

physical education teaching mode, analyze the advantages and problems of the online and offline hybrid physical education teaching mode, and put forward the optimization strategies and suggestions for the reform of college physical education curriculum on this basis. The research adopts the method of random cluster stratified sampling, and 120 college students are selected for comparative experiment. The experimental objects are randomly divided into offline teaching group, online teaching group and mixed teaching group. The offline teaching group adopts the traditional face-to-face teaching form, while the online teaching group adopts the combination of online class and video teaching, The mixed teaching group adopts the online and offline mixed physical education teaching mode for physical education. The comparative experiment lasts for 3 months. During the experiment, students conduct physical education once a week, and each teaching time is 2 hours. After the experiment, collect the evaluation scores of the experimental objects on different physical education teaching modes. The experimental objects score the three physical education teaching modes from four aspects: teaching concept, curriculum, classroom mode and information management.

**Results:** The changes of the students' psychological enthusiasm for physical education teaching in the experimental group before and after the experiment are shown in Table 1. After a three-month experiment, the students' psychological enthusiasm for physical education teaching in the experimental group has increased significantly under the new mode of online and offline hybrid physical education teaching, and the students' learning enthusiasm for physical education knowledge learning, physical skills learning and physical psychological quality training has increased significantly.

**Table 1.** Changes of students' psychological enthusiasm for physical education teaching in the experimental group before and after the experiment

Test dimension	Before reform	After reform
Sports knowledge learning	1.24±0.38	3.95±0.34
Sports skill learning	1.37±0.32	3.81±0.37
Cultivation of sports psychological quality	1.15±0.37	3.79±0.32

**Conclusions:** The online and offline hybrid physical education teaching mode breaks the time and space constraints of the traditional teaching mode and has a higher degree of freedom, which is convenient for teachers and students to arrange physical education teaching time freely. And online and offline hybrid physical education teaching mode, relying on advanced Internet information technology and equipment, students can watch and study the live broadcast and playback of courses online anytime and anywhere. Students have enough time to preview and review the sports theory and skills taught by teachers, which can effectively meet the personalized needs of students for physical education learning. Under the new online and offline mixed teaching mode, rich and free teaching mode and time arrangement can effectively enhance students' psychological enthusiasm for physical education teaching and promote students to actively and independently carry out physical education learning and exercise.

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## RESEARCH ON THE DECONSTRUCTION AND INTEGRATION PATH OF WISDOM EDUCATION SYSTEM TECHNOLOGY UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology analyzes the changes and internal laws of the psychological activities of educators and educates in the process of education and teaching. It is a new branch of psychology and became an independent psychological discipline at the end of the 19th century. Educational psychology is a marginal interdisciplinary subject, which organically integrates educational science and psychology, deeply analyzes the psychological state of educational subjects in educational practice, and deeply excavates the laws and characteristics of psychological changes behind it from the behavior in

educational activities. With the advancement of social development, the task of educational psychology is also increasing. Educational psychology expands from the basic study of psychology to the cultivation of object behavior and emotional aesthetics in teaching activities. From various angles, this paper studies the psychology and thinking of educational subjects in teaching practice, so as to provide psychological support for the improvement of educational quality.

With the continuous improvement of social informatization, the integration of education and information technology has gradually deepened. Wisdom education has become a new path for the development of national education and an inevitable choice under the situation of the times. In recent years, the state has paid more and more attention to education, actively promoted education reform at different levels, increased educational economic expenditure and policy preference, and put forward an important strategic goal of the integration of science and education. Smart education takes big data, cloud computing and other information technologies as the realistic basis and technical support, constructs a modern social smart education system, expands the depth and quality of education driven by technology, and puts forward new possibilities for the development of modern education in China.

**Objective:** Based on the theory of educational psychology and the educational psychological characteristics and change law of middle school students in wisdom education, the research deconstructs the system and technology of wisdom education, clarifies the internal context and relationship between wisdom education system and technology, and systematically combs the relationship and development map of education and information technology in wisdom education. Under the guidance of educational psychology theory, this paper studies the system and technical structure of intelligent education, analyzes the psychological relationship between students and intelligent education mode, puts forward the integration path of intelligent education, and explores the collaborative development mechanism of intelligent education and information technology, hoping to provide help for the progress and development of modern education in China.

**Research objects and methods:** The research adopts the combination of questionnaire survey and in-depth interview to deconstruct the system and technology of intelligent education. Taking 100 students, 20 teachers and 10 technicians related to intelligent education as the survey objects, we understand the intelligent education system and technology from different perspectives of students, teachers and technicians. Through in-depth one-on-one interviews, the research explores the integrated development path of intelligent education and information technology from the perspective of three different roles, and collects the suggestions and opinions of teachers and technicians on the coordinated development of the two.

**Study design:** Through the form of questionnaire survey, the research understands the intelligent education system from the perspective of students, teachers and technicians related to intelligent education, carries out the system technical structure of intelligent education from three angles, compares intelligent education with other traditional education methods, and realizes the multi angle modeling of intelligent education technology system. Combined with the way of interview, this paper deeply excavates the application of smart education technology system in the three dimensions of students, teachers and technicians, understands the path thinking of different subjects on the technology integration of smart education system, comprehensively considers the situation of smart education from three angles, and puts forward the development path of the integration of smart education and information technology. And use the way of pilot experiment to understand the impact of the intelligent education mode on students' learning effect and learning psychology, and explore the rationality of the path reform of the new intelligent education mode integrating information technology.

**Results:** A pilot experiment was conducted on the intelligent education system integrating information technology to verify the feasibility and effectiveness of the intelligent education system in actual education and teaching. The changes in the number of subjects' positive and negative educational psychology before and after the pilot experiment are shown in Table 1.

**Table 1.** Changes in the number of positive and negative educational psychology before and after the pilot experiment

Statistical items	Before the pilot		After the pilot	
	Number of educational positive psychology	Number of educational negative psychology	Number of educational positive psychology	Number of educational negative psychology
Research object	241	286	429	71

**Conclusions:** Smart education is a high-end form of traditional education under the development of

information technology. The construction of smart education is a long-term and complex systematic project. The research and promotion of intelligent education need to deeply explore the application effect of intelligent education from the perspective of technology and system, and deconstruct the technical system of intelligent education, so as to help us comprehensively examine the application of intelligent education in educational practice from the perspective of technology and system, and deeply analyze the essence and root of intelligent education system, It provides a reference for the upgrading and development of modern education.

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## RESEARCH ON THE THEORY AND NEW MODEL OF NEW MEDIA HEALTH COMMUNICATION STRATEGY TO GUIDE PUBLIC OPINION BASED ON SOCIAL PSYCHOLOGY

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**Background:** Social psychology analyzes the psychological phenomena of individuals and groups in the social environment, deeply excavates the emotional, ideological or behavioral characteristics of individuals under the restriction of others or groups, and understands the internal rules of the characteristics of individual interpersonal relationship, social inhibition and social promotion in the social environment. In terms of groups, social psychology excavates the unique psychological characteristics of social groups, and analyzes the characteristics of group cohesion, group decision-making and group psychological atmosphere of different social groups. Social psychology is based on social classification. Through social classification, individuals with common characteristics are psychologically classified as a whole, so as to make an overall psychological analysis of social groups with the same characteristics and deeply understand the psychological characteristics of social groups.

In recent years, the development of information technology has greatly changed people's daily life. The emergence of new media has shortened the communication distance between people and the world, enabling people to quickly collect social information and understand social hot events. However, on the other hand, new media has also brought many challenges to the healthy communication of information. Especially in the face of social emergencies, new media has the important functions of public opinion guidance and information communication. It is required that new media adhere to the guiding principle of the core issue of health communication under the guidance of social psychology, closely follow the problems of actual events, and correctly and healthily guide social public opinion. Starting from the public opinion guidance law and healthy communication strategy of emergencies, grasping the key of public opinion guidance and management of emergencies in the new media environment can effectively reduce the public opinion response errors when emergencies occur and realize the correct management of social public opinion.

**Objective:** Guided by the theory of social psychology, the research explores the role of public opinion guidance of new media under the healthy communication strategy of new media, analyzes the development trend of public opinion guidance management when emergencies occur, and deeply excavates the potential law of public opinion guidance of emergencies. Starting from the healthy communication strategy of new media, this paper analyzes the theoretical basis of new media in public opinion guidance and management, and puts forward corresponding suggestions on public opinion guidance and management mode of new media, hoping to improve the public opinion guidance and management ability of modern new media in the event of emergencies and reduce the mistakes in the process of social public opinion guidance.

**Research design:** From the perspective of social psychology, the research uses the theory of social psychology to analyze the psychological characteristics of social individuals and groups in the process of social public opinion communication, excavates the social psychological basis of the guidance of new media to social public opinion when public emergencies occur, and analyzes the mode improvement strategy and path of new media public opinion management and guidance based on the concept of new media healthy communication and combined with analytic hierarchy process. The research uses analytic hierarchy process to explore the mode improvement strategy of new media public opinion management guidance when emergencies occur, and explore the new path of using new media means to guide the public opinion communication of the public from the six perspectives of rule of law guarantee, function coverage, subject status, environmental adaptation, unified planning and right division, based on the analysis of the problems faced by the public opinion guidance management of emergencies in the new media environment. Through