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APPLICATION OF SPORTS PSYCHOLOGY IN TRAINING AND COMPETITIVE COMPETITION

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Background: In sports competition, the changes of athletes' psychological state will lead to different competition results. Some athletes have stable training results, but they can't play in the competition. Some have mediocre training results, but they play beyond their level in the competition. These are all related to psychological factors. Sports psychology mainly studies people's psychological process when participating in sports, such as feeling, appearance, thinking, memory, etc., studies the psychological characteristics of relevant personnel in sports training process and sports competition, the psychological state before the competition, and the psychological training of athletes, so as to help coaches' athletes look for ways or methods that can make athletes reach the best psychological state. Therefore, this paper mainly discusses the psychological obstacles of athletes in training and competition, analyzes the problems, and puts forward solutions to the problems, so as to make athletes develop good psychological tolerance and ensure their due level in competition.

Objective: The purpose of psychological research is to improve the training effect and competition performance. Its main research object is athletes, but also includes giving coaches corresponding method guidance, but its focus is to study the psychological phenomena in sports training and competitive competition. Therefore, this paper mainly discusses and analyzes the psychological problems existing in sports mobilization in training and competition. At the same time, the corresponding solutions are put forward to make the athletes develop the quality of firm will, good psychological quality and the best competition state, so as to lay the foundation for excellent results.

Subjects and methods: Too nervous or anxious. Excessive tension and anxiety are the most common psychological reasons for the decline of athletes' competition results. Generally speaking, moderate tension helps to stimulate athletes' enthusiasm and initiative. However, too strong tension will affect the exertion of technical and psychological potential and reduce sports performance. There are many reasons for excessive tension, the most prominent of which is that in major competitions, due to heavy tasks and great influence, coaches' high expectations for athletes make athletes feel great responsibility, which increases the psychological burden, causes insufficient concentration of ideas in the competition, so as to affect the play of technology and make mistakes in action. In anxiety, the autonomic nervous system is highly activated. At this time, the activity of cardiovascular system is strengthened, the secretion of adrenal gland is increased, and the muscle contraction rate is decreased. If high anxiety persists or occurs frequently, it will lead to overall physical weakness. Athletes in a high anxiety state are very sensitive to external conditions and are prone to psychological abnormalities, which seriously affects the performance of athletes. Generally speaking, this kind of psychological disorder caused by tension and anxiety is higher before the game. With the gradual release of psychological energy in the game, the bad mood will be relieved. The emotional state after the game is related to the game results. If the results are bad, the tension and anxiety will rise in the next game.

Difficulty concentrating. Attention difficulty refers to those psychological activities are difficult to point to specific objects, attention cannot be transferred from one object to other objects, and attention cannot be allocated correctly. Chinese football players are often scored by their opponents at the last moment of the game, which is related to this psychological disorder. At the end of the game, after a long period of continuous and high-intensity concentration, the body and psychology have been very tired. At this time, there will be boredom psychologically, leading to distraction. Some athletes are too nervous due to unskilled technical essentials and lack of confidence. This situation will also cause attention disorder and make athletes unable to play their level normally. This psychological disorder is closely related to the athlete's personal will, endurance and perseverance. The more self-control athletes are, the more likely they are to minimize the impact of this psychological disorder.

Physical and mental fatigue. In training, if the training method is improper or excessive, it will cause physical and psychological fatigue. Physiologically, it is mainly manifested in fatigue, muscle pain or spasm, slowness of feeling, drowsiness, etc. Psychologically, it is disgusted, afraid, lax, nervous, slow response, etc. This is mainly due to the nervous fatigue caused by the excessive exercise load and the continuous exercise of athletes in the state of high intensity. In addition, the simplification of training content and training means, as well as the poor training environment, such as hot weather, high-pressure hypoxia, non-standard field

equipment, will cause tension, irritability, depression and anxiety and fatigue.

Accumulation of bad emotions. Competitive competition is a highly antagonistic sport. When athletes are in a disadvantageous position in the confrontation, they will have negative emotions such as impatience and anger. When this emotion accumulates to a certain extent, athletes will have aggressive psychology. In serious cases, it will even lead to the mobilization of athletes to ignore the competition rules and have the desire to directly attack others. We can often see this situation in football and basketball. If this emotion of athletes is not vented in the competition, they often bring it to the end of the competition. At this time, the referee, audience, coach or their teammates and sports equipment may become the object of their venting.

Results: Cultivation of willpower. As an excellent athlete, he has to endure a lot of hard work that ordinary people can't bear. Therefore, perseverance is essential. According to sports psychology, the process of will dominating action is firstly the generation of motivation, secondly the establishment of action purpose, thirdly the choice of action methods and strategies, and finally overcoming difficulties and implementing decisions. Therefore, in training, we should carry out targeted training and training according to the above points, strengthen the education of purpose and motivation, and enable them to establish the sports ideal of pursuing higher, faster and stronger. At the same time, we should consciously organize the athletes' behavior practice, so as to receive the results of active exercise and improve the athletes' will quality of hard-working, perseverance and hard work. For example, in training, gradually improve the difficulty and amount of training. With the increase of difficulty and amount of exercise, athletes are required to strive to complete the training task through corresponding will. In the case of fatigue, coaches add new training contents according to the exercise load that athlete can bear, and require athletes to overcome physical and psychological difficulties to complete these tasks. In this way, it is not only conducive to cultivate the tenacity and tenacity of athletes, but also see their own success and enhance their self-confidence from training. In this process, coaches should pay attention to: (1) Training should be purposeful, planned, from simple to complex, so that athletes can obtain confidence and a sense of success. (2) Deliberately create difficult situations and difficult conditions to stimulate athletes' initiative and self-control to overcome difficulties. (3) The training results should be evaluated and strengthened in time to enhance the athletes' consciousness and enthusiasm in training.

Emotional self-regulation. (a) Reasonable venting. When emotions occur, there is a hidden energy in the human body, which must be released by emotional venting, otherwise it will be very unfavorable to the athlete's body and mind. This is why we often see athletes shouting when they are excited or angry. The ways of emotional catharsis are divided into direct and indirect ways. Athletes should choose appropriate ways of catharsis without harming others and themselves. (b) Proper control. Normal emotions need to be vented, while bad emotions need to be controlled. When athletes have bad emotions in the competition, they should first admit the existence of the emotion, then find out the reasons for the emotion, and finally seek appropriate ways to overcome it or avoid it. In general, the means for athletes to control bad emotions are: (1) Control personal emotions with their own rational understanding. (2) When strong bad emotions are generated, consciously distract and relieve the emotions. (3) Some self-regulation methods are used to control emotions, and the psychological process is used to affect the psychological process, so as to achieve the effect of relaxation and calm, and relieve the tension and anxiety. Such as Qigong, yoga, etc.

Cultivation of self-confidence. Athletes cannot always achieve ideal results when participating in the competition, and they will inevitably suffer setbacks and failures. If athletes lack confidence in themselves, they will have great emotional fluctuations, which will inevitably affect the improvement of sports performance. Therefore, coaches should use a variety of ways, such as evaluation, incentive and psychological suggestion, to affirm the performance of athletes, and praise their progress in time, so as to enhance athletes' confidence and improve their ability of self-psychological control. In addition, coaches should help athletes accurately understand their actual technical level and their advantages, make them correctly estimate their strength, make psychological adjustments, and provide a reliable basis for building firm confidence. As an athlete, we should have a correct view of failures and setbacks, recognize that having self-confidence is the key to overcoming failures and setbacks, set reasonable goals according to our own situation, train hard, improve our physical fitness and skills, and finally achieve our goals and achieve the purpose of enhancing self-confidence.

Psychological adjustment methods commonly used in training and competition. (1) Music relaxation. Some athletes are prone to depression and depression due to too much pressure before the competition. For these athletes, listening to music can effectively adjust their mood and help them concentrate. Different music plays different roles. Athletes can choose different music according to different moods and needs. (2) Attention regulation. When athletes feel nervous before or during the competition, athletes should take active measures to force their attention from things causing tension to some relaxed and pleasant things, such as chatting with teammates, doing some simple and easy sports, etc. When the mood tends to be stable, return your attention to the on-site competition. The specific means of diverting attention should vary from person to person according to the characteristics and reasons of athletes' emotional tension. In the usual

training, we should also implement this psychological training method and means, so that athletes not only have the experience of tension, but also have the ability of self-control of tension. (3) Recall method. When athletes do not play well in the competition, they should keep a clear mind, stabilize their emotions, systematically recall the learned technical actions and action essentials, form correct muscle perception, experience the physical feeling and emotional feeling at that time, and then actively find the correct feeling, so as to strengthen their confidence and restore their normal level. (4) Relaxation training method there are many methods of relaxation training, including gradual muscle relaxation, closing eyes and refreshing. Music relaxation, situational relaxation, language hint relaxation, etc., but the basic principle is to relax the muscles, calm the mind, calm the Qi and breathe evenly through mind control, so as to strengthen the inhibition and weakening of sympathetic nerve activities, so as to gradually relax the athletes from muscles to bone joints, from external senses to cerebral cortex. Through these specific relaxation actions, the whole body and psychological activities are in a relaxed state, so as to relieve tension, reduce psychological pressure, improve muscle sense and ability, and enhance the ability of self-regulation of emotions, so as to make athletes concentrate and prepare for the next training and competition with confidence.

Conclusions: To sum up, it is the psychological factors of athletes in training and competition and puts forward the corresponding solutions. Therefore, athletes should have the ability of self-adjustment in competition or training, constantly enhance self-confidence and cultivate firm will quality, so as to give play to their best competitive level and achieve excellent results in the face of higher, faster and stronger competitions.

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RESEARCH AND APPLICATION OF MUSIC PSYCHOLOGY IN THE INTEGRATION OF TRADITIONAL MUSIC CULTURE INTO MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: At the end of last century, educational reform set off an upsurge all over the world. The main purpose of educational reform is not only to make the national economy more adapt to social development, but also to constantly update and improve the current educational system, so as to be more competitive in the world. Nowadays, music education in colleges and universities all over the world has begun to reform in line with the trend of education reform. This reform is usually more systematic and holistic, not limited to the improvement and improvement of music discipline. Generally speaking, the main purpose of music education reform in colleges and universities is to enable students to re recognize the role and value of music courses, and to make the structure and standards of music courses in colleges and universities clearer and more reasonable. The connotation and extension of traditional music culture are extremely rich. In a specific context, it can be expressed as folk music culture, local music culture, national traditional music culture, etc. As a part of culture, the inheritance and development of traditional music has the functions of enhancing cultural identity, condensing national centripetal force the important value of improving national self-confidence. Music education in colleges and universities should take traditional music as the carrier, express the deep meaning of music through the ideas of music works, guide students to pay attention to their own traditional music culture and enhance national self-confidence. To study the inheritance and innovation of traditional music culture, we must closely combine traditional and modern perspectives, and colleges and universities as knowledge production, dissemination the important field of integration and innovation has unique advantages and conditions. Therefore, it is feasible and necessary to study the inheritance and innovation of traditional music culture from the perspective of music education in colleges and universities. As an important subject in music education, music psychology has not been paid attention to by the modern music education system. The absence of music psychology causes problems in the value and future development of music education to a certain extent. Based on the theoretical content and development of music psychology, it can be clear that it plays an important role in the psychological function of music, the formal structure of music works, the value of improving music education and artistic needs. Considering the unique value of music psychology education at the practical level with the concept of modern music education