

instrument. Heart rate was measured by the corresponding N lead. The positive pole of the cable was connected to the left lower limb, the negative pole to the right upper limb, and the reference pole to the right lower limb (experimental parameters: filter frequency LKHZ, sensitivity LMV, time constant.2s). The skin electrical measurement electrode was positioned at the positive and negative poles of the inner acupoint and The Lao Gong acupoint, and the reference electrode was attached to the inner side of the right calf (experimental parameters: filter frequency LKHZ, sensitivity 500UV, time constant 1s).

**Results:** Comparison of heart rate and skin electricity under different aesthetic experiences in aesthetic psychology. The response values of subjects under different musical backgrounds were compared and analyzed with baseline values. The results showed that under the background of music, the heart rate of all styles of vocal music was decreased, comedy and magnificence were significantly lower than the original baseline value (comedy response value =  $74.67 \pm 4.78$ ,  $P = 0.00$ ; Splendor =  $74.57 \pm 2.76$ ,  $P = 0.01$ ), tragedy was close to significant (response =  $76.751.16$ ,  $P = 0.07$ ). Under the visual stimulation, the heart rate of the subjects decreased when they watched the vocal music works of different aesthetic psychology styles. The heart rate was significantly lower in comedy (response value =  $74.68 \pm 7.36$ ,  $P = 0.009$ ) and sublime (response value =  $75.66 \pm 5.13$ ,  $P = 0.02$ ). The heart rate changes of comedy and grand style were more significant than that of tragedy ( $77.23 \pm 6.71$ ,  $P = 0.541$ ) and grace ( $77.59 \pm 7.88$ ,  $P = 0.58$ ). In contrast, negative vocal music significantly increased the heart rate of the subjects (baseline value: heart rate =  $78.89 \pm 0.70$ , response value =  $83.85 \pm 0.16$ ,  $t = -2.18$ ,  $P < 0.05$ ), and there was also a significant difference between negative vocal music and other aesthetic psychological conditions,  $F(4,27) = 8.64$ ,  $P < 0.05$ . The statistical results are shown in Table 1.

Music, regardless of aesthetic type, showed a decrease in response to electro dermatitis compared with baseline (comedy =  $-16.02 \pm 50.95$ ; Tragic response =  $-1.34 \pm 12.65$ , graceful response =  $-2.23 \pm 14.94$ , magnificent response =  $-3.59 \pm 23.54$ ), among which, light and cheerful music induced significant difference ( $P = 0.03$ ). When visual vocal music was presented (baseline =  $0.98 \pm 6.54$ ), electrodermal response values also decreased (comedy response =  $-10.45 \pm 48.17$ ; Tragedy response value =  $2.53 \pm 10.81$ , beautiful =  $1.97 \pm 8.81$ , grandeur response value =  $0.73 \pm 20.09$ ), but the difference is not significant. However, the electrodermal level of negative vocal music was significantly higher than that of other vocal music ( $F(4,27) = 20.81$ ,  $P = 0.000$ ).

**Table 1.** Main effect analysis of heart rate and skin electricity by different vocal work styles and channel types.

Source of variants	SS	Df	MS	F	Error $n^2$	Statistical test force
HR vocal work style	353.81	3	117.94	6.01	0.078	0.956
Vroral work vocal errors	4178.14	213	19.62	-	-	-
Channel type	317.85	1	317.85	0.84	0.012	0.147
Channel type error	27006.9	71	380.38	-	-	-
Vocal works style x channel type	58.47	3	19.49	0.99	0.014	0.269
GSR vocal work style	6418.38	3	2139.46	3.06	0.042	0.712
Vroral work vocal errors	146706.32	210	698.6	-	-	-
Channel type	9.77	1	9.77	0.01	0	0.051
Channel type error	82436.32	70	1177.66	-	-	-
Vocal works style x channel type	410.43	3	136.81	0.19	0.006	0.1

**Conclusions:** The aesthetic experience of vocal music, which is divided into four categories of beauty, beauty, tragedy and comedy, belongs to the category of positive emotions. The autonomic physiological response induced by them is similar to that of positive emotions, and the heart rate and skin electrical response induced by them are significantly lower than that of negative emotions. The aesthetic experience of vocal music works is different from the positive emotion. The aesthetic experience of vocal music works makes the heart rate and skin electricity decrease, and has a higher physiological relaxation effect, while the positive emotion does not necessarily have this reaction. The relaxation effect of comedy vocal music works is the most significant.

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## AN ANALYSIS OF THE EFFECT OF FOOTBALL ON THE MENTAL AND EMOTIONAL

## STRESS INDUCED BY COLLEGE STUDENTS' EXERCISE

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**Background:** Emotion is the attitude and experience of objective things and the corresponding behavioral reaction. When objective things or situations meet the needs and desires of the subject, positive emotional experience can be induced. On the contrary, when objective things or situations do not meet the needs and desires of the subject, negative and negative emotional experience will occur, that is, when people are stimulated by the situation, after judging whether they meet their own needs, the subjective experience of behavioral changes, physiological changes and attitudes to things will be generated. Emotion is composed of subjective experience, external performance and physiological arousal. In the field of psychological research, emotion has always been regarded as an important factor affecting human behavior, and plays an important role in interpersonal communication, attitude change, job performance and even learning and memory. Physical exercise can not only transfer unpleasant consciousness and emotions, make people get rid of trouble and pain, and bad emotions can be catharsis, conducive to the regulation of brain activity. Physical exercise can also increase interpersonal communication, change the mentality of loneliness, depression and inferiority, so that the whole nervous system can be mediated, so as to maintain mental health.

**Objective:** This paper discusses the emotional induction induced by exercise in college students and provides scientific basis for health education of college students.

**Subjects and methods:** 200 students from a school, aged from 20 to 22 years old, were selected. Before the test, the subjects had carried out intensive training for one month, and they could understand the key movements and skills of football accurately and skillfully.

**Study design:** The questionnaire was distributed to 200 college students, 200 of which were attacked, and 197 of which were recovered, with a recovery rate of 98.5%. The Exercise-induced Feeling Inventory (EFI), developed by Cauvin and Rejeski, consists of 4 subscales, namely, energy stimulation, calmness, physical exhaustion and positive engagement, each of which has 3 items and 12 items. The e scale was tested by structural formula model and showed good structural validity. The internal consistency reliability of the scale was as follows: vitality excitation subscale (0.78), physical and mental calm subscale (0.80), physical fatigue subscale (0.72) and active involvement subscale (0.74). It shows that its internal consistency is high. The emotional feeling degree of this scale is divided into 6 points by the feeling of no feeling at all and very strong feeling, and the score range of each subscale is 0-15 points. Use the unified instruction language, let the subjects complete the questionnaire independently, and take it back on the spot.

**Methods:** All data were statistically analyzed and t test was used.

**Results:** Energy stimulation refers to the ability of physical activity or exercise to restore and stimulate one's energy. It includes three factors: mental stimulation, high energy and rejuvenation. Physical and mental peace refers to the physical activity or exercise can make people calm, including calm, relaxation, peace of three factors. Physiological exhaustion is the normal phenomenon that the movement ability that points to body activity or take exercise to be able to make the person and body function ability appear to drop temporarily, include fatigue, tired out, exhausted 3 factors. Active involvement includes passion, happiness and pleasure. In the field of exercise psychology, most studies have focused on the effects of long-term exercise. At present, many psychologists have begun to pay attention to the immediate effects of physical exercise; It is believed that the changes experienced in physical exercise can promote mental health to some extent. People's subjective state during exercise and after exercise can be used to predict the lifestyle of maintaining physical exercise. The statistical results of the obtained data are shown in Table 1.

**Table 1.** Statistical results of data (The average value±variance).

Emotion	Energy stimulation	Calmness	Physical exhaustion	Positive engagement
Value	12.13±2.15	8.17±3.58	7.51±2.72	12.25±2.94

Table 1 shows that in the exercise-induced emotion questionnaire after football practice, the net score of vitality stimulation and active involvement indicates that one-time football practice can restore and stimulate people's spirit and produce a good emotional awakening effect.

The research on the relationship between physical activity and mental health in exercise psychology

mainly focuses on the emotional latitude of mental health, which is not only because of the core position of emotion in mental health, but also because of the most intuitive psychological effect reflected by physical activity or physical exercise. As for the immediate effect of activating vitality and positive engagement after football practice, we analyzed that this might be related to the improvement of mood state, the decrease of anxiety level, and the reduction of stress and tension after football practice.

**Conclusions:** Using the Exercise-induced Feeling Inventory, this paper tested the influence of college students' physical exercise on their emotions, and the results showed that under the football exercise, college students could be actively engaged, stimulate their energy, thus obtain pleasure, and regulate the physical and mental peace of the athletes. However, college students should also reasonably adjust the amount of exercise and exercise intensity, adjust the duration of exercise, to avoid sports fatigue and sports injury. For students daily participate in exercise less, must strengthen the sports health education, encourage them to take part in physical exercise, students can master certain professional knowledge, and have a healthy body, a more positive emotions and good quality finish, with honors, healthy body out of the school, to the society.

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## A NEW MODEL OF COMBINATION OF HEALTHY PSYCHOLOGY AND IDEOLOGICAL AND POLITICAL EDUCATION GUIDANCE

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**Background:** With the increasing demands of the society on students, the increasing pressure of competition and employment, the expansion of colleges and universities and the influence of their own growth environment, the psychological problems of students who are the favorites of heaven have gradually become prominent, and the education of students' mental health cannot be delayed. Because ideological and political education has its own limitations, it is difficult to effectively deal with the problems faced by students by simply conducting ideological and political education through colleges or instructors. Therefore, it can be effectively combined with health psychology to relieve students' psychology.

Of course, the mental health education of Chinese students is still in its infancy, and a new model combining health psychology and ideological and political education guidance has already begun. Some schools are equipped with an appropriate number of full-time psychological teachers, offer courses on student mental health education, set up student psychological counseling rooms, establish student mental health files, and ultimately enable students' mental health education to be effectively implemented. Some schools also use moral education workers, and psychologists provide part-time psychological education. Among these workers related to student mental health education, many have systematic psychological knowledge, understand the laws of student psychological development, and at the same time master the basic principles and methods of psychological counseling, as well as certain psychological measurement techniques. In this way, good results have been achieved in the practice of mental health education and psychological counseling.

**Objective:** The educational goals of ideological and political education and mental health education are all aimed at enabling students to establish a healthy and positive outlook on life, world outlook, and values; both are aimed at enabling students to grow up healthy and happy through education. But there is still a difference between the two: ideological and political education is based on the country's political stand, economic interests and ideological requirements to exert ideological influence on students in an organized, purposeful and planned manner, and guide them to establish a correct world view and be positive. His outlook on life and lofty values. So as to lay the ideological foundation for cultivating socialist qualified successors, this kind of education is usually the same as the previous part, that is, the basic standards that everyone should know and achieve are macroscopic. Mental health education is more from a personal perspective, that is, based on the growth laws and needs of students, combined with effective technical methods such as psychology, ethics, and medicine, to conduct students' personal cognition, emotional state, and psychological quality. Adjustment. Because everyone's personality and growth environment are different, mental health education pays more attention to the personal perspective, which is microscopic. Therefore, it is necessary to establish a new model combining health psychology with ideological and political education guidance. In order to improve the overall quality of students.

**Subjects and methods:** The new model of combining health psychology with ideological and political education guidance can help students practice correct learning concepts and establish knowledge and