

times and the "new force" to promote social development. Its importance and influence are self-evident. Since the 18th CPC National Congress, new media management has been raised to the national strategy. And launched a series of policies to strengthen the management of new media. As a relatively special social organization, new media has unique rights. This paper studies and analyzes that new media practitioners also have certain professional advantages and play a leading role in guiding public opinion. At the same time, it analyzes the products of instrumental rationality in the process of the overall operation of society. The various manifestations of current media culture can also be regarded as the by-products of instrumental rationality in the overall operation of society.

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THE RELATIONSHIP BETWEEN EMOTION REGULATION IN CLASSROOM TEACHING AND PSYCHOLOGICAL COMPATIBILITY OF TEACHERS AND STUDENTS

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With the gradual implementation of curriculum standards at all levels and types of schools in China and the deepening of educational psychology research, people have become aware of the important role of emotional factors. The influence of teachers' classroom teaching emotions on teaching effectiveness is very important. The classroom is a place where life meets and hearts meet; the classroom is a place for questioning and asking questions, a platform for dialogue and exchange; the classroom is the place where the influence of education is most concentrated and profound. And such a classroom is generated, cannot be preset, and especially requires the educational wisdom of teachers. Teachers impart not only knowledge to students, but also emotions, emotions and feelings. This paper proposes a teaching model for emotional regulation, aiming to implement the idea of quality education, explore a complete and humanized teaching mode that is consistent with quality education, and cultivate talents with healthy physical and mental development. In order to verify the feasibility and effectiveness of this model in university teaching classroom teaching, the teaching intervention of emotion regulation teaching mode is studied by comparing questionnaires against on-site teaching experiments before and after. The results show that the emotional regulation teaching mode has a significant effect on improving students' ability to innovate; emotional regulation teaching is easier to create an atmosphere of emotional integration between teachers and students and between students than the traditional teaching mode, creating a pleasant, relaxed and harmonious teaching environment, and greatly improving the teaching effect.

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THE INFILTRATION OF MEMORY THINKING IN ENGLISH TEACHING, PSYCHOLOGICAL PRACTICE VALUE AND METHODS AND STRATEGIES

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Now China's education reform has begun to be carried out in a more in-depth direction. Both social and educational departments pay more and more attention to students' mental health growth. Therefore, in this context, what English teachers in junior middle school should do is to take quality education as the center and combine the actual situation of students to create a scientific and effective goal of psychological quality. At the same time, in the process of English teaching, teachers should also try to use a series of ways such as suggestion and counseling to improve students' psychological quality. Promote the development of students' mental health, so that students can form excellent and healthy mental quality in this process. But now some English teachers in junior middle school think that their teaching task is to explain the knowledge points, and they don't pay too much attention to the penetration of mental health education, which is not conducive to the mental health development of students.

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MECHANISM OF THE INFLUENCE OF SPORTS LEARNING INTEREST ON MENTAL HEALTH BASED ON THE BACKGROUND OF BIG DATA

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Physical learning interest is the basic requirement for learners' psychological hobbies and physical exercise activities. It is a key variable that affects the effect of sports teaching and is the main motivation for learners to actively engage in physical exercise. Interest in physical education is also a hot topic in basic theory and practical teaching that education researchers have been concerned about for a long time in recent years. The purpose of this paper is to study the mechanism of the influence of physical education interest on students' psychological function based on the background of big data. On the basis of a comprehensive study of students' psychological situation, physical education interest and its nature, a questionnaire survey method is used to investigate the physical education learning of Qiongtai Normal University. A questionnaire survey was carried out on interest and students' mental health, so as to explore the influence mechanism of physical education interest on students' psychology. The research results show that there is a positive correlation between the interest in sports learning and the psychological state of students, that is, the higher the interest in sports learning, the better the psychological state of the students.

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RELATIONSHIP BETWEEN SPORTS AND MENTAL HEALTH OF SENIOR HIGH SCHOOL STUDENTS

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The development of high school education and talent cultivation can not only rely on classroom education, taking into account physical exercise to make students have abundant energy to learn, at the same time, but also concerned about students' mental health to ensure the balanced development of students' education. With the development and progress of the society, more and more schools and parents attach importance to the physical exercise of senior high school students, hoping that through a reasonable way to exercise and mental health has received more and more attention from all walks of life. Sports not only can improve the body function, enhance immunity, also can promote the psychological health, so this article to high school students as the research object, by digging a school high school physical education and psychological education of the implementation of the status quo, correlation between sports and mental health are analyzed, and puts forward some countermeasures to promote the students' physical and mental health, and, in turn, help students form good habits of physical training, Improve students' physical and mental health.

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INTERACTIVE MODEL OF COLLEGE STUDENTS' MENTAL HEALTH AND SPORTS

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Physical health and mental health affect each other. Physical health is the base of mental health, good physical health is conducive to the development of mental health, and On the contrary, mental health has a good role in promoting physical health. The purpose of this paper is to study the interaction mode