

Conclusions: In order to guide students' mental health education in College English teaching, we should grasp the internal relationship between mental health education and English teaching. On the one hand, we should set up an equal and democratic teaching environment in classroom teaching, infiltrate knowledge about mental health, and promote students to form a perfect psychological cognition. On the other hand, we should pay attention to the choice of classroom teaching methods, choose teaching methods conducive to students' growth and personalized development, and guide students to form a correct understanding of value and have a good learning attitude, Improve mental health.

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RESEARCH ON PSYCHOLOGICAL TRAINING AND ADJUSTMENT METHODS OF COLLEGE TABLE TENNIS PLAYERS

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Background: Psychological training has always been one of the cores for athletes to improve their sports performance. In the process of competition, athletes' physical quality, technical level, tactical ability and athletes' adaptability can be brought into full play only with the participation and cooperation of their psychological ability. The difference of training results is usually caused by the difference of psychological state. Due to the particularity of the characteristics of table tennis, the psychological characteristics of athletes in training will be incisively and vividly presented with the process of training. Good psychological quality in training is usually the key to success.

Subjects and methods: Coaches analyze the psychological state of the athletes in the control group before training, give the athletes some material or spiritual incentives, and create some training atmosphere. The construction of these sports scenes will increase the stimulation intensity to the athletes, let the athletes recall the previous training state, alleviate the anxiety before training, and quickly enter the sports state before formal training. In the training process, guide the athletes in the control group to understand their anxiety and learn to relax their body. For athletes whose emotions are seriously out of control, punish them directly, let them reflect on themselves in the process of punishment, and use a positive attitude to adjust, so as to help them realize the objectivity of emotions. The athletes in the control group who failed after training were given psychological counseling and counseling to help them learn how to face setbacks, enhance self-confidence and stimulate their potential.

Results: Experiments show that the success or failure of the control group in training will make a variety of changes in the psychological state of athletes after training. Super level play or abnormal failure will make the athletes in the control group easily overestimate themselves psychologically, resulting in extreme emotional excitement or depression, resulting in more energy consumption of body and spirit. Moreover, the athletes in the control group have poor psychological adjustment ability and fragile inner activities. In contrast, the control group will not abandon itself when encountering difficulties and setbacks in training, calmly analyze the causes of failure, find out corresponding countermeasures, and make up for the losses and consequences caused by setbacks.

Conclusions: Although the development of psychological training started late, it has passed the initial stage. According to the sports characteristics of table tennis, a large number of sports psychologists use a variety of psychological control methods and measures to train in a planned way, so that athletes can quickly master psychological training methods and eliminate psychological obstacles, Provide guarantee for athletes to achieve the best competitive state in the competition. For the future, psychological training will become one of the indispensable training items for all major sports. Psychological training will still become the mainstream of table tennis. At the same time, with the development of science and technology, it will become more mature and practical.

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PSYCHOLOGICAL HEALTH TRAINING AND PSYCHOLOGICAL QUALITY TRAINING OF FOOTBALL SPECIAL COURSES IN COLLEGES AND UNIVERSITIES

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Background: Due to the limited teaching hours of football in Colleges and universities, many teachers are thinking about how to ensure the teaching quality of special courses and improve the teaching effect in a limited time. It is found that the use of psychological health training in special teaching is very helpful to the mastery of football technology and the ability to use tactics. However, psychological health training is not limited by time, venue and number of people. It has strong flexibility and good teaching effect. Therefore, it is very important to add psychological health training to teaching. How to cultivate students' interest in football optional course through emotional education is another new topic in front of football teachers.

Subjects and methods: In order to improve the psychological health training and psychological quality training methods of college football special course and excavate the influencing factors more conducive to the training effect, 50 students in the teaching class of football special course are selected as the research object. 50 people were divided into 2 groups with 25 people in each group. The group without psychological health training and psychological quality training was used as the control group, and the group receiving psychological health training and psychological quality training was used as the control group. The control group received 16 weeks of psychological health training and psychological quality training, recorded the whole process in detail, transformed the education and teaching into the expansion of psychological quality education, and transformed the passivity of the teaching object into the initiative of the subject of emotional optimism. After the experiment, carry out the difference adjustment questionnaire, investigate the control group and the control group respectively, obtain the data, and then use the spass software for statistical analysis to master the differences between the control group and the control group, so as to obtain the actual effect of psychological health training and the completion degree of psychological quality training.

Results: The experimental results show that after the implementation of psychological health training and psychological quality training, the control group is more confident, more positive and active than the control group in training or competition. The control group was more negative and lack of confidence.

Conclusions: Football special course is mainly to learn and consolidate technical movements, and to improve special skills through individual independent activities. Therefore, it is different from general courses in psychological preparation. It should have the independence of thinking and will, the self-control of emotion, the self feeling evaluation of muscle movement and the self-protection of movement. Psychological health training, like technical and tactical training and physical quality training, is a long-term and arduous training process. Training should strengthen self-consciousness, persevere in combination with technical and tactical learning step by step, and pay attention to teaching students according to their aptitude and treat them differently in teaching. If we can do well in these aspects in special teaching, it will well promote students' interest in learning and master skills and tactics, cultivate good psychological quality and form good personality psychological characteristics, and promote their all-round physical and mental development.

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THE PSYCHOLOGICAL WILLINGNESS OF COLLEGE STUDENTS TO SERVE THE REGION UNDER THE STRATEGY OF RURAL REVITALIZATION

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Background: At present, the research on the psychological will of serving areas under the Rural Revitalization Strategy has not taken college students as the research object. The overall psychological willingness of college students serving in villages and towns is high, and there is no depression or anxiety. The psychological will of college students participating in Rural Revitalization is higher and their mood is higher than that of urban college students. Changing the mental health of rural college students can improve the mental health of the whole people. How to make college students actively seek professional