

good campus sports atmosphere. (3) The self-regulation of physical exercise of girls is better than that of boys, and the content design ability of physical exercise increases with age. The overall ability of self-goal setting is relatively poor, especially for boys. Increase the types of sports, such as dancing, tennis, etc., so that students can choose the sports they are interested in according to their personal hobbies and physical conditions, so that students' interest in practice will certainly improve, practice will also be more active, can effectively improve the awareness of independent exercise, and lay a good foundation for lifelong sports.

The results show that on the whole, the students' consciousness of independent physical exercise is good, boys are better than girls in physical exercise attitude and emotion and independence, girls are better than boys in physical exercise self-regulation, senior students are better than junior students. The main influencing factors are personal, school, family and society.

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PSYCHOLOGICAL STATE OF TOURISTS AND COUNTERMEASURES AGAINST COVID-19

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Background: In the spring of 2020, COVID-19 broke out across the country, seriously threatening the safety of people's lives and property. The development of all industries almost came to a standstill, with tourism activities bearing the brunt. However, as the main body of tourism activities, the psychological changes of tourists have a great impact on the travel intention, which greatly impacts the tourism model and tourism benefits. The COVID-19 epidemic has gone through several different stages, including the initial outbreak, high incidence, normalization and post-epidemic era. Tourists' psychology has changed significantly, and the common manifestations include panic, anxiety, sensitivity, depression and compulsion. According to the calculation of China Tourism Academy, the number of domestic tourists will be negative growth by 15.5% in 2020, with a year-on-year decrease of 932 million. The domestic tourism industry was hit hard with a negative growth of 20.6 percent and a loss of 1.18 trillion yuan for the year. In order to adjust tourists' mentality quickly and restore the development of tourism, this paper analyzes the psychological state of tourists at different stages of the epidemic with the method of social investigation, finds out the main factors that affect tourists' tourism psychology during the epidemic, explores the impact of tourism psychology on tourism development and puts forward corresponding countermeasures.

Subjects and methods: In September 2021, some citizens of Huanggang city, which has been severely affected by the epidemic, were selected as the research objects, and questionnaires were generated online and conducted on the platform of Wenjuanxing. The questionnaire included the mood of tourists during the epidemic period, tourists' perspectives on the epidemic, tourists' travel patterns before and after the epidemic, changes in destinations, psychological changes at different stages of the epidemic and influencing factors. The questionnaire survey was conducted in two ways: Online filling by WeChat and QQ groups and offline filling by on-site visiting and issuing questionnaires. All respondents participated voluntarily. A total of 300 questionnaires were sent out, 287 were recovered, and 260 were valid, with an effective rate of 90.59%. SCL-90 scale tests the psychological state of tourists, including somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, psychosis and other nine symptom factors. If the factor score is more than 2, the investigated object is greatly affected by the above factors and has psychological problems. Based on the questionnaire survey data, mathematical statistics and cross analysis were used to study the psychological state of tourists and other related issues in the context of COVID-19.

Results and discussion: The study found that due to the repeatability of the epidemic and the multi-channel nature of transmission, some tourists have a bad mood. Tourism demand, travel mode and travel intention have undergone significant changes, as shown below.

Psychological state of tourists: The results of the questionnaire show that tourists will have stress reaction and chronic reaction when facing emergencies. In the early stage of major public health events, tourists tend to overreact and form self-protection mechanism, and their intention to travel is lowest at this time. The public health condition of the tourist destination has an important relationship with the tourists' health, and the quality of the public facilities of the tourist destination determines the tourists' psychological satisfaction. With the implementation of the normal management of the epidemic and launching of "new tourism" such as "De-ticketing" and "peace of mind travel", tourism industry in post-

epidemic era enters “Generation Z”. Tourism has seen a post-epidemic rebound, people’s negative psychology of anxiety and irritability and disappointment is gradually getting better, willingness to travel will also increase gradually, even generate impulse or retaliatory travel behavior. In the post-epidemic era, it is necessary to guard the psychological defense of tourists. People’s mental health is not only an important factor to maintain social security and stability, but also a key link to restore market order and revive consumer confidence after public emergencies.

Overall, 75.38% of respondents believed that post-EPIDEMIC tourism activities had been recovered to a certain extent and the public mood was good. Twelve percent of respondents believe that post-COVID-19 tourism activities have fully recovered. 9.23% of the public are still anxious about the development of tourism activities, and only 3.8% of the surveyed tourists have lost confidence in traveling due to the impact of family life cycle and family burden. With the gradual recovery of tourist confidence, people have different attitudes towards the frequency of post-epidemic travel. As for whether the frequency of travel will be increased after the epidemic, 56.15% of respondents said they would definitely increase, 38.46% of respondents kept the frequency of travel unchanged, and the remaining 5.39% said they would reduce the frequency of travel.

From the perspective of individual psychological analysis, the willingness of some tourists to travel was high in the early stage of the outbreak, while their willingness to travel decreased when the epidemic became normal and in the post-epidemic era. This is because at the early stage of the epidemic, tourists are more eager to travel or stay away from the epidemic area due to their resistance to the epidemic control policy. However, in the normalization of the epidemic and post-epidemic era, the decrease of travel intention is mainly due to the fact that tourists pay more attention to the environmental safety of tourist destinations after the epidemic, which indicates that major social health events will trigger people’s view of the relationship between man and nature. Post-epidemic traffic conditions, holiday conditions, and the level of quarantine infrastructure in tourist destinations will also affect people’s travel plans.

Main influencing factors of tourists’ psychology: During the epidemic, tourists’ psychology is affected by many factors. These include basic factors such as gender, age, education level, economic income and location. In addition, personality factors such as tourists’ psychology, number of tourists in tourist destinations, epidemic prevention and control safety index of tourist destinations, degree of social support, knowledge of disease, credibility of government and transparency of all kinds of media information contact also influence tourists’ psychology to a certain extent. The number of tourists in tourist destinations and the epidemic prevention and control safety index in tourist destinations are two important factors influencing tourists’ travel during the epidemic period.

Tourism psychology is affected by the epidemic stage. Outbreak early and high-risk stage, tourism industry has huge impact while at a standstill, tourists in the face of sudden emergencies have strong psychological defense mechanism, combined with government strict epidemic prevention and control measures to limit the flow of population, under the influence of many factors makes the tourists to tourism activities have a great sense of loss. In the normal and post-epidemic stage, this sense of absence urgently needs to be satisfied, so the psychology of seeking compensation arises. Driven by this psychology, tourists expand and renew their lives through tourism, so as to get freshness, and improve their self-evaluation and satisfaction through tourism activities. According to relevant tourism data, during the May Day holiday in 2020, the number of traffic trips increased by 353% from the previous month, the total number of trips increased by 282%, and the ticket sales of scenic spots increased by 94% from the previous month, indicating that the compensation psychology of tourists for tourism activities is reflected in the explosive growth of tourism data after the epidemic.

Tourist psychology is affected by the safety of tourist destination. The psychology of seeking safety is the common psychology of every tourist when they travel. Post-epidemic tourists’ demand for safety will be stronger than ever, and it is reflected in all aspects of tourism elements. Tourists will pay more attention to food and beverage health, question the sanitation and disinfection of accommodation environment, consider the density of travel and safety guarantee, choose areas with less risk or no risk as tourist destinations, and have safety concerns or awareness in any link of tourism activities than before. According to relevant data, 89.13% of Chinese people chose to travel within the country against the background of the epidemic. In China, the majority of people choose to travel within the province or outside the city, while only 4.62% of them choose to travel abroad. 10% of them choose cloud travel. The closer you are to the worst-affected areas, the more likely you are to be infected with pneumonia, and the fewer tourists you will visit. However, domestic areas with better epidemic control and surrounding areas with higher safety index have become the choice of many tourists.

Tourist psychology is affected by individual difference of tourists. Tourism is not only an active behavior, but also a forced behavior. The huge pressure and mental tension brought by the epidemic have caused psychological fluctuations among tourists, and the psychological changes of tourists are also

different due to differences in age, gender, occupation and income. For example, compared with men, women were more cautious about tourism activities in the early stage of the epidemic and showed a longer period of psychological adaptation. Groups with stable income are more eager for tourism activities than those with unstable income.

Main impacts of tourists' psychological state: (1) For tourists, they are prone to psychological phenomena such as low mood, anxiety and anxiety due to long-term closed management and few entertainment items during the epidemic period, and have certain negative effects on their physiological state. According to the survey, 75.38% of them can return to normal life in the post-epidemic era. However, under the influence of the slow recovery of tourism economy and relevant epidemic prevention and control measures, people's increasing demand for leisure travel conflicts with the current situation of prevention and control and safety measures. The implementation of relevant policies brings inconvenience to tourists and cannot meet their needs. On the other hand, the post-epidemic lifestyle may hinder interpersonal communication to some extent, which may lead to new communication problems and have a great impact on both physical and mental development. (2) For tourism enterprises, under the influence of policy support and situation, the tourism industry starts to resume work and production. At first, due to the negative psychological factors of tourists, the recovery of tourism industry is slow, tourism enterprises as a whole are still not out of the difficult situation of capital turnover, tourism industry chain cannot achieve dynamic balance, some enterprises face layoffs, bankruptcy crisis, severe employment problems and other social instability factors affect the psychology of tourists. Age residents travel will increase after the outbreak, but because of severe epidemic situation abroad, the domestic parts of resurgence, visitors pay more attention to travel security, tourists travel way, choice of destination tourism travel factors have occurred great changes, which affect the further development of regional tourism enterprises, at the same time means that the traditional tourism enterprises facing elimination crisis, "Internet plus", "tourism cloud" and other tourism methods have been gradually promoted and received good social response. Tourism enterprises have burst into new opportunities and challenges, and at the same time have greater prospects for development. (3) For the society, tourists' travel is the basis of wealth accumulation and material reproduction in tourist reception areas, which affects the development of local per capita GDP. Tourists' resistance to travel, anxiety and anxiety have a negative impact on travel and consumption to a certain extent, which is not conducive to the development of regional tertiary industry. In addition, the negative psychology of tourists and related measures will make the government management face new problems. The psychological change of tourists will also bring influences on politics, economy, culture and other aspects. These macro influences will further react on the society and actively change the social appearance. Meanwhile, the change of travel intention will lead to the formation of new behaviors and habits, which will further change people's life and affect people's study and work. How to ensure tourists' safe travel is still the core factor to rebuild tourists' confidence in tourism. (4) For other industries, the psychological state rehabilitation treatment of tourists will produce certain expenses, and promote the economic development of psychological counseling industry to a certain extent. Compared with the tourism industry, other types of service industries will also bring great economic losses due to the small number of person-times and demands of consumers. At the same time, tourists travel less due to the psychological needs of safety, which to some extent promotes the innovation and development of the Internet, virtual network technology and other industries.

Main countermeasures: (1) Attaching great importance to the crisis and building confidence. In recent years, China's tourism industry has developed rapidly, almost in a geometric progression in the rapid growth. However, this sudden event brought China's tourism industry not only the epidemic itself and the tourism industry's own characteristics caused by the impact, but also China's tourism industry in the development of the ability and way to deal with emergencies. In the face of the epidemic, we should have firm faith, turn crisis into opportunity, take precise measures and think forward. We can adopt the strategy of "easy before difficult", "inside before outside", "differential treatment" and "regional start-up". We should plan ahead and forge ahead to jointly overcome difficulties and recover the development trend of China's tourism industry in a short period of time. (2) Introduce supportive policies to overcome psychological barriers. In order to promote the high-quality development of post-epidemic tourism, it is necessary to improve the tourism-related mechanisms at the height of national public health system construction. In the fight against the epidemic, many measures have been taken to promote regular prevention and control and scientific resumption of work and travel, which has accumulated valuable experience. However, mechanisms need to be improved in the following aspects: Accelerating the establishment of inter-departmental, trans-regional and transnational joint prevention and control mechanisms. Accelerate the improvement of the tourism system of industrial and public health monitoring and early warning mechanism. Innovate the information mechanism of regular public health prevention and control in tourism industry. Innovate and perfect the supporting mechanism of public health

emergency management. To study how to realize the revitalization mechanism of post-epidemic tourism development. (3) Develop revitalization plans to raise the “temperature” of tourism. Tourism is an activity with frequent social communication and based on personal experience and perception. The development of tourism activities should bring health, safety, urban governance, crisis management, people’s livelihood care and other factors into the tourism planning, and establish a tourism crisis management system and tourism crisis evaluation program. Tailored tourism recovery plans should be developed for different regions, different market segments and different tourism recovery time stages according to epidemic risk levels and tourism dependence. Actively develop tourism products according to tourists’ psychology and needs, boost the development of regional tourism, cultural tourism, red tourism, health tourism and so on. Interactive media will be used to show orderly governance and concern for people’s livelihood, as well as “people, scenery and emotions” to prepare for the recovery of tourism after the epidemic. (4) Improve tourism services and boost industrial transformation. The company must grasp the public’s consumer psychology of life and health, environmental protection, science and technology, medical care and health care, and strive to turn “crisis” into “opportunity” while carrying out epidemic prevention and control. Design high-quality tourism products and services by integrating online and offline resources. Hotels and catering companies can also benefit from providing quarantine services. Travel agencies and tourist destinations can develop eco-tourism, health tourism, medical tourism, green tourism, science and technology tourism as the theme of tourism products to promote the release of tourism consumption.

Conclusions: The COVID-19 epidemic will have a significant psychological impact on travelers. In the early stage of the epidemic, the outbreak stage, the post-epidemic stage and the normal prevention and control stage, there are significant differences in tourists’ psychological states, from anxiety, irritability, disappointment, and fear to caution, caution and acceptance. The formation and change of tourists’ psychological state are influenced by complex factors, including gender, age, education level, economic income, location and other basic factors. It also includes personality factors such as tourists’ psychology, number of tourists in tourist destinations, epidemic prevention and control safety index of tourist destinations, degree of social support, knowledge of disease, credibility of government, and transparency of information contact of various media. The psychology of tourists caused by the epidemic has a negative impact on tourists themselves, tourism enterprises and social and economic development. Preventing and controlling the epidemic in the whole process of tourism, overcoming psychological barriers of tourists and developing tourism products adapted to the new requirements of regular epidemic prevention will become the development direction of tourism under the situation of regular epidemic prevention.

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THE PRESENT SITUATION AND IMPROVEMENT STRATEGY OF RURAL PRESCHOOL TEACHERS’ MENTAL RESILIENCE

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Background: Due to the particularity of the education objects that rural preschool teachers face, the education activities are complicated and meticulous, and they shoulder heavy safety responsibilities. At the same time, some rural preschool teachers’ teaching methods lag, the backward teaching concept, faith is not high, this leads to the rural preschool teachers common psychological stress, job burnout, prone to such problems as lack of professional happiness, career anxiety, affecting their professional growth, negative psychological condition not only affects the mental health status of preschool teachers. It will also have a negative impact on the quality of kindergarten and the improvement of education and teaching level. In the face of adversity, some preschool teachers can adjust their mentality in time and comfort themselves to continue to work, while the other part of preschool teachers cannot transform the pressure into the motivation to move forward in time, long backlog, easy to suffer from psychological diseases. The improvement of psychological resilience can reduce job burnout, reduce job anxiety, improve self-efficacy, and thus reduce stress. As a “positive psychological trait” proposed in positive psychology, resilience plays an important role in the physical and mental development of individuals in adversity and adversity.