

## ANALYSIS ON THE ROLE OF ATHLETES' EMOTIONAL STATE IN PHYSICAL EDUCATION TEACHING UNDER THE BACKGROUND OF NEW CURRICULUM

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**Background:** The main application object of physical education psychology is mainly physical learners. In order to make physical training more scientific and physical education present better results, physical education teachers need to study physical psychology, use theoretical knowledge in physical education to carry out teaching, use the professional knowledge of physical education psychology to solve the problems of physical learners, help physical education learners get rid of their psychological constraints and help physical education teachers develop scientific sports training programmes. There are many advantages of sport psychology and many PE teachers use knowledge or skills in sport psychology in the teaching process. In order to make sport psychology more useful, the process of penetration and the key points of penetration of sport psychology in PE teaching are studied. There are many psychology experts and physical education teachers who have already conducted research in this area, however, these studies will rarely be discussed from the perspective of the new curriculum. This paper takes a new perspective and explores the use of physical education on physical education psychology, so in order to make physical education more in line with the new physical education and health curriculum standards and to achieve the teaching objectives of the physical education curriculum, the relevant theories and methods of using physical education psychology will be researched. The new standards set out clear requirements for the physical education and health curriculum, and physical education is aimed at developing students' core physical education qualities. Moreover, the new standards also point out that physical education should not only ensure students' physical health, but also their psychological health, and improve their social adaptability through physical education. Sport psychology helps to develop students' core sporting qualities, enabling them to develop good sporting virtues, have certain motor skills and be able to engage in healthy behaviours. In order to use sports psychology in a rational way, it is necessary to study sports psychology, which integrates two disciplines and essentially belongs to the study of psychology, to study the psychological characteristics and the laws of change of people in sports. Physical education teachers can analyse students' perceptions of sports and sports health based on the knowledge of sports psychology, analyse students' mental activities in sports, judge students' They can also study students' motivation to participate in sport and their own physical functioning based on sport psychology.

**Objectives:** The objectives of the study are to explore a scientific approach to teaching physical education and to use the knowledge of sport psychology to achieve the physical education curriculum standards. The reform and innovation of teaching in China is mainly focused on other subjects, the development of physical education is in a kind of lagging state, students' motivation to learn physical education and participate in sports is relatively low, the problems of physical education and students' psychological aspects have attracted the attention of psychologists and teachers. Therefore, under the guidance of the new curriculum, an in-depth study of the relevant theories and application methods of physical education psychology is carried out. Through the study of this paper, it will help the current physical education out of the dilemma, help physical education teachers to master more professional knowledge of physical education psychology and be able to use this knowledge to analyse students, correct students' misconceptions about physical education and help students to develop good physical education habits. Sport psychology can provide the basis for functional psychological research in physical education, and it can provide a comprehensive analysis of the physiological condition and psychological state of the physical learner. The more active a sportsperson's muscles are, the more stimulated the brain will be and the more emotional the sportsperson will be, thus demonstrating that sport can keep the sportsperson in a happy state of mind. In order to keep students in a positive state of mind and in a good physical and mental state during physical education and sport, physical education psychology can be studied and applied according to the requirements of the new curriculum, analysing the psychological and physiological differences between students of different genders, analysing students' attitudes towards sport and students' sporting abilities, teaching according to students' characteristics and the requirements of the new curriculum, eliminating students' resistance, fear and rejection of sport, and eliminating students' resistance to sport. The study also aims to eliminate students' resistance, fear and rejection of sports, and to do a good job of education and guidance in the early stages of sports, so as to achieve the goal of physical education with high quality.

**Subjects and methods:** The object of the study contains physical education curriculum standards, physical education psychology and physical education teaching. The study is conducted through literature research method, based on reading relevant literature, understanding the latest requirements of physical

education curriculum standards, mastering the relevant theories of physical education psychology, designing physical education curriculum according to the requirements of the curriculum, and most importantly, physical education teachers should observe students in the actual teaching process, analyse students' physiological characteristics and It is important that PE teachers observe their students during the actual teaching process, analyse their physiological characteristics and psychological state, be able to perceive the psychological changes of their students keenly and enlighten them in a timely manner during physical education and sports. On the basis of observation, they also communicate with students to understand the psychological characteristics of different students when facing sports, so that the theory of sports psychology can be enriched. After a practical investigation, it was found that female students are less athletic and physically fit, and are overburdened psychologically when facing sports, often unable to concentrate on sports. Physical education teachers have to enlighten such groups in the classroom and do a good job of psychological construction, and only if they are strong enough internally can they perform their best in sports, and can constantly overcome their psychological problems and eventually meet the new standards for sports requirements. Sports psychology can study the psychological characteristics of individual students. Psychology defines people's temperament types in four ways, namely depression, biliousness, polycythemia and mucus, and different types of students will show different states in sports. Teachers should divide them according to the knowledge of psychology, and exercise different types of students through different sports programs to improve students' overall athletic ability, strengthen students' willpower through sports, let sports psychology play a greater value and role, and achieve the teaching requirements of the new physical education standard with the application and help of sports psychology.

**Result:** After literature studies and actual research, it is found that there are different psychological characteristics of current physical education learners, and there are obvious gender differences in students' motor ability and psychological characteristics. Male students have better physical ability, and many of them like to play basketball or other sports and have good exercise habits. In contrast, many female students do not exercise for a long time, are less fit and have a strong negative emotion in sports. In terms of personality, some students are more introverted, have low self-esteem and are sensitive. If they fall behind in sports, such students will worry about others laughing at them, and if they affect the performance of the whole team in a group competition because of themselves, students will also develop a self-blame mentality and become more resistant to sports. Some students have a strong desire to win and lose. In fact, sport is a relaxing activity, but under the influence of the desire to win and lose, these students feel great pressure and become very nervous, taking sports, games and competitions too seriously. These are the things that PE teachers need to be aware of. These are all things that physical education teachers need to pay attention to. If teachers can penetrate the knowledge and skills of physical education psychology into all aspects of physical education, accurately judge the characteristics of students in each class, discover the psychological changes of students in time and grasp the physical quality and fitness of different students, they will be able to develop more scientific physical education programmes and physical training plans, teach according to the real level of students and gradually Eliminate students' resistance to sport, make them realise the importance of physical health and sport, learn scientific knowledge of physical health in their daily physical education lessons, master the precise points of exercise, exercise while protecting their bodies, immerse themselves in sport, improve their physical qualities in a planned manner, and have stronger mental qualities and mental capacity under the enlightenment and guidance of their physical education teachers and mental capacity to hone their bodies and minds through sport. Therefore, physical education teachers should not only strive to improve themselves professionally, but also learn the theoretical knowledge related to physical education, apply the knowledge and skills of physical education psychology in their daily teaching, improve the quality of physical education through the infiltration of physical education psychology, and gradually fulfil the requirements of the new curriculum for the subject of physical education.

**Conclusion:** Physical education teachers should observe the psychological characteristics of students in actual teaching, grasp their physical qualities, and do a good job in emotional guidance, psychological education, knowledge explanation and skill teaching, so that students can maintain a healthy psychological state and psychological condition and be able to better adapt to the external environment and make healthy behaviours. Teachers should cultivate students' motor skills in physical education courses, not only to enable students to master the basic skills of sports, but also to equip them with strong mental ability. Physical fitness and skills are the basis of scientific sports, and mental ability enables students to persist in sports and overcome various difficulties within the limits of what their bodies can bear. Physical education teachers can infiltrate the theoretical knowledge of physical education psychology into the teaching process and design simple and interesting sports games and

activities based on students' interests, so that students can first feel the fun of sports and enjoy them. Next, the teacher will then gradually increase the difficulty of the sport, so that students have a process of adaptation. When students are found to be intimidated and resistant, the teacher should encourage them to persevere without harming their physical health, so that they can relax and not treat sport as a task that must be completed, but allow them to enjoy the process of sport, feel the fun of sport, and in sport With strong willpower and under the guidance of theoretical knowledge of sports psychology, students should be helped to establish a correct concept of sports health, develop good sports habits and have good sports ethics and personal qualities.

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## ANALYSIS ON THE APPEASEMENT WORK OF COLLEGE COUNSELORS BASED ON THE RELEASE OF EMOTIONAL PRESSURE

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**Background:** In the current fast-paced pace of life development, more and more people have mental illnesses, making mental health issues a key part of people's daily health, which has seriously affected people's daily lives. Mental health is the ability of people to cope with problems or setbacks, and the ability to withstand the stresses they face in order to live a healthy lifestyle. With the development of the economy, people's life pressure has increased and social competition has intensified, which has led to a series of psychological problems for people, these bring great harm and negative impact on the psychologically vulnerable people, and even produce the idea of light life. As managers of students in universities, counsellors play an important role in the daily lives of students. Having a good mind and good psychological health is a basic requirement for counsellors, who should give students the right guidance with their own experience and social experience, so as to improve the psychological quality of students and cultivate their psychological health. It is therefore essential that university counsellors have a good psychological profile, a strong mind to face all kinds of setbacks and stresses, and a healthy way of relieving and digesting them, while at the same time helping students to emerge from their difficulties in a timely manner, so that they can acquire physical and psychological health while learning knowledge, which will be beneficial for their future development.

**Objective:** This paper analyses the development of mental health education for university counsellors and examines the pressures and dilemmas arising from counsellors' mental health work, so that the mental health of counsellors can be improved while improving the psychological quality of students, so that students can have a strong mental attitude to face various future setbacks and difficulties, develop a good mindset and cultivate mental health while learning knowledge. By cultivating students' psychological health, colleges and universities can thus deliver more psychologically healthy talents to society, which is conducive to the healthy and stable development of society.

**Subjects and methods:** The research object of this paper is the mental health work of college counsellors. Starting from the concept and meaning of positive psychology, the survey method is used to investigate the development of the mental health work of college counsellors, through which we understand the development of the mental health work of contemporary counsellors and the mental health of college students, and then the literature research method is used to study the cultivation path of positive psychology according to the relevant literature, so as to The study was then conducted based on the literature research method and the cultivation path of positive psychology, so as to promote the development of mental health education work of university counsellors.

**Results:** The psychological health of college counsellors has a huge impact on their mental health work. Therefore, this paper finds that the positive psychological quality of university counsellors mainly consists of three aspects: wisdom connotation, emotional attitude and will power. Their emotional attitudes are mostly influenced by their age and their living environment. Counsellors of different ages show different emotional attitudes, but most of them are positive and healthy, in line with social morality and ethics. Counsellors of higher ages have more traditional emotional attitudes and have stable families; counsellors of younger ages have more avant-garde emotional attitudes. Most of the counsellors' willpower is stronger, which is related to their social experience and beliefs in life. Counsellors are usually members of the Party, their loyalty to the Party is higher, and their willpower is stronger under the cultivation of the Party. Through the research, it can be found that the mental