

ANALYSIS ON THE EMPATHIC REGULATION OF COLLEGE STUDENTS' MELANCHOLY BASED ON FOOTBALL

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The diversity of shooting skills in football activities can regulate emotions. Psychologists believe that bad mood is the biggest enemy of college students. It will not only cause physical diseases, but also easily lead to various psychological diseases and obstacles, which is very harmful. Contemporary college students are a group with high cultural level in Chinese society, and are in the period of economic transformation and educational transition in China. The changing social environment and the deepening reform of people's higher education inevitably produce emotional obstacles in learning and life. The so-called inferior emotion refers to the continuous negative emotion and excessive emotional reaction. For example, the sadness and depression caused by unfortunate events can not be eliminated for weeks, months or even years, or the emotional reaction is too intense, which will cause harm to the body and mind, and then cause psychological obstacles such as depression, tension, anxiety and fear. Physical exercise can promote the physical and mental health of college students. Through the analysis of the characteristics of football activities. In view of the occurrence and causes of common psychological barriers of college students, this paper puts forward several sports prescriptions by means of football activities to help college students adjust to psychological barriers.

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COMPREHENSIVE POVERTY ALLEVIATION SERVICE AND RURAL REVITALIZATION BASED ON SOCIAL EMOTION AND EMPATHY

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The Rural Revitalization Strategy is a major strategy put forward by the 19th CPC National Congress. It is a priority task for the implementation of the Rural Revitalization Strategy to fight the battle against poverty. The objectives of targeted poverty alleviation and Rural Revitalization are highly overlapped and the tasks have different emphases. It needs to be classified and orderly promoted by various departments and regions, as well as scientific and technological support from various disciplines and fields. To study the problem of poverty from the perspective of psychology, focus on the current situation of poverty and the social emotion of the goal of Rural Revitalization under the background of China's development, and explore a replicable and popularized grass-roots psychosocial service model with Chinese characteristics. At the same time, it can also provide a reference scheme for the sustainable poverty reduction around the world. Starting from the objective needs of China's current social emotional poverty alleviation, this paper expounds the representative social emotional poverty alleviation theories at home and abroad. Combined with the social practice of psychological poverty alleviation carried out by the Institute of psychology of the Chinese Academy of Sciences (hereinafter referred to as the "Institute of psychology") in recent years, this paper puts forward some suggestions on psychological services to promote comprehensive poverty alleviation and Rural Revitalization.

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ANALYSIS ON THE CONSTRUCTION OF PERSONAL MORAL AESTHETIC EDUCATION SYSTEM BASED ON PSYCHOLOGICAL AESTHETICS

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Aesthetic psychology is a comprehensive analysis of the aesthetic process. Only by comprehensively understanding the aesthetic activity itself can the purpose of improving the effectiveness of moral education be realized. The mental health status of college students is not optimistic, and the mental health education curriculum is the main channel to improve the health level of Dali. The problem-oriented mental health curriculum system is not conducive to establishing a positive view of mental health for college students. Through combing the relationship between aesthetic psychology and mental health, this paper believes that the concept of psychological health education for college students based on aesthetic psychology should be constructed. To ensure the directional guidance of aesthetic activities and build the affinity of personality beauty. So as to realize the transcendence of moral utilitarianism syndrome in the subjectivity of moral education practice.

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INVESTIGATION AND RESEARCH ON CHILDREN'S FEAR IN PRESCHOOL EDUCATION

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Children's fear refers to the specific abnormal fear of children at different stages of development. It is manifested in excessive fear of general objective things and situations in daily life, and avoidance and withdrawal behavior. Generally speaking, middle class children should not have this phenomenon again, but crying occasionally occurs due to their different personality or ability to adapt to the environment. Relatively speaking, the duration of this type of crying is very short. Teachers can communicate with each other with a little intervention. With the growth of age, children's need for communication is becoming stronger and stronger. They want to communicate with others. But because of the doting of parents, child the tendency of "self-centered" is very serious, which makes them make frequent mistakes in communication, so crying often occurs in the process of communication. This paper understands some characteristics of primary school students' emotional development, and is concerned about the emotional understanding of children in large classes in kindergartens. In addition, please realize the significance of psychological learning to teaching method learning. For example, the order of emotional cognition reminds us to start from the perspective of children's emotional development Design corresponding contents.

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INVESTIGATION AND ANALYSIS OF PSYCHOLOGICAL TUTORS IN GUIDING POSTGRADUATES' SOCIAL PERSONALITY EDUCATION

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As the highest stage of higher education, graduate education shoulders the important task of cultivating high-level professionals for their families in the process of building an innovative country. At present, China's higher education and society are in a period of rapid development. Graduate students are also facing many pressures in their studies and employment. The resulting psychological problems are also gradually increasing. In recent years, behavior problems caused by social personality problems have occurred from time to time. Therefore, domestic scholars pay more and more attention to the study of Postgraduates' social personality. Although the main body of the graduate student group is in good mental