08%. It is estimated that by 2030, the aging rate of China's population aged 60 and over will reach 25%, while that of the population aged 65 and over will reach 14%. The next 10-30 years will be the peak stage of China's population aging, which indicates that China has begun to enter a "deep aging" society, that is, an "aging society". As one of the three major population problems in contemporary China, population aging has caused a series of social problems, among which the problems of getting old before getting rich, getting old before getting ready or the economic recession of aging will become the focus of sociological attention, and the regional spatial differences of population aging have become a new hot spot of geographical research. The regional spatial differences of population aging in China are mainly manifested in two aspects: one is the regional differences, that is, the evolution stages, characteristics and trends of population aging caused by social and economic development conditions in various provinces of China; The second is the regional differences, that is, the "urban-rural inversion" and other differences of population aging caused by urban-rural population migration within the region and the distribution differences of the aging population within the metropolitan area.

Objective: At present, most studies focus on the evolution process, characteristics, existing problems, strategic countermeasures and their impact on the economy of population aging in the whole country or a single region, while the quantitative analysis, evolution trend, classification and other related social psychology studies on the regional differences of population aging are insufficient. Therefore, this study aims to explore the impact of regional differences in population aging and its evolution on the psychology of the elderly in the community from the perspective of social psychology.

Subjects and methods: In this study, 300 elderly people with psychological disorders were investigated in the residential communities of many cities in China. They were randomly divided into two groups, the study group and the control group, with 60 people in each group. The research group was given the education based on the regional differences and evolution of population aging from the perspective of social psychology, and the control group was given the education of traditional health education. Self rating Anxiety Scale (SAS), Self rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to assess the mental health status of patients. Relevant data are calculated and counted by Excel software and spss20.0 software.

Results: After the intervention, the SAS, SDS and HADS scores of the study group were significantly lower than those of the control group ($P < 0.05$). See Figure 1 for the comparison results of SAS scale scores of the two groups.

Conclusions: There are great differences in the evolution stages of population aging among provinces and regions in China, but there is basically no "getting old before getting rich". Population aging has not hindered economic development, which is related to economic transformation and open economy, and also conforms to the general law of global population aging evolution. Therefore, relevant departments should focus on the mental health problems of the elderly in the community. The results of this study showed that after the intervention, the SAS, SDS and HADS scores of the study group were significantly lower than those of the control group ($P < 0.05$), indicating that the education based on the regional differences of population aging and its evolution from the perspective of social psychology can effectively improve the adverse psychological status of the elderly in the community, which is better than the traditional health education.

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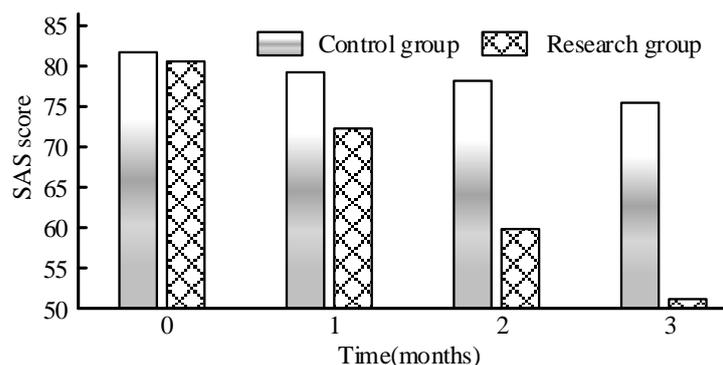


Figure 1. Comparison of SAS, SDS and HADS scores between the two groups

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THE POSITIVE EFFECT OF FOOTBALL PSYCHOLOGICAL TRAINING ON ATHLETES' PSYCHOLOGICAL REGULATION AFTER COMPETITION

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Background: With people's attention to sports, football and football matches have attracted more and more attention. Every game affects the hearts of many people. For football players, every game is a battle. In addition to having excellent skills and knowing yourself and the enemy, they also need to have good psychological quality. A good psychological state not only needs effective guidance and regulation before and after the competition, but also needs constant infiltration and psychological suggestion in the usual training. Stress is an individual's expectation of possible anxiety or perception of threat, which stimulates, warns or makes the body active. When athletes face pressure, their psychological reaction is mainly cognitive pressure, which leads to the decrease of cognitive efficacy and thinking versatility, the narrowing of perceptual range, the reduction of attention, and the limitation of technical and tactical play; In terms of behavior, for example, moderate or above stress will hinder the coordination of complex human behavior, resulting in repeated and rigid behavior, and individuals are unable to reconcile the needs of the environment; In the aspect of emotion regulation, negative emotions will interfere with the ability of on-the-spot thinking and judgment, reduce the reaction speed and sensitivity, and even interfere with physical function and mental health. Therefore, when the athletes' stable emotion and correct regulation of their psychological state during the competition, the normal release of pressure is a favorable guarantee for the normal play of skills and tactics. The football match shows the beauty of competition, as well as the comprehensive quality and overall style of the team. The psychological quality of football players has three aspects: (1) the individual players are brave and tenacious, dare to fight and fight. (2) Self psychological adjustment and control of athletes. (3) The athletes' ability to bear the competition psychology is the athletes' adaptability and teamwork ability during the competition. In order for athletes to have these psychological qualities, they should not only carry out technical and physical training, but also carry out psychological quality training. So that athletes can have the above psychological qualities before they can participate in the competition, and can ensure that they can play a normal level in the competition and strive to play supernormal. Because college students are generally young, their psychological maturity is not high, and their self-control ability is poor, the problem of competition psychological pressure is more obvious. The football match is not only a physical and technical struggle, but also a psychological and endurance struggle. The athletes' psychology is very important, which is related to the success or failure of the game. The psychological counseling and psychological regulation of the athletes is also an important part of the game.

Objective: The development of football is not only the symbol of social development, but also one of the representatives of a country's sports competitive level. Football players will have varying degrees of psychological pressure before and after the game. Psychological counseling and debugging of football players before and after the game is one of the important methods to improve the football game. The football match is not only a physical and technical match, but also a competition between the players' mental health quality. Through the psychological counseling before and after the competition, the athletes' psychological