

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

the concept of slow life and analyzes the impact of the concept of slow life on clothing design, so as to find out how to solve and improve the problems of current clothing people. By interpreting the concept of slow life, we realize that the concept of slow life is an improver for the abnormal development of the current society. Its slow not only refers to slowing down, but also hopes that people can find their own pace of life, and the way of work and rest settlement is a belief.

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ADJUSTMENT OF NATIONAL TRADITIONAL MUSIC TO STUDENTS' SUB-HEALTH MENTAL STATE

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Background: Sub -health status, also known as "pre-disease state", "sub-clinical status", "third state" or "gray state", which is a non -organic change or has not been diagnosed with certain diseases, but the body has a functional change. Status The concept of sub -health concept first appeared in the mid -1980s. Former Soviet scholars N. Berkman found that many people in life had a middle state of health and disease. This state can be manifested as a conscious symptom of physiological or psychological, but clinically cannot diagnose a certain condition, without targeted treatment, and physical or psychological discomfort affects people's quality of life. With the improvement of living standards and people's attention to health, the state of "sub -health" has attracted more and more attention. Domestic scholar Wang Yuxue first proposed the concept of "sub -health" in the 1990s, and pointed out that "sub -health" was in the middle state of health and disease. The Chinese Medicine Society defines sub -health in the "Clinical Guidelines for Asian Health Traditional Chinese Medicine": "sub -health refers to a state between the human body in health and disease. The symptoms of reduced vitality and decreased function and adaptability in a certain period of time, but do not meet the Mu or Asian clinical diagnostic standards of modern medical diseases".

The abnormal psychological state is a common manifestation of sub -health. Psychological sub -healthy symptoms include irritability, anxiety, depression, inattention, indifference, loneliness, and slow response. This state generally exists, leading to poor academic performance, decreased work efficiency, decreased social adaptability, and seriously affecting the quality of life. Poor psychological sub -health state continues to exist, which will cause physiological changes and heart and body diseases, such as hypertension, gastric and duodenal feed, depression, etc. At present, 30 million adolescents in the country are in a state of psychological sub-health, of which college students' psychological and behavioral disorders are 14.0%-31.0%. In recent years, it has risen. A survey data from the US CHA-NCH A agency in 2013 shows that 15%of college students have symptoms of depression. Chen Jing and others conducted a psychological sub -health survey of 1,000 major undergraduates from a medical university in Guangdong, and found that the performance of students' psychological sub -health was irritable, inadequate attention, and dissatisfied with themselves.

Occupational workers have close correlations of sub -health state and large labor intensity and bad living habits. Ma Haiying investigated the psychological health and psychologists in submarine officers and soldiers, and found that the influencing factors of psychological sub -health include physical diseases, interpersonal relationships, ship vibration or seasickness, and work intensity on the boat. Xie Yuming and others analyzed the risk factors of the sub -health state in Beijing in Beijing. They found that their parents had poor health status, large family contradictions, large work pressure, poor living conditions, and severe surrounding environmental pollution. Dangerous factors for health. Si Liu and others used questionnaires to conduct a preliminary study of the psychological causes of the sub -health status of 91 colleges and universities. The psychological state of anxiety caused by great work pressure is the reason for the psychological sub -health of teachers.

Research method: The sound of music in the listening technique is an effective physical treatment technique that is commonly used in the body of the body and bodyization. It can be used as an independent treatment technique, and it can also be used as a new treatment technique with his hearing technique. It is used to use it mostly for physical therapy. Before the artistic practical technique, the therapist needs to evaluate a detailed evaluation of the body, and then select the sound of music and looseness. Sounds are a kind of sleep -help stress, and we are no strangers in real life. When we listen to the report, if the language of the spokesman lacks changes in frustration in the tone, the speed of the speech is slow and the sound is low, or the content is boring and lacking freshness, the time is only over 15-20 minutes, and it will gradually allow it to make it gradually allows People feel sleepy. The universal