

Conclusions: Network social support and network security have a significant impact on College Students' subjective well-being, and the impact modes on the three dimensions of subjective well-being (positive emotion, negative emotion and life satisfaction) are different. Network emotional support, like real emotional support, helps to improve subjective well-being. Improving the availability of network instrumental support is an effective way to improve college students' subjective well-being. At the same time, strengthening the popularization of College Students' network security knowledge, enhancing network security awareness and reducing network risk and uncertainty will help to reduce negative emotions and improve college students' subjective well-being.

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ANALYSIS ON THE INFLUENCE OF SPORTS DANCE ON CHILDREN'S PSYCHOLOGICAL QUALITY AND THINKING COGNITION

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Background: With the progress and development of social civilization, children's psychological education has attracted more and more attention. However, in real life, due to the poor overall quality of preschool teachers, inappropriate preschool education methods and methods have caused harm to children's psychological cognition. In addition, immoral business phenomena emerge one after another in modern society, such as toxic milk powder, gutter oil, toxic rice, clenbuterol, etc. These problems have caused the cognitive health problems of children in modern society, and they are facing a huge test. Children's sports dance is a new sports event integrating sports and art. It has a wide variety, is easy to implement, is not limited by the number of venues, and is suitable for children's psychological and cognitive development.

Subjects and methods: In this study, children of different ages in large, medium and small classes of kindergartens of Wuhan University were taken as subjects, aged 3-6 years. Twenty children with the same sex ratio of men and women in each class were randomly selected as the subjects, a total of 60 children. The subjects were divided into two groups: experimental group and control group. The control group was conducted according to traditional teaching, and the experimental group used traditional teaching combined with children's sports dance course teaching experiment. In order to control and reduce the experimental error, a member of the research group served as the teaching teacher, hired the pediatric nurse of Wuhan people's hospital to measure the children's physique, and measured the children's physical fitness indexes before and after the experiment.

Results: Children's sports dance has an obvious effect on children's body, weight and chest circumference, and has an obvious effect on children's abdominal skinfold thickness. Children's sports dance teaching experimental intervention can improve children's body shape, reduce the proportion of obese children, and make children's body shape development more symmetrical. Children's sports dance can significantly improve children's sitting forward flexion, 10 meter turn back run, walking balance beam and standing long jump. The combination of kindergarten traditional teaching and children's sports dance intervention has made positive improvements in children's psychological and behavioral problems, especially in the three indicators of aggression, depression and discipline violation.

Conclusions: There is a subordinate relationship between children's sports dance and sports dance. Children's sports dance is an integral part of sports dance. It is compiled according to the laws and characteristics of children's physical and mental development. Children's sports dance has a significant effect on improving children's body shape, and has an intervention effect on children's physical quality, but the effect is different. Children's sports dance plays an obvious role in eliminating children's psychological and behavioral problems.

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ANALYSIS OF PSYCHOLOGICAL ATMOSPHERE OF PERSONALITY DEVELOPMENT IN PHYSICAL EDUCATION

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Background: The traditional sports teaching theory and sports psychology often emphasize the technical factors in the process of sports teaching and exclude the emotional factors. It often studies the basic elements such as teaching methods, organizational forms and teaching attitudes from the perspective of individuals and the psychological characteristics of mastering the formation of sports knowledge, technology and skills, resulting in Teachers' coercion, students' blind obedience, lack of active atmosphere and pleasant interest, so it can not mobilize students' enthusiasm and initiative. However, in the process of physical education teaching, the intention, motivation and interest of teaching and learning are always produced in a certain situation and atmosphere. The process of cognition, the formation of skills and the development of creativity are all imperceptibly carried out in the psychological atmosphere of physical education teaching. Once the teaching atmosphere is produced, it will become a kind of social pressure, which will have a significant impact on the value, attitude and behavior of the members of the teaching collective, so as to affect the physical education teaching. This micro social environment plays an important role in students' physical and mental development. Creating a good teaching psychological atmosphere is an indispensable and important content in physical education.

Subjects and methods: Traditional physical education teaching often emphasizes the technical factors in the process of physical education teaching and excludes the emotional factors, resulting in Teachers' coercion, students' blind obedience, lack of active atmosphere and pleasant interest. Therefore, it can not mobilize students' enthusiasm and initiative, which will affect the realization of physical education teaching objectives. In view of this situation, this paper focuses on how to create a good teaching psychological atmosphere, and puts forward the operable ways to build a good psychological atmosphere.

Results: This paper holds that the construction of good psychological atmosphere in physical education teaching should improve teachers' guiding style; Establish a harmonious interpersonal relationship between teachers and students and open up a variety of communication channels; Set up correct physical education teaching thought and effectively control the teaching process; Enrich teaching art and improve teaching skills; Properly handle accidental events and maintain classroom order; Strengthen collective consciousness and cultivate the spirit of unity and cooperation; Respect students' personality differences and promote students' personality development.

Conclusions: From the perspective of modern psychology, teachers and students mainly have two psychological elements in the teaching process, namely emotional elements and cognitive elements. In the process of physical education teaching, the intention, motivation and interest of teaching and learning are always produced in a certain situation and atmosphere. The process of cognition, the formation of skills and the development of creativity are all imperceptibly carried out in the psychological atmosphere of physical education teaching. A good teaching atmosphere is an infectious and uplifting educational situation, which can make students influenced and influenced and produce emotional resonance. Only a positive classroom atmosphere can meet the psychological characteristics of students' thirst for knowledge. The harmonious relationship between teachers and students and between students can promote the development of students' learning and thinking.

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STUDY ON EMOTIONAL EMPATHY BEHAVIOR OF WOMEN IN ANCIENT PRIVATE GARDENS

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Background: Social space is the product of society. Gender, as a kind of social relations, projects gender differences into space to form gender space. The meaning of space itself is often different due to the gender of users. When western feminism gradually infiltrates into the academic fields of politics, economy and history, they realize that occupying space is a political action. The right to enter space is closely related to social status and social power, and the differentiation of changing space and changing society are also inseparable. Although the relationship between women and gardens is very important, the