

which has caused certain obstacles to the effective realization of Rural Revitalization. In addition, in the process of sustainable social and economic development, the employment pressure of college students is increasing day by day, and the number of college students with employment anxiety continues to rise. To properly solve these two problems, it is a reasonable measure to introduce college students to grass-roots employment. After the intervention of this measure, the SAS score of college students decreased significantly, indicating that the moderate anxiety has been effectively alleviated. This proves that rural revitalization and high-quality employment have a significant positive impact on college students' employment anxiety.

Table 1. Changes in SAS scores of college students before and after intervention

Evaluation time	SAS score	Anxiety level
Before intervention	67.54±2.17	Moderate anxiety
After intervention	31.25±1.98	No anxiety
<i>t</i>	125.984	-
<i>P</i>	0.000	-

Acknowledgement: The research is supported by: 2021 University Philosophy and Social Science Research Special Project (Ideological and Political Special Project). Project name: Research on the path of university public welfare practice education, project approval (No. 2021SJB1197).

* * * * *

A STUDY ON THE INFLUENCE OF BASKETBALL PLAYERS' PSYCHOLOGICAL STATE ON THE STABLE PERFORMANCE OF THE GAME

Lifang Zhen

Shandong Sport University, Jinan 250102, China

Background: As a qualified basketball player, he not only needs to have excellent physical quality and superb sports skills, but also needs to maintain a stable psychological state and excellent psychological quality. From the perspective of sports psychology, it has remarkable universality and objectivity to explore the changes and adjustment measures of basketball players' psychological state. The main research object of sports psychology is the psychological phenomena and laws of athletes in the process of sports training and competition. In detail, the research task of sports psychology can be summarized into four different levels. One is to study the characteristics and laws of athletes' psychological process in sports, and the relationship between athletes' personality differences and sports; The second is to explore the long-term and short-term effects of sports on Athletes' psychological process and personality characteristics; The third is to analyze the mastery of sports knowledge, the formation of sports skills, and the psychological laws of skill training; The fourth part mainly refers to exploring the psychological state of athletes in the actual sports competition process, including the best awakening level in the competitive competition, the psychological load of athletes and so on. Under the guidance of the theory of sports psychology, basketball players can have a more in-depth and comprehensive understanding of the general rules and related influencing factors of the formation of sports skills, and then effectively overcome the tension and anxiety caused by sports competition. In the environment where the gap of contemporary sports competitive level continues to narrow, it is very important for basketball players to maintain a good and stable competitive psychological state, which can help them play stably in sports competitions, and then win basketball competitions.

Objective: Explore the influencing factors and changes of basketball players' psychological state, and then analyze its impact on the stable play of the game. Finally, excavate and implement reasonable and effective basketball players' psychological state intervention measures to ensure their stable play in the game.

Subjects and methods: Among the basketball players in a certain area, 125 basketball players were randomly selected according to the simple random sampling method. The self-designed "basketball players' psychological state evaluation criteria" was used to evaluate all basketball players, which mainly included four different levels of evaluation indicators, namely, excessive tension, combat preparation, indifference and blind self-confidence. Basketball players whose psychological state is evaluated as excessive tension usually show such phenomena as difficulty in concentrating, thinking disorder, poor self-control ability,

stage fright, etc. Combat preparation is an ideal pre match psychological state, which can ensure that basketball players can give full play to their own advantages and technical level in the competitive process. Indifference is mainly manifested in basketball players' slow movement, depression and low mood. Blind self-confidence mainly means that basketball players do not fully understand and reasonably evaluate the difficulty of the game or the level of their opponents, or overestimate their own ability level in an overly impetuous state.

Results: Table 1 shows the evaluation results of basketball players' psychological state and its impact on the stable play of the game. It can be seen from Table 1 that among 125 basketball players, the number of basketball players whose evaluation results are excessive tension, indifference and blind self-confidence is 61, 13 and 24 respectively, accounting for 48.80%, 10.40% and 19.20% respectively. These three types of psychological states will have a great negative impact on the stable play of basketball players in the game and make them lose the game. There are 27 basketball players whose psychological state evaluation results are combat preparation, accounting for only 21.60%. This kind of psychological state will have a significant positive impact on their stable play in the game, promote them to complete the game with normal skill level, and help them win the basketball game.

Table 1. Evaluation results of basketball players' psychological state and its influence on the stable play of the game

Mentality	Excessive tension	Combat readiness	Apathy	Blind confidence
Number of basketball players	61	27	13	24
Proportion (%)	48.80	21.60	10.40	19.20
Influence on the stable play of the game	Negative effect	Positive impact	Negative effect	Negative effect

Conclusions: In the field of psychology, the importance of sports psychology cannot be underestimated. Its main research object is the psychological phenomena and laws of athletes in the process of sports training and competition. Combined with the guidance of sports psychology, we can objectively and accurately evaluate the psychological state of basketball players, and obtain the influence of different psychological states on their stable play in the game. The results show that only 21.60% of the 125 basketball players can maintain the psychological state of combat readiness, which has a significant positive impact on the stability of their games.

* * * * *

A STUDY ON THE CHINESE CULTURAL IDENTITY PATH OF COLLEGE STUDENTS IN GUANGDONG-HONG KONG-MACAO GREATER BAY AREA FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

Jingyun Zheng^{1,2}

¹Guangdong Agriculture Industry Business Polytechnic, Guangzhou 510507, China

²South China Normal University, Guangzhou 510631, China

Background: Social psychology is to study the psychological behavior and change law between individuals and groups in the social interaction. Social psychology defines "identity" as the psychological mechanism of the combination of self and group, the individual's cognition of the group to which he belongs, and establishes some emotion or psychological quality from the group, and takes the theory of social identity as an innovative paradigm of social psychology. The group has cognitive, emotional and value significance to the individual. All individuals are in the cultural context and social environment of the group. The psychological process of the external situation shaping the emotional connection between individuals and groups can be observed and understood through "identification". Cultural identity is one of many identities in social relations. Cultural identity for Hong Kong and Macao college students, their direct feelings are obtained through practical experience on the basis of cultural cognition. Through similar experience, they can deepen their recognition of Chinese culture. Cultural identity is the influence of culture on psychological activities and the value judgment of psychology on the culture. For the educated, education should be carried out step by step, and the cultivation of cultural identity cannot be completed in a short time. Due to historical and political reasons, most Hong Kong and Macao college students have