



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

resistance to the competition can be improved. Through psychological regulation, the athletes' psychological endurance can be improved, so that the athletes can play a normal level in the future competition.

Subjects and methods: Taking 200 students majoring in football in a sports college as the research object, the students were randomly divided into control group and experimental group, with 100 students in each group. The experimental group was trained with the method of regulating the psychological changes of football players, and the control group was trained with the conventional method. Before and after the experiment, the athletes were evaluated with the mental health Symptom Checklist 90 (SCL-90). The total score of the scale is the sum of the scores of 90 items. The critical point of evaluation is 160 points. When the score is higher than 160 points, it indicates that the subjects have some psychological problems. Relevant data are calculated and counted by Excel software and spss20.0 software.

Results: The positive psychology of the two groups was evaluated, and the results are shown in Table 1. After training, the average scores of evaluation and the number of positive items in the experimental group were significantly lower than those in the control group ($P < 0.05$).

Table 1. Compare the positive psychology of the two groups after training

	Experience group	Control group	<i>P</i>
Total average score	1.30	1.90	<0.05
Number of positive items	19.68	25.71	<0.05

Conclusions: Football players have their own competition psychological characteristics. The sources of competition psychological pressure are diverse. Whether external factors or internal factors interfere excessively, they will have a serious impact on the athletes' body and mind, and even directly affect the competition results. Therefore, in the psychological regulation of college football players, it is possible to achieve the desired effect by formulating psychological regulation plans tailored to different individual athletes.

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RESEARCH ON THE POSITIVE INFLUENCE OF THE INNOVATION OF EDUCATIONAL MANAGEMENT MODE IN COLLEGES AND UNIVERSITIES ON ALLEVIATING THE PSYCHOLOGICAL PRESSURE OF COLLEGE STUDENTS

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Background: Psychological stress, also known as psychological stress, is a state that shows some special symptoms. This state is composed of non-specific changes in the physiological system caused by the response to stimuli. Stress is necessary for everyone's survival and development. Moderate stress is a necessary condition for maintaining normal physical and mental functions and a basic condition for the subject to cope with life. Generally speaking, it is harmless. But excessive pressure, if not handled properly, will endanger physical and mental health. The university stage is a critical period for the development of one's personality and the formation of one's world outlook. At the same time, college students are also facing a series of major life issues, such as the adaptation of college life, the study of professional knowledge, making friends and falling in love, choosing jobs and so on. However, because the physical and mental development is not yet fully mature, the ability of self-regulation and self-control is not strong, and complex self and social problems often lead to strong psychological conflicts among college students, resulting in greater psychological pressure, and even psychological barriers or mental diseases. If the teaching of college students' mental health education blindly focuses on theory, it will make students lose interest in the course. If it blindly focuses on activities, it will make students' understanding of mental health not deep enough. In order to realize the teaching idea of "teaching, learning and doing" integration, this study puts forward the "teaching, learning and doing" integrated teaching mode of college students' mental health, that is, the core of classroom teaching is that students do psychological activities, but in the process of doing psychological activities, students are guided to deeply understand and understand the psychological