

ANALYSIS ON THE VALUE OF PHYSICAL TRAINING MODE UNDER EDUCATIONAL PSYCHOLOGY IN ALLEVIATING COLLEGE STUDENTS' ANXIETY

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Background: Educational psychology refers to the use of psychological theories or research results to carry out educational intervention, carry out conscious intervention according to the psychological laws and change characteristics of both teaching subjects and objects, and explore its teaching effect in a specific situation. Based on psychology, educational psychology constructs the relationship between pedagogy and psychology, discusses the relationship between students' personality development and educational environment, the relationship between ability development and knowledge learning, social development and standardized learning, and the regularity between teaching effectiveness and talent training, and is committed to improving teaching quality and meeting the needs of teaching subjects. On the basis of practicing the cultivation concept of people-oriented and cultivating people through moral education, educational psychology actively intervenes in the teaching process and teaching subject and object with the help of psychological theory, which is imperceptibly internalized in mind and practice, provides ideological weapons and innovative ideas for curriculum design, and provides new means and tools for the communication and contact between teaching subjects. In essence, the teaching process is the process of teaching interaction. Teachers improve the teaching methods and schemes according to the teaching objectives and students' psychological laws, so as to alleviate students' psychological problems and negative emotions caused by teaching. At present, due to the single and old teaching mode, teachers' relatively relaxed jurisdiction over students and other factors, the alleviating function of physical training on negative emotions has not been fully brought into play. The change of learning environment, interpersonal communication, professional employment and other factors increase the psychological pressure of students, and then produce anxiety. Anxiety, as an irrational state of mind, is the result of the imbalance of emotional regulation, that is, it refers to a widespread psychological state and emotion of tension, confusion and pessimism about the future. The tension caused by anxiety and the suspicion, irritability, fear, frustration, confrontation, as well as the accompanying confusion of thinking, mental laxity, lack of confidence, and even psychological distortion, will have a negative impact on people's emotional regulation and behavior guidance. In serious cases, it will endanger personal physical and mental health and lead to antisocial behavior. Different levels of anxiety will make individual behavior different, which makes people easy to be guided by negative emotions and make impulsive behaviors that are not in line with reality and daily behavior. Therefore, it is of great practical significance and value to explore the influence mechanism of physical training mode on college students' anxiety psychology with the help of educational psychology theory.

Objective: In order to better explore the influence mechanism of physical training mode on college students' anxiety psychology, help them correctly treat psychological changes, improve their anxiety psychology, and achieve the teaching goal of alleviating negative emotions and improving mental health level.

Subjects and methods: 800 students with anxiety psychology in a university were selected as the research object. After collecting the information of students' physical exercise and mental health, they were carried out physical training for one month. The contents of physical training include football, basketball, running and yoga. Based on the analysis of the original physical education teaching mode, it is improved and innovated to grasp the students' learning law and psychological and emotional characteristics. And with the help of mental health self-assessment scale and anxiety self-assessment scale, this paper makes statistics on the psychological changes of students in different stages, so as to better explore the changes of students' anxiety psychology under different physical education teaching modes.

Method design: Firstly, according to the mental health status and problems of the research objects, the experimental objects were randomly divided into martial arts group, Taijiquan group, Baduanjin group, stick group and traditional physical education teaching mode group after the improved teaching mode, and the mental health status and change data of different groups after one month were sorted and analyzed.

Methods: With the help of SPSS22.0 statistical analysis tool to compare the scores of mental health scale and anxiety scale before and after the experiment, and get the experimental results.

Results: Educational psychology can intervene students on the premise of grasping the teaching purpose and students' psychological law, effectively improve students' enthusiasm and initiative to participate in the classroom, further help them release negative emotions and alleviate anxiety. From the perspective of educational psychology, this study explores the mitigation mechanism of physical training mode on students' anxiety psychology. The results show that the classroom with improved teaching mode fully connects students, classroom and teachers in physical training. Compared with the physical education with

unmodified mode, the scores of the research objects in the anxiety scale after the experiment have significant statistical differences. Table 1 shows the score statistics of the mental health scale of the improved model football group before and after the experiment.

Table 1. Before and after the experiment, improve the score statistics of mental health scale of model Zuqiu group

Before and after the experiment	Somatization	Force	Interpersonal relationship	Anxious	Depressed
Before experiment	1.42±0.27	1.98±0.62	1.65±0.42	2.03±0.51	1.96±0.64
After the experiment	1.23±0.22	1.54±0.44	1.52±0.34	1.14±0.27	1.23±0.35
<i>P</i>	0.024	0.033	0.012	0.001	0.010

Conclusions: Anxiety, as an emotional expression of emotional regulation imbalance, will cause great damage to individual physical and mental health, make people in a depressed mental state for a long time, and lose interest in the surrounding environment and things. The integration of educational psychology into physical training mode can effectively give play to the joint force of education and psychological intervention, enable teachers to alleviate college students' anxiety and improve their mental health level on the basis of grasping the psychological laws and teaching characteristics of teaching subjects and objects.

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RESEARCH ON ENTERPRISE PERFORMANCE APPRAISAL MODEL CONSIDERING THE PSYCHOLOGICAL STATE OF EMPLOYEES WITH ANXIETY DISORDER

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Background: As a complex psychological and emotional disorder, anxiety disorder is usually characterized by motor agitation and sympathetic hyperfunction, accompanied by negative emotions such as shame, disappointment, anxiety and fear, which will have a certain impact on individual learning, life and mental health. From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency in the face of future uncertainty. It is mainly characterized by widespread persistent anxiety or recurrent panic, and the anxiety psychology shown by different audiences has individual differences. Cognitive level, psychological endurance, educational requirements, age structure, genetic factors and so on will make individuals produce anxiety under the stimulation of internal and external environmental factors. According to the statistics of who, the number of patients with anxiety disorder shows an increasing trend, and the sick population also tends to be younger and more serious. Among them, employees have become the main patients of anxiety disorder, which is due to the multiple pressures of work pressure and individual life. The psychological state of anxiety disorder employees will affect their evaluation of their own value and work content. They carry out work with a more negative emotional attitude, and their own emotional value cannot be met in time. Moderate psychological anxiety will urge employees to constantly examine their own shortcomings and problems in work, and then solve problems with a more proactive attitude and behavior. However, excessive psychological anxiety will make employees fall into emotional quagmire, resulting in emotional disorder and out of control behavior, which will lead to a series of psychological problems and affect the completion of work tasks and the investment of mental state. Job content, interpersonal relationship, enterprise management system, job burnout, performance appraisal standards and other factors will affect employees' emotional changes and evaluation, and become the potential cause of anxiety disorder. Among them, the quality of the enterprise's performance appraisal model is directly related to the interests of employees. It is one of the important contents that affect employees' psychological emotion, and different employees have different tolerance and emotional perception, so they also hold different attitudes and emotional endurance in solving the same thing and problem. If there is no timely and effective targeted intervention on employees' anxiety psychology, it will affect employees' physical and mental health, make them show a depressed mental state at work, affect their participation in the company's management and compliance with rules and regulations, and is not conducive to the completion of their own assessment objectives and the efficiency of enterprise human resources management. The work performance and mental outlook of employees are important contents of