

Table 1. The influence of talent training quality standard on psychological quality in colleges and universities

Content	Anxious	Depressed	Learning positive psychology	Positive psychology of life
Perfection	4	3	4	3
Rationality	4	4	3	4

Conclusions: The cultivation of college students' psychological quality is the key factor to promote students' long-term development. Therefore, it is very important to put forward the strategy of cultivating students' psychological quality. Taking Application-oriented undergraduate colleges and universities as an example, this paper analyzes the current situation of students' psychological quality, and puts forward the quality standard of talent training in colleges and universities, so as to improve students' psychological quality and ability. The results show that students' anxiety, depression, positive learning psychology and positive life psychology are significantly affected by the perfection and rationality of talent training quality standards in colleges and universities. The above results show that in the talent training of application-oriented undergraduate colleges, the formulation of talent training quality standards based on students' psychological quality education is feasible, which can help students establish a good psychological system and promote their development.

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INFLUENCE MECHANISM OF LEISURE SPORTS TRAINING ON RELIEVING TEENAGERS' NEGATIVE EMOTIONAL PRESSURE

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Background: Psychological stress generally refers to a psychological reaction when a person's environment and events are more threatening than his ability to deal with. When the body is stimulated by the outside world and the individual is in a comprehensive state of tension for a long time due to unpleasant life experience or difficult to deal with complex stress events, it may endanger the individual's mental health, resulting in psychological stress. The individual's social environment, family background, self-feelings, interpersonal relationships and other factors will have an impact on the individual's psychological state. Their personal personality characteristics and life attitude will also affect the changes of individual spirit and emotion. The individual's own health, the setbacks and conflicts faced in life experience, the stimulation of social environment background and cultural life background to the individual and other aspects promote the individual to produce mental stress. Adolescence is a transitional stage from childish children to adult maturity. Teenagers are in the process of development and growth of ideas and ideas. Therefore, teenagers have high psychological and emotional sensitivity. When they can't meet their physiological and psychological needs, they are easy to produce strong psychological pressure and endanger teenagers' mental health. The psychological pressure of some teenagers is too strong, beyond the scope of individual self-regulation, which has had a serious impact on daily life and learning, resulting in a significant reduction in their quality of life. Appropriate tension and pressure can promote to some extent, but being under excessive tension and pressure for a long time will lead to the negative state of teenagers for a long time, which is not conducive to the healthy growth and development of teenagers.

Physical exercise is physical exercise. It refers to the purposeful and planned physical exercise activities on the basis of following the scientific law of sports, so as to promote people's physical and mental health development, enhance individual physique and enrich personal life. Leisure physical exercise can help people form good exercise habits, maintain regular body vitality, exercise the body's cardiopulmonary function and core function through appropriate amount of exercise, exercise individual muscle strength on

the basis of optimizing physical quality and maintain a good physical level. And leisure physical exercise can also improve the function of human digestive system and respiratory system, promote the growth and development of human bones and muscles, and prevent some diseases to a certain extent. In addition to the optimization of body function, leisure physical exercise can also promote the development of mental and spiritual health. Through sports training, it can help individuals eliminate mental fatigue and maintain a positive mental state, so as to improve learning and work efficiency.

Objective: The research comprehensively analyzes the function of leisure physical exercise, analyzes the impact of leisure physical exercise on improving teenagers' mental health level, analyzes the therapeutic effect of leisure physical exercise on teenagers' negative emotional pressure, and expects to put forward a new exercise promotion scheme for teenagers' mental health through research and analysis, so as to alleviate teenagers' negative emotional pressure.

Subjects and methods: Through the analysis of the mental health level and physical exercise status of teenagers in China, this study understands the mental health level and negative emotional pressure of teenagers, grasps the needs and problems of teenagers' physical exercise, deeply excavates the relationship between teenagers' physical exercise and the quality of mental health, and opens up new development ideas for improving teenagers' mental health level. Using the method of comparative experiment and stratified cluster sampling, 20 middle school students in three grades of a middle school were selected for the experiment. The subjects took 30-60 minutes of physical exercise every day for one month. The psychological stress level of the subjects was evaluated every 5 days, and the changes of the stress level of the subjects during the experiment were counted.

Results: The changes of stress level test scores of teenagers before and after the experiment are shown in Table 1. After one month of physical exercise intervention, the physical quality and mental health level of teenagers have been significantly improved.

Table 1. Changes of stress level test scores of adolescents before and after the experiment

Factor	Pressure effect	Emotional change	Physical condition
Before experiment	1	2	1
After the experiment	3	3	4

Conclusions: As a positive way of physiological assistance, leisure physical exercise can effectively resist individual psychological tension, help alleviate psychological pressure, and establish a self-protection mechanism in appropriate sports. And high-intensity sports training can reduce the level of individual perceived pressure, reduce individual psychological stress response, and enhance individual tolerance to pressure and frustration. Physical exercise can also enhance college teenagers' sense of self-confidence and self-confidence in organized and regular exercise activities, eliminate teenagers' interpersonal sensitivity through interactive physical exercise, help teenagers eliminate bad emotions such as psychological anxiety, and promote teenagers to have positive and optimistic emotions.

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MITIGATION EFFECT OF HUMAN-COMPUTER INTERACTION ON PEOPLE WITH COGNITIVE IMPAIRMENT IN IMAGE PROCESSING

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Background: Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brains intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a kind of mental disease. In psychiatry, cognitive impairment is identified as ideological cognitive impairment and perceptual deficit disorder. At the same time, from the perspective of psychology, cognitive impairment is a kind of psychological problem, which is obtained after the psychological impact of patients. In clinical medicine, it is considered that the generation of cognitive impairment is the brain injury caused by the stimulation or external environment. The brain is the part that controls human activities. The impairment of brain cognitive function will lead to people's inability to accurately judge the external information they receive. In psychiatric research, the treatment of cognitive impairment mainly depends on the long-term efficacy of drugs. The treatment brought by drugs is limited,