and reference between the two, so that the comprehensive advantages of the two can be fully utilized, and the expected teaching purpose can be finally achieved. For example, in two Courses education, teachers can introduce the principles of psychological counseling into the classroom, and apply the techniques and methods of psychological counseling to two Courses education, such as creating a good psychological counseling atmosphere by allowing students to play a psychological counseling role, so that students can recognize their own psychological and behavioral deviations in this atmosphere, and then teachers guide students to correctly use psychological counseling methods to help college students find problems and causes, so that students can conduct self-reflection, thereby improving students' psychological quality.

Conclusion: Under the new social situation, the mental health education of college students is receiving more and more attention, and the difficulty and effectiveness of mental health education are also challenged. Therefore, we must base ourselves on reality, change our thinking, and innovate and enrich the model of mental health education, combine the existing work system, effectively combine two Courses education and mental health education, develop peer education, make good use of online platforms, develop school-based curriculum, and cultivate the big tree of mental health education. College education undertakes the continuing education of a large number of grass-roots talents, and its two Courses work carries a very important and special mission, applying mental health education to two Courses work, keeping up with the pace of social development, enriching the connotation of the times in the two Courses work of colleges and universities, so that it can be a person who is truly beneficial to society and the country under the guidance of a correct world outlook, outlook on life, and values, and strive for the cause of socialism with Chinese characteristics for life.

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THE RELATIONSHIP BETWEEN LONG-TERM PHYSICAL EXERCISE AND STUDENTS' POSITIVE EMOTION

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Background: In recent years, the decline in the health level of adolescents in China has attracted widespread attention from the society, and the state has also carried out projects such as healthy personality, health promotion and Lide tree people. Health first as the guiding ideology of physical education and health courses, it can be seen that the serious physical and mental health problems of adolescents and the country attaches great importance to it. This paper introduces physical education cooperative learning into school physical education teaching, and comprehensively explores the effect of physical cooperation learning on students' emotional induction from the theoretical and practical levels through teaching experiments, which has strong practical significance. The study of sports cooperative learning has an important effect on the induction of positive emotions and the improvement of negative emotions in middle school students, mainly in the aspects of activity, pleasure, anger, depression and inactivity. There is no significant change in the deliberative dimension. Physical education cooperative learning has a certain positive effect on students' exercise-induced emotions, which is mainly reflected in the three dimensions of vitality stimulation, physiological exhaustion, and active investment, indicating that students' enthusiasm for physical education classes and fatigue tolerance have been enhanced. There are gender differences in the impact of physical cooperative learning on students, and girls are more susceptible to new educational models.

The motivational-differentiation theory of emotions began in the 1960s, with major figures including Tomkins and Izard. Tomkins directly views emotions as motivations, emphasizing that the subjective experience of emotions is the mental structure that acts as a motivation, the motivating force that drives an organism to act. Izard further inherits and develops this, arguing that the subjective component of emotions, experience, is the mental mechanism of motivation, and that the emotional system is an integral part of the personality system and the core dynamic of the personality system. Izard's motivation-differentiation theory of emotions not only inherits the views of biological components and evolutionary values, but also attaches importance to the restrictive effects of social and cultural environment, individual experience and personality structure on emotions, which points out a new direction for the study of emotions. Drawing on the motivation of emotions- differentiation theory, this study believes that positive emotions in physical exercise are the psychological mechanisms that act on motivation, which in turn affects our physical exercise behavior.

Positive emotions are one of the important research contents and research hotspots in positive psychology research. The expansion-construction theory of positive emotions is proposed by Fredrickson et

al. on the basis of synthesizing the research results of previous generations, and its main idea is that the positive emotional experience of individuals can not only expand the individual's thinking cognitive ability and behavioral operating system, promote individuals to actively participate in activities, but also construct and enhance individual physical, cognitive, psychological and social resources. Through these two functions, active exercise emotions promote the spiral of individuals and further enhance individual positive exercise emotions. On the basis of drawing on the expansion of positive emotions - construction theory and previous empirical research, Guo Yujiang constructed a theoretical model of youth sports participation in positive emotion expansion, the main point of which is that the positive emotions experienced by adolescents in physical exercise not only expand the individual's motor thinking cognitive ability and behavior operating system, but also construct good personal resources, improve the subjective happiness and life satisfaction of individuals, thereby prompting them to change their one-sided cognition of sports and bad lifestyles. Eventually form good physical exercise habits and a sense of lifelong sports.

This study argues that good athletic friendship in physical exercise contexts can promote adolescents to have positive emotional experiences, thereby expanding their motor thinking cognitive ability and behavioral operating system, while constructing and enhancing their physical, cognitive, psychological and social resources, and further enhancing their autonomic motivation for physical exercise, and promoting the spiral of their physical exercise behavior.

Research method: The "sports activity emotional meter" prepared by LOX et al. In 2000, in order to maximize the value of the language equivalent of the scale. This scale includes four dimensions: positive emotions, negative emotions, fatigue, and calmness. The meter uses Likert5 level measurement. It never feels that it feels very strongly to 0-4 points. Among them, positive and negative emotions are the category of emotional experience. Combined with the needs of this study, a positive emotional component table is used to measure the active exercise of young people. The internal consistency coefficient of the positive emotional weight table in this study is 0.821.

The "Chinese Edition Exercise Exercise Questionnaire" revised by Liu Jingdong of Hong Kong Baptist University, in order to maximize the value of the language of the scale, invite two English translation graduate students and two graduate students of sports psychology to translate and return respectively. The translation, finally repeatedly modified in conjunction with the opinions of relevant experts. This scale includes five dimensions, no motivation (4 questions), external adjustment (4 questions), internal adjustment (3 questions), identity adjustment (3 questions), Internal motivation (4 questions). 18 questions, compared with the initial exercise behavior adjustment questionnaire (BREQ-2), the author deletes questions 17 after verification factors (if there is no regular exercise, I will be restless), and some people also find it when verification the same problem also deletes the 17th question to correct the model. This volume table uses LIKERT5 level measurement, from completely inconsistent to completely compliance with 0-4 points, following the predecessor's calculation experience, using a relative autonomous index (RAI) as an observation indicator for calculating autonomous motivation. The calculation formula is: autonomous motivation = 3 × Internal Motor+2 × Agreement Adjustment-Internal Rating-2 × External Adjustment-3 × Motivation, the higher the score, the stronger the autonomous motivation. In this study, the internal consistency coefficient of the scale is 0.752.

Using the "Sports Activities Grade Measurement" revised by Liang Deqing and others, this scale includes three dimensions, exercise time, exercise intensity, and frequency of exercise, and the three are different, which is not conducive to the overall grasp. Therefore People research results, use the total amount of physical exercise to measure physical exercise. Total physical exercise = exercise intensity × (exercise time-1) × exercise frequency, the score of each dimension is 1-5, the total amount of physical exercise is 100 points, the lowest is 0 points, the total amount of physical exercise is the total amount of physical exercise. Evaluation standards are: less than or equal to 19 points are low exercise participation standards, 25-50 points are divided into medium exercise participation standards, greater than or equal to 51 points into high exercise level participation standards.

This study will establish a database in IBM SPSS24.0 after the data screening of the questionnaire, which is inspected, descriptive statistical analysis, independent sample T inspection, related analysis of the surveyed data, and uses the Process 3.3 program developed by HAYES. Combined with the Bootstrap method (5000 sample reset sampling), the chain intermediary model is tested, and the verification factor analysis and common method deviation inspection are performed using AMOS24.0.

Research results: Data analysis showed that after the exercise test, people of different genders had very obvious differences in the four dimensions of emotional response stimulation, physical and mental calm, physiological fatigue, and active investment, and boys were better than girls in the above four dimensions. The reasons for the inconsistencies in the data are: First, the difference in physiological structure stems from the difference in gender, for most boys, they generally do not like to be still, prefer to be able to move themselves, and for some relatively intense exercises more love, boys compared to

girls, physical fitness and physical fitness are better than girls, the love for exercise is more high, after exercise physical recovery is relatively fast. For most girls, girls are generally quiet, and the traditional concept and girls' own physiological reasons make them less enthusiastic about participating in physical exercise than boys, and their interests are lower than boys. Although there are also girls participating in physical exercise, there is still a certain gap in the intensity of exercise and the load of exercise. Moreover, there are many girls who usually do not like to participate in physical exercise, exercise time is less, compared to the physical fitness is naturally much worse than boys, so after participating in physical exercise, girls are more likely to produce physiological fatigue. On the other hand, people of different genders are also very different from the aesthetic point of view, for boys, they generally prefer to have a strong body, full of muscles make them have a sense of satisfaction with their own psychology, while the pursuit of motor skills is also higher than that of girls. Therefore, they are more able to actively participate in physical exercise than girls, and through a series of physical exercises, they can achieve an ideal state and achieve ideal results, which are the results pursued by boys' physical exercise, so their enthusiasm for participating in exercise is higher. For girls, good body is what they attach the most importance to, they all hope that they can have perfect curves and slender body strips, the pursuit of a bone beauty, not the beauty of strength, and will not care about what achievements in sports, what skills. So for the level of gaining an advantage, girls are not so active, and girls often think that in order to be able to be healthy, there are many ways, not necessarily through physical exercise to achieve, they believe in some of the pain-free effects brought by diet, so these factors also affect girls' understanding of exercise and their attitude to participate in physical exercise.

Middle-aged and elderly people are not as energetic as young people, they can provide physical exercise of the body function is getting lower and lower, which requires them to participate in physical exercise to arrange exercise programs reasonably, for the elderly, entertainment, anti-aging fitness is the purpose of their pursuit. For some projects with more confrontation and fierceness, it cannot be used as a choice for middle-aged and elderly men. As far as the sport of shuttlecock is concerned, this sport is carried out in a dispersed field, there is no confrontation between each other, and it will not cause unnecessary injuries due to the collision during the exercise, and the distance between the opposite exercisers is relatively short, and the physical requirements for middle-aged and elderly people are not too high. They can adjust the intensity of exercise according to their own physical conditions, so the sport of shuttlecock is more and more popular with some middle-aged and elderly people. At the same time as the data survey, interviews were also conducted with these people, and it was found that some physical exercises belong to the competition type or a kind of sports type of people, every time they walk to the court, even see the court will naturally ignite their high enthusiasm, can quickly improve their own exercise mental state, this impulse to immediately want to play the ball spontaneously. Teenagers' desire and demand for exercise can exert their own physical functions to the extreme, and fully mobilize their emotions, and the positive emotions of exercise will naturally be improved, so that they are always in a state of active positive emotions, so that their energy is more abundant and their recovery is faster. But for the youth exercise crowd, they prefer the fierce confrontation on the court, they are always greeting the pleasure brought by the confrontation, but for the sport of shuttlecock, although it is necessary to have a certain level of physical fitness, but it is not as fierce as some other sports, such as basketball, football, they feel that shuttlecock should be more of an entertainment project, competition and confrontation is relatively lacking, it is difficult to mobilize their enthusiasm for exercise, so it is not so strong in the exercise of emotional experience.

From the perspective of vitality stimulation, among these surveyed people, boys can always maintain a good mental state when they carry out physical activities, and can stimulate their vitality and physical functions. Boys in the process of participating in physical exercise, the exercise has a higher demand and desire than girls, so that naturally can enhance the positive mood of exercise, and can fully improve the excitement and enthusiasm, so that they reach a high state of exercise, thereby stimulating their own sports vitality. However, for girls in non-professional sports groups, these groups of people have a relatively low desire for exercise, the point of interest is not high enough, the enthusiasm for participating in exercise is greatly reduced, the fatigue results of physical exercise will make them resistant, and girls often have a certain gap in all aspects of the body compared to the male group, including sports skills and technical levels, there are significant differences. Therefore, for the girl group, choosing a suitable sports program is the most important, first of all, from the cultivation of interest, the hobby and love of exercise can improve their positive emotions in exercise. And girls have always given people the feeling of being relatively quiet, thin, afraid of tiredness and fear of suffering, so their positive emotions for exercise are not as high as boys. From the perspective of physical and mental calmness, among these surveyed people, boys performed higher than girls in the physical and mental calm dimension, which can also confirm that the state of inner peace, relaxation and mental peace is mostly the experience of boys in physical exercise, and they can also feel the

positive impact of exercise on people's physical and mental health more than girls. In terms of physiological exhaustion, girls in professional sports populations are significantly higher than girls in non-professional sports populations. People engaged in professional sports have higher requirements for professional and technical skills, and the duration of exercise is longer, and the physical energy consumption is more, so the score is higher. Non-professional sports people do not have as high requirements for technical skills as professional sports people, have strong arbitrariness, and they will choose their rest time as the exercise continues, so the score is not high. Women in the professional sports population are more likely to produce fatigue because they have a lower tolerance for fatigue, so in the physiological fatigue dimension, boys are higher than girls. From the perspective of active participation, the performance of girls in professional sports groups is significantly higher than that of girls in non-professional sports groups, while for boys, there is no obvious difference between them. This can show that these surveyed people can have a higher emotional experience in physical exercise in the positive input dimension, and are happy, happy, and passionate to participate in exercise, but there is a relatively certain gap between girls in non-professional sports groups, and the related emotional experience is also low in other groups.

Conclusion: We can improve our emotional regulation ability through physical exercise, and there is no regulatory effect on exercise intensity, cycle and different groups of people. This suggests that physical exercise has a positive effect on the improvement of emotional regulation ability of most people, and the effect of long-term exercise is better, but when there is no time, a single exercise of more than 30 minutes can also have a positive impact on emotional regulation ability, and the exercise intensity can be freely selected according to personal physical conditions. Considering that the literature included in this paper has a relatively single modality and the overall result heterogeneity is high, high-quality studies need to be included for further verification.

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ON THE LEGISLATION OF COMPENSATION FOR MENTAL DAMAGE IN VIOLATION OF THE RIGHT TO LIFE AND HEALTH

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The substantive limitation of the scope of the subject of Tort Spiritual Damage Compensation not only leads to the logical conflict between the current laws and regulations, induces judicial injustice, but also leads to the confusion of people's understanding of the legal value orientation. The fundamental to promote the improvement of the subject system of spiritual damage compensation lies in the integration of civil and criminal, substantive and procedural legislation. Under the current legal framework, clarifying the independent mental damage compensation liability of the employer of the criminal defendant, other joint infringers and the insurer is also a possible choice to achieve case justice. From the perspective of procedural legislation, modifying and establishing the subject status of the criminal defendant's liability for mental damage is a good way to fundamentally solve the "different judgments in the same case" and the conflict between civil and criminal legislation. Under the existing legal framework, it is a possible choice to clarify the compensation liability for mental damage of non criminal responsible persons in joint tort cases that have constituted a criminal crime.

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APPLICATION ANALYSIS OF FASHION DESIGN BASED ON THE PSYCHOLOGICAL TENDENCY OF "SLOW LIFE"

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"Slow life" is a new life style concept and consumption view based on the fast-paced social background. The development of the times and the change of life style will promote people's new consumption demand. As the clothing life most closely related to life style, clothing design must be deeply affected, and then produce a new trend of thought. Therefore, this paper carries out the research on the application of clothing design under the psychological characteristics of "slow life". This paper interprets