

## 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

psychological help when they encounter psychological or emotional problems in the service process under the incomplete mental health service system is an urgent problem to be solved.

**Subjects and methods:** To study the willingness of college students to seek professional psychological help when they encounter serious emotional or psychological problems under the Rural Revitalization Strategy, and to explore the relevant factors affecting college students' psychological help seeking willingness, so as to provide a scientific basis for carrying out targeted mental health education and enhancing college students' psychological help seeking consciousness in this region. This study adopts the multi-stage cluster random sampling method. Firstly, 2 towns are randomly selected from 8 towns, and then 2 villages are selected from each town. A total of 10 qualified college students are taken as samples. The evaluation samples are used to seek professional psychological service willingness, and the health questionnaire depression scale is used as a statistical tool. The severity of depression in the past two weeks was evaluated, the awareness of mental health and mental health knowledge was measured by mental health and mental health knowledge questionnaire, and the cognitive attitude towards mental diseases was evaluated by devaluation discrimination scale.

**Results:** A total of 10 college students met the inclusion criteria, of which 10 accepted the survey, and the response rate was 100%. The results show that men who serve the psychological will of the region are more willing to stay in the region than women, and the severity of negative emotions is lower. Some college students who know the knowledge of mental health and mental health care are more willing to seek professional psychological help than those who know the knowledge of mental health and mental health care.

**Conclusions:** The main challenge to improve mental health services is the lack of a complete mental health service system, and township areas are more prominent than urban areas. Study the service willingness of college students and explore its influencing factors, so as to provide a scientific basis for carrying out targeted mental health education and strengthening college students' awareness of psychological help seeking under the strategy of Rural Revitalization, Thus, improving the mental health status of college students is conducive to promoting the construction of new countryside and the establishment of harmonious society.

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## **ANALYSIS ON THE CONSTRUCTION OF COLLEGE STUDENTS' PSYCHOLOGICAL AESTHETIC EDUCATION UNDER DIFFERENT PERSONALITY TENDENCIES**

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**Background:** All aesthetic education activities will focus on people's psychological aesthetic education. Through psychological aesthetic education, we can not only cultivate people's aesthetic psychology, but also cultivate people's aesthetic education psychology, internalize beauty and aesthetics into the steady-state quality of their own soul and personality, so as to achieve the good effect of self-education and achieve the purpose of self-education and self-improvement.

**Subjects and methods:** In order to better implement college students' psychological aesthetic education and establish aesthetic education psychology, 60 students in the teaching class were selected as the research object. 60 people were divided into 2 groups, 30 people in one group. The group without psychological aesthetic education was used as the control group, and the group receiving psychological aesthetic education was used as the control group. The control group underwent 18 weeks of psychological aesthetic education, the whole process of aesthetic education psychological training, transformed the educational relationship into the aesthetic relationship, and transformed the passive of the teaching object into the initiative of the aesthetic subject. 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 implementation effect of psychological aesthetic education and the construction degree of aesthetic education psychology.