

## THE EFFECT OF ELIMINATING TENSION IN PHYSICAL EDUCATION AND PHYSICAL EXERCISE FROM THE PERSPECTIVE OF PSYCHOLOGY

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**Background:** There is no active integration of psychology into teaching. Although the development of education today has achieved certain results, and education has achieved reform and development, and teaching staff have gradually attached importance to physical education psychology education in teaching, the results produced are not satisfactory, mainly because of the following reasons: firstly, schools only focus on teaching quality and teaching results, and take students' academic performance as the standard for examining students' learning and teachers' teaching effectiveness, But do not attach importance to psychological factors such as students' psychological tension and anxiety, and there are no corresponding criteria for judging students' psychological health, resulting in some schools not strengthening the application of sports psychology in physical education and the role of psychology in education, focusing only on physical education; secondly, although some school physical education teachers have professional theoretical and practical knowledge of physical education, they have not studied and understood; Secondly, although some school PE teachers have professional theoretical and practical knowledge of PE teaching, they have not studied and understood psychology and have not undergone professional training, so it is difficult to penetrate psychological education in teaching.

Inability to carry out targeted teaching. Targeted teaching is a basic requirement of the new curriculum reform. Teachers should be able to fully grasp students' interests and hobbies, as well as their strengths and specialties, so that they can focus on cultivating them and carry out targeted teaching to produce the desired effect. There are certain differences between students, including their physical and psychological qualities. Teachers should have a good understanding of students' learning pressure, psychological tension and anxiety. By applying psychology to students' inner thoughts and to their confusion and problems in learning, teachers should be able to teach them in a way that promotes their all-round development.

**Objective:** The application of psychology in physical education is to provide psychological education through psychological guidance in order to understand students' thoughts and opinions and to identify the confusion and problems they encounter in their studies and lives. On this basis, teachers help students to establish a correct understanding of learning and good self-confidence in learning by strengthening psychological education, which helps students to solve problems and thus students can achieve good development.

**Subjects and methods:** Enhancing the organic integration of psychology and physical education. If the application of psychology in physical education is to be implemented effectively, then firstly the understanding of psychology education needs to be raised and teachers should apply psychology purposefully as a way of teaching. The development and implementation of physical education needs to be facilitated through the use of psychology, which in turn produces the desired effect, ensuring that teaching is effectively promoted and providing a good atmosphere for students to learn physical education, thus allowing them to develop well physically and mentally. Therefore, it can be learned that the application of sports psychology to physical education not only helps students to master physical education knowledge, but also helps to promote the overall physical and mental development of students.

Improve teaching facilities and teaching conditions. In order to improve the teaching facilities and conditions, firstly, it is necessary to build a high level and high quality teaching team. Schools should be able to introduce advanced teaching talents to ensure that the teaching team has high comprehensive quality, and strengthen the training of teaching expertise and teaching ability, enhance teachers' knowledge of psychology, and encourage teachers to actively apply psychology to physical education in teaching, which can produce good Secondly, it is necessary to strengthen the investment in teaching facilities and equipment to create good teaching conditions and teaching environment for students, so that students can obtain the conditions for physical exercise and thus be able to enjoy physical exercise, which will help to carry out normal teaching work and thus improve the overall quality of students; finally, teachers should carry out targeted teaching in teaching, and can carry out stratified teaching, by strengthening the teaching of psychological Lastly, teachers should target their teaching by teaching in a graded manner, by strengthening the teaching of psychology, by tapping into the potential of students, by adopting effective teaching methods and approaches to improve students' physical education performance, and by improving their learning efficiency and quality.

**Result:** In the context of the new curriculum reform, physical education is gradually being taken seriously and teaching staff are explicitly required to apply psychology to promote teaching innovation and to improve the physical and mental quality of students. In teaching, teachers are required to pay attention to individual differences and analyse the current problems in teaching, so as to apply effective integration strategies to improve the quality of physical education and reflect the value of the application of psychology in physical education, which in turn reflects the important role of psychology education in physical education and needs to be paid attention to and valued by relevant personnel.

**Conclusion:** To sum up, in order to apply psychology to physical education effectively, it is necessary to recognise the problems in the application of psychology in physical education, and on this basis to adopt effective strategies, including strengthening the organic combination of psychology and physical education, improving teaching facilities and teaching conditions, so as to help improve the effect of the use of psychology in physical education, and to lay the foundation for students to master physical education knowledge and promote their physical and mental. This will help to improve the effectiveness of the use of psychology in physical education, lay the foundation and create favourable conditions for students to master physical education and promote their physical and mental development.

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## ANALYSIS OF THE EVALUATION SYSTEM OF LABOUR EDUCATION IN HIGHER EDUCATION BASED ON A PSYCHOLOGICAL HEALTH PERSPECTIVE

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**Background:** Labour education is an important element of the socialist education system with Chinese characteristics, and labour education and labour practice is an important process for students in higher education institutions to overcome physical and psychological difficulties due to factors such as their upbringing, cognitive level and labour habits. In July 2020, the Ministry of Education issued the "Guidelines for Labour Education in Schools and Universities (Implementation)", which includes labour education as a compulsory subject in the education system. The evaluation of education has a bearing on the future direction of education and the direction of schools. Individual students have already formed distorted labour values, and their labour practice as a whole is characterised by utilitarianism and realism, which in the long run will lead to psychological problems in terms of self-perception and career choice. In order to meet the needs of social development and follow the law of students' growth, it is necessary to provide students with mental health education, and to consider labour education as a necessary means to improve the comprehensive quality of higher vocational students from a psychological perspective. It is necessary to establish an evaluation system for students' labour education in higher vocational institutions, to give full play to the role of educational evaluation in rewarding and motivating students, to attach importance to the value of education as a guide, and to carry out labour education for students on a regular basis, so as to implement the teaching task of establishing moral education in schools.

Labour education for students in higher education institutions in the new era is conducive to helping students form correct values and promoting their psychological health development. At the stage of higher vocational education, labour education generally relies on ideological and political and psychological guidance, etc., so that students can develop physically and mentally at the same time. In a market economy, people's standard of living has risen significantly, and while material life has been satisfied, people have new demands on the spiritual world. It is therefore necessary to provide students with labour education to develop their practical skills, as well as to guide them to develop good labour habits while receiving labour education from the perspective of mental health. For higher education institutions, when establishing the labour education evaluation system, they should take moral education as the main line, pay attention to the efficient combination of process and structural evaluation, guarantee the diversity of labour education evaluation contents and evaluation methods, and at the same time apply information technology means to do a good job of tracking and monitoring the evaluation big data, so as to fully highlight the wisdom and precision attributes of the labour education evaluation system.

**Objective:** The purpose of implementing labour education evaluation is to promote teaching and learning through evaluation, and at the same time to incorporate labour education evaluation indicators into the teaching quality system and student quality evaluation system, highlight the general situation of schools in setting labour education courses, reflect students' participation in labour practice, and play the