

4. Theoretical investigation and analysis. Under the background of the social environment in the new era, the management of college students should be based on certain survey data. First of all, university managers should go deep into the interior of students, take questionnaires, interviews and other means to understand the inner thoughts and psychological demands of college students, and obtain the real information of students' psychological growth. Survey data is the main data of university management, and applied educational management psychology is the main data. We should pay attention to the comprehensive analysis of survey data to formulate a complete and reasonable management scheme and realize the scientific management of students. Secondly, university managers should treat every student with a fair attitude, establish a real equal and trust relationship with students, so that students can open their hearts to them, deeply rooted in the hearts of the people for students' educational management psychology, and improve the quality and efficiency of teaching.

5. Feedback effect and practice. Colleges and universities should establish a feedback mechanism for the effect of management work, which can analyze students' psychological state and ideological changes from multiple angles. Through the analysis of the feedback effect of student management, we can grasp the inner changes of students, establish the corresponding feedback mechanism, fully understand the personalized needs of college students, and maximize the healthy growth of students. And for students who need to be corrected in thought and behavior, we should do a good job in psychological education and guidance, and help students establish patriotism and correct life values. In the daily management work, we should pay attention to the management of college students and the development direction of the campus, establish a personalized management mechanism suitable for students' psychological and living conditions, and realize the democratization of educational management psychology, so as to adapt to students' psychology and make up for the differences existing in individuals. Moreover, in the process of student management, colleges and universities should pay attention to the cultivation of students' character and ability, improve students' personal quality and comprehensive quality, and cultivate college students to become comprehensive talents to meet social needs.

Conclusions: Based on the understanding of management psychology, this paper discusses the influence of College Students' psychological factors, analyzes students' own factors and factors outside students, combined with the characteristics of management psychology, puts forward the application of management psychology in college management, and analyzes the attention needs of College Students' psychological characteristics from the perspective of management psychology. In order to establish the correct three views of college students in line with the development of the times, focus on quality education and improve the student management of the school from the students themselves. Applying psychology to university management can not only make students quickly adapt to school life, but also help college students establish correct three views. It is necessary to strengthen the connection between College Students' psychological counseling needs and management psychology, improve the scientificity and rationality of College Students' management, use correct and scientific management concepts, improve the management efficiency of students, adopt targeted and personalized management methods, and cultivate a batch of talents in line with the requirements of the times for the country.

Key words: psychology- management- education

Acknowledgements

The study was supported by the 2017 Major Research Project of Undergraduate Education and Teaching Reform in Fujian Province: A Probe into the Application-oriented Professionals in Colleges from the Theoretical and Practical Perspectives (No. FBJG20170293).

* * * * *

THE REGULAR SPRINT 800 METERS ON ANALYSIS OF EFFECT OF WILLPOWER AND PHYSICAL HEALTH OF FEMALE STUDENTS

Jinzhong Li

Sports Department, Jiyuan Vocational and Technical College, Jiyuan, 459000, China

Background: With the publication of the physical fitness results of national college students once every five years, although China's society is stable and the economy is developing continuously. People's living standards are constantly improving, but the current situation of students' physical health in China is not optimistic. We must make great efforts to take measures to reverse the downward trend of students' physical health. 800 meters can not only improve the function of respiratory and cardiovascular system,

but also comprehensively improve people's physical quality. It can also exercise people's willpower and cultivate the spirit of hard work. It is also an important means of national fitness. As an important talent for the future development of the motherland - college students, both physical quality and hard-working will quality are essential conditions. As the base of talent training, colleges and universities have the responsibility and obligation to contribute to the physical quality of reserve talents in China. However, girls in Colleges and universities in China generally show indifference to their exercise and unsatisfactory results. Lu Weiji, Guo Liping and ye Zhaohui pointed out in the investigation, analysis and Counter-measures of college girls' psychological obstacles in 800 meter running that middle and long distance running is one of the most effective methods to improve the maximum oxygen intake of human body and develop aerobic endurance. Regular 800 meter running exercise can not only improve the cardiovascular function and endurance quality of female college students, but also improve their health. Moreover, it is also beneficial for them to adhere to long-term and intense study. It is also a lifelong sport to maintain their youth and vitality. However, most girls are not aware of this. In "on the cultivation of women's 800 meter ability in Colleges and universities", Li Ting believes that most of today's college students are only children. The superior living and learning environment makes them afraid of hardship and fatigue, weak will, and lack the courage to exercise themselves in a difficult environment and the perseverance to overcome difficulties, No hard-working spirit and indomitable will. These weaknesses are particularly evident in girls. Female college students are introverted, implicit, sensitive and self-esteem. Therefore, they show emotional introversion, laziness and poor tolerance to fatigue in physical education. In the 800 meter run test of physical fitness test. Girls with weak willpower have strong resistance and fear. This phenomenon reveals the problems of girls' 800 meter running in the process of physical fitness test in Colleges and universities. Let us see that psychological training is an important link that can not be ignored in the preparation process of girls' 800 meter running in physical fitness test in Colleges and universities, and sometimes plays a decisive role in the performance of running, It is not only the focus of physical fitness test in Colleges and universities, but also a problem that must be solved.

Objective: Enhancing students' physique and promoting students' physical and mental health development is an important content of current academic education, especially school physical education. With the announcement of the results of the students' physical health test in 2010, the physical quality of college students has been improved. However, from the test item date, most schools will test the students' cardiopulmonary endurance in the test items of boys' 100m and girls' 800m or steps, and decisively choose the latter, The step test results represent that the cardiopulmonary function of female college students has become the first choice of many schools, and 800 meters is less and less valued in the physical fitness test. Taking some female college students as examples, using the methods of literature, data analysis and logical statistics, this paper analyzes several factors affecting the psychological quality of female college students' 800 meter running on the basis of physical health test, in order to provide reference for scholar college students to give better play to their physical fitness and improve their 800 meter performance in physical health test.

Subjects and methods: 1. Female college students lack theoretical understanding of 800 meter running. The reason for the fear of testing 800 meters is that female students in Colleges and universities lack understanding or deep understanding of the basic theoretical knowledge of long-distance running, especially the characteristics and laws of medium and long-distance running, and have little understanding of the "pole" and "second breath" and physical distribution in medium and long-distance running. As a result, in the long-distance running test, they are at a loss when the above phenomena occur, and even easily quit halfway. If female college students have a theoretical understanding of middle and long-distance running or 800 meter running, the "poles" and various uncomfortable performances in the process of 800 meter running will not be caught unprepared or even give up. Understand the theoretical knowledge, know how to adjust in the process of 800 meter running, alleviate the emergence of "pole" from the aspects of adjusting breathing, adjusting stride and rhythm, arm swing mode, and then complete 800 meter running to the greatest extent.

The current situation of 800 meter running in physical fitness test for girls in Colleges and universities. Most female students attach importance to intelligence over physical education, think that sports are "irrelevant to themselves", and have no interest and desire for sports. Unwilling to participate in any physical exercise, resulting in the decline of students' physical quality. The 800 meter race in the physical test project is not interesting and violent, which is even more frightening. Some students lack the spirit to overcome difficulties and overcome themselves and are spoiled from childhood. Some female students lack confidence in completing the 800 meter race within the specified time due to their poor conditions, such as obesity, too thin or short stature, resulting in great psychological pressure. In addition, some students think that the physical health test is not very important. It doesn't matter whether they run 800 meters or not. If the teacher is strict, he barely runs and doesn't try his best. Some students lied that they

were ill and were not suitable for running 800 meters. Because many teachers were afraid of accidents in their PE class, some girls escaped and did not need to take the 800 meter test. Over time, many girls in physical education class, as long as they are involved in running projects, their physical quality is getting worse and worse, forming a vicious circle. In normal study and life, few girls can insist on exercising and running. Some don't even practice in class. They only run once in the test after a semester. Therefore, it can be fully concluded that the decline of College Female Students' 800 meter running performance and the decline of cardiopulmonary function.

Results: 1. Physiological factors affecting college female students' 800 meter running. From a physiological point of view, after puberty, girls' endurance quality, cardiopulmonary function and anaerobic metabolism during exercise are weak. In addition, 800 meter running has high requirements for human respiratory and cardiovascular metabolism, and the human body needs to pay more physical strength during exercise. At this time, physical quality is particularly important, especially girls, The reason why they feel uncomfortable when they hear about 800 meters is that their physical quality can not meet the requirements of 800 meters. Therefore, this is also the reason why many female college students have a headache after the 800 meter race is included in the physical fitness test. 800 meter running is an endurance sport. Students often have some uncomfortable physiological reactions after running 400 meters: dyspnea, chest tightness, dizziness, muscle weakness, slow and uncoordinated movement, and even don't want to continue to exercise. This functional state is called "pole point". The appearance of "pole" is the main reason why most girls are afraid of 800 meter running. Due to the lack of exercise in college female students, the "pole" appears relatively early and disappears relatively late in the process of 800 meter running. Their bodies are in a state of fatigue and pain, so they don't want to continue running.

Psychological factors affecting college female students' physical fitness test 800 meter run. It is found that there is a correlation between College Students' physical health and mental health, and the correlation between different grades of physical health test and mental health characteristics is different. The internal value construction of sports shows that physical health and mental health are interrelated and interact at the same time. There is an internal relationship between physical health and mental health. Their common material basis is human genetic characteristics. The important external conditions to be formed are environment and education. According to the law of human growth and development, high school students are in the sensitive growth period of endurance quality, and the psychology of high school girls in this period has also changed. Subjectively, the interest in sports decreased and the students were afraid of moving. Some people are afraid that they will get fat after participating in sports, especially after endurance training, which will affect their "body beauty". In addition, compared with other events, endurance training consumes more physical energy and needs higher physical quality, which makes them feel "afraid". However, the psychological factors that affect college girls to participate in the physical fitness test 800 meter run account for a large proportion. However, at present, most female students are only children. They do not experience more difficulties in their growth process. Their will quality has not been exercised. In the test process, they feel fear and fear and have no courage to advance in spite of difficulties. This is why fear of the "pole" has become the main factor for girls to refuse to choose 800 meter running in the physical fitness test.

Feasible measures to deal with the psychological problems of college girls participating in the 800 meter run in the physical fitness test project. (1) Strengthen the teaching and learning of 800 meter running knowledge. Strengthening the teaching of basic sports theory is to improve college girls' understanding of sports, help them form a correct sports attitude and develop habitual sports behavior. We can understand the importance of students' physical fitness test first and the benefits of 800 meter running, so that college girls can have a deeper understanding of 800 meter running and make them accept the test from their hearts; (2) Use typical examples to stimulate girls' interest in 800 meter running. We found from the survey that the phenomenon of conformity is also one of the reasons affecting female college students to test the 800 meter race. Now college students have more only children and lack subjectivity. They like to follow the choices of their classmates and friends. Therefore, to change this phenomenon as a whole, we can use the psychology of many college students and adopt the method of typical examples, Stimulate some students to follow the public psychology. Change their fear with the public into the goal of following the example, which is what we often call the "star effect"; (3) Reasonably arrange and master the test methods, and take recovery measures after running. During the long-term physical fitness test, we found that many girls fainted on the track or had abnormal physical conditions after running because they couldn't stick to it during the 800 meter run. In the physical fitness test, the staff (physical education teachers) should tell the students the necessary knowledge of medium and long-distance running before the test, especially the students located in the plateau of Yunnan, Make the students reduce their resistance to the 800 meter race, and lead the students to make full preparations

before the test, so that the students can walk on the runway with full confidence; (4) Provide adequate psychological counseling. Cultivate students' awareness of self exercise. Psychologists tell us that the state of mind is more stable and lasting. And it will affect the emotional experience of all people's behavior over a period of time. Good psychology can strengthen people's behavior. Even if you do a very sad thing, you will feel happy and satisfied psychologically; On the contrary, a negative state of mind will make people think they are very interested in things, but also become dull, bored and afraid. Therefore, establishing good psychology and confidence is an important factor for success. The methods of psychological training include these aspects, such as psychological adjustment, self suggestion, relaxation training, cultivation of will quality and so on. The performance of 800 meter running can not be improved overnight. Students need to strengthen exercise in their usual extracurricular activities and gradually improve the total score of students' physical fitness test.

Conclusions: 800 meter run is the most intuitive test item reflecting students' physical quality in the physical fitness test items. It can improve the functional level of human cardiovascular system and respiratory system, and cultivate students' strong will quality, tenacious fighting spirit and competitive consciousness. After investigation, research and data statistical analysis, this paper puts forward some suggestions and measures to solve the psychological problems affecting college female students' 800 meter run, hoping to help improve the performance of College Female Students' 800 meter run in physical fitness test: school leaders and physical education teachers should pay attention to physical health test and pay close attention to students' physical health problems. Teachers should strengthen the publicity of students' health education to make students deeply realize that physical exercise is very important to their health. At the same time, strengthen the management requirements for students in physical education classroom, and can not indulge freely. Teachers set up physical education theory courses every semester to let students master the understanding of basic physical exercise theory. Teachers should strengthen the psychological guidance of students in physical education classroom, so that students can overcome psychological obstacles and complete physical exercise, so as to realize the healthy development of body and mind.

Key words: psychology- female students- running

* * * * *

THE COMBINATION PATH OF COLLEGE STUDENTS' IDEOLOGICAL AND COMPETENCE EDUCATION AND MENTAL HEALTH EDUCATION

Min Li

Xiangsihu College of Guangxi University for Nationalities, Nanning, 530008, China

Background: With the continuous development of China's economy, the social demand for talents is diversified, which has brought a great negative impact on the thoughts of college students to a certain extent. Ideological and competence education in Colleges and universities is one of the very important work in education and teaching. How to organically combine mental health education with ideological and competence education, improve students' psychological quality, establish correct three views, and cultivate double excellent talents with moral ability in line with the standards of the new era has become the primary problem faced by China's education departments and educators. In modern society, due to the diversified development of culture, negative cultures and thoughts such as money worship, hedonism and comparison are also followed. College students are in an important stage of growth. Although they have certain judgment and decision-making ability, they have poor self-restraint ability, are more likely to be attracted by new things and unconsciously corroded by bad culture, So as to form an incorrect world outlook, outlook on life and values. Therefore, we should continue to strengthen college students' mental health education and ideological and competence education, and effectively integrate the two educational contents to ensure the healthy growth of college students.

Objective: In the information age, a variety of cultures and values are constantly impacting the thoughts of college students. At the same time, college students are prone to various psychological puzzles or problems caused by their studies, love, making friends and employment. This paper holds that in order to ensure the physical and mental health of college students, it is necessary to combine mental health education and ideological and competence education, give full play to the advantages of the two kinds of education, so that students not only have good psychological quality, but also have correct moral concepts.