

induced emotion questionnaire was used to test the effects of college students' physical exercise on their emotions. The results showed that college students could actively participate in stimulating their vigor and enjoyment, and adjust their physical and mental calmness. However, college students should also reasonably arrange and adjust the amount and intensity of exercise, adjust the duration of exercise, and avoid sports injury caused by sports fatigue. For students who participate in less daily exercise, we should strengthen physical health education and encourage them to participate in physical exercise, so that college students can not only master certain professional knowledge, but also have a healthy physique, have a positive mood and good quality, complete their studies, go out of school with excellent results and healthy body and go to society.

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COLLEGE STUDENTS' SELF COGNITIVE IMPAIRMENT AND REQUIREMENTS FOR EDUCATORS

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Background: College students' self-cognitive impairment is an important issue concerned by college students' mental health education. Psychological cognitive impairment mainly includes inferiority complex, pride and vanity. The main causes of college students' self-cognitive impairment are college students' self-positioning errors, the negative effects of family members and the negative effects of social external environment. Maintaining a healthy psychology requires college students to correctly locate themselves, do a good job in self-regulation, require family members to exercise self-discipline, continuously strengthen the construction of campus culture, optimize the atmosphere of public opinion, and establish a corresponding system to protect college students' mental health. Cultivating college students' good psychological quality is an important content of college students' education, but the current situation of college students' psychological quality is not optimistic. It can be said that if college students' self-awareness is correct, other psychological problems will be relatively easy to solve. on the contrary, it will induce many other psychological problems. Therefore, it is particularly urgent to analyze the current self-awareness of college students, find problems in time and take appropriate measures to solve psychological obstacles. At the same time, colleges and universities should strengthen the construction of college students' mental health education teachers and improve the mental health level of mental health education staff. We should train and improve the theory and methods of mental health for college educators and managers in various ways and ways, so as to realize the combination of macro and micro mental health education for college students. Strengthen the training of students' managers' professional knowledge of mental health, and establish a student management team with both students' work experience and mental health knowledge. In addition, colleges and universities should strengthen teachers' psychological counseling, and carry out it at the same time with students' mental health education, so as to strengthen teachers' understanding of the importance of mental health through a variety of ways and means.

Objective: Educators should pay attention to the ideological trends and psychological changes of college students. The current society is a highly developed society with fast information transmission. People's ideological exchange is more frequent. College students are in the era of information explosion. The exchange of various cultural ideas has a different degree of impact on college students directly or indirectly. The thought of college students is in the formation period. Educators should pay attention to the ideological dynamics of college students in time and actively guide college students to establish a correct outlook on life, world outlook and values. The psychological status of college students is constantly changing. Educators should strengthen the monitoring of the ability and health status of college students. In different periods, targeted investigations should be carried out, especially for events with significant psychological impact, timely investigate, master the psychological status of students, and take different measures for possible psychological problems in different periods, solve the psychological problems of college students in time.

Subjects and methods: Six criteria should be considered to evaluate the mental health level of college students: normal intelligence, emotional health, sound will, complete personality, correct self-evaluation and harmonious interpersonal relationship. A questionnaire survey was conducted on 300 students in a university. The forms of questions include open-ended and closed-ended questions, including factual questions, opinion questions, embarrassing questions and hypothetical questions. The survey found that a considerable number of students have varying degrees of self-cognitive impairment, which accounts for about 35% of the survey. Among many self-cognitive disorders, mainly include the bad psychological state of pride, inferiority and vanity. The 300 students were equally divided into experimental group and control group according to the questionnaire results. The same teacher was used. The experimental group and control group were used mental health professional knowledge communication and general communication respectively. In the process of communication, treat every student equally and actively solve students' problems. After the experiment, the mental state and psychological emotion of college students were counted, and then the students in the experimental group and the control group were investigated and analyzed by means of questionnaire, so as to get the effect of college students' self-cognitive impairment and the requirements of educators.

Results: The survey results use four grades 1-4 to quantify the influence values of specific factors. 1 means irrelevant, 2 means slight influence, 3 means extraordinary influence and 4 means special influence. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation value of 300 people is adopted and taken as the average, and the results are rounded. The specific statistical table is shown in Table 1.

Table 1. Self-cognitive impairment of college students and its impact on the requirements of educators

Group	Intelligence	Emotion	Will	Personality	Self-evaluation	Interpersonal relationship
Experience group	1	4	4	3	3	4
Control group	1	2	2	2	1	2

Conclusions: Educators should actively participate in the solution of College Students' psychological problems and strive to create a good psychological environment for the solution of College Students' mental health problems. A good psychological environment will have a significant impact on the psychological behavior of college students. If a college student can easily get the support of educators, it will produce a positive psychological experience. Educators should look at today's college students from the perspective of development and change. The characteristics of college students in different times are different, and the evaluation standards should also be different. They should correctly understand the shortcomings and deficiencies of college students, and actively care for the mental health growth of college students. Adhere to the correct guidance of public opinion. A good atmosphere of public opinion can help college students improve their self-cultivation and taste and promote their mental health. Educational, cultural and scientific research institutes at all levels, news publishers and mass organizations should create good social public opinion for college students' mental health education. Social media should provide scientific information for college students, optimize the public opinion environment, put social benefits first, create a positive and scientific public opinion atmosphere, and create a good social living environment for college students. The media should make full use of their own advantages, give priority to encouragement and positive publicity, guide people with correct public opinion, and eliminate educators' prejudice and discrimination against college students. For example, we should report the deeds of advanced figures objectively and fairly, especially establish models and vigorously publicize the spirit of self-improvement of college students.

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ON COGNITIVE OBSTACLES AND TEACHING COUNTERMEASURES IN PEKING OPERA TEACHING

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Background: Beijing opera has a history of more than 200 years since its birth. Since ancient times, the inheritance of Peking Opera has always been famous for its strictness. Many children who learn Peking Opera from an early age bear great pain. Since ancient times, there has been the saying "one minute on the stage,