

Analysis and Countermeasures of related factors between mental health and physical exercise of Law College Students

Sheng Zeng¹, Lin Li^{2*}

Abstract

The goal of this study is to investigate and test if physical exercise affects the mental health of law students. The study aim. The current study used a quantitative research approach. A questionnaire survey is carried out to collect data from respondents. Furthermore, a planned physical exercise in the experimental and control groups is used. Finally, data analysis is carried out by using a statistical tool. There was no significant difference in the level of SCL-90 between the two groups ($P > 0.05$). There was no significant difference in mental health between the experimental group and the control group, which met the requirements of the experiment. Through T-analysis of the data before and after the investigation, there were significant differences in somatization, obsessive-compulsive symptoms, and interpersonal sensitivity in the experimental group ($P \leq 0.05$), and there were very significant differences in anxiety factors ($P \leq 0.01$). Physical exercise intervention can significantly alleviate the bad mood of college students. Physical exercise is conducive to improving college students' intelligence level and reducing the learning pressure. Different sports have different effects on the psychological factors of college students; The overall impact of personal sports on psychological conditions is better than that of collective sports. Collective sports can enhance people's aggressive psychology, but individual sports cannot replace the advantages of collective sports on interpersonal relationship cannot replace the advantages of collective sports on interpersonal relationship.

Keywords: Mental health; Physical exercise; SCL—90(the self-report symptom inventory, Symptom checklist,90); Counter measure

Introduction

In recent years, due to the continuous large-scale expansion of enrolment, the number of college students has continued to increase, and the accompanying trend must be the increasing pressure on college students to study. Coupled with the impact of the recent economic crisis, the employment situation, which was not optimistic, has become more and more challenging than ever. Severe, more intense competition, so that the psychological pressure of college students continues to increase, and even mental illness. Today's college students are like flowers in a greenhouse; their families nurture them, and each step they take from childhood to adulthood is paved by their parents. They have had few failures and blows. When they entered the university, the initial novelty was over. They had to face independently how to adapt to the new environment and deal with the interpersonal problems around them. Since they have never left their parents since childhood, their self-reliance ability is abysmal. It is difficult to adapt to the changes in the new environment of the school. When getting along with classmates, they show a more selfish side. The relationship between classmates has become tense. Coupled with study pressure and

emotional factors, this is enough to make them not very strong. Bearing capacity reaches its limit. With the rapid development of the economic level, people's material living standard has gradually improved. At the same time, people's life pressure is also increasing, and college students are no exception. Combined with the survey results, recent college students generally have psychological problem (Lemon et al., 2020). As the successor of socialism, college students' mental health impacts their future development. Therefore, college educators should pay more attention to it. As an effective way to strengthen the body, physical exercise also has many positive effects and effects on people's mental health (Chen et al., 2021). Based on this, this paper will discuss and study the impact of physical exercise on the mental health of law college students. Physical exercise benefits the psychology of the physical form of the human being and the psychology of the spiritual form, resulting in the characteristics of matching psychological development and transformation. College students who frequently engage in physical activity are divided into groups based on their habitual items. The difference in the impact of various exercise items on mental health is determined, allowing for the alleviation of psychological problems and

¹ School of Economics and Management, China University of Geosciences, Beijing, China

² School of Information Engineering, China University of Geosciences, Beijing, China

Corresponding 'author' Email: lilin@cugb.edu.cn

attaining true physical and psychological health. In recent years, many research surveys have shown that the mental health of law school students is worse than that of social groups, and one-third of law school students have different degrees of psychological problems. Analysis of the main influencing factors can be summarized as the following points of environmental adaptation and the development of self-awareness. In the conflict between ideal and reality, some law school students cannot find their coordinates in life, they are at a loss, anxiety, depression, depression, depression, neurasthenia, indifference, and even hopeless emotional love problems. After some law school students go to university, they hope to find their own position in a new environment, but the study method is not suitable in the actual study, which causes a huge gap and pressure in psychology. The very difficult employment situation brings new pressure to the law students (Laurie et al., 2021).

In today's society, with the continuous development of higher education and the large-scale enrolment expansion of colleges and universities, the increasingly severe pressure of work, study, and life is one of the important factors leading to mental illness. Generally speaking, college students' mental diseases mainly include intellectual disorders, consciousness disorders, personality disorders, and pathological disorders. For more than ten years, the sentence "college students hurt (kill) people" has been heard constantly. From time to time, we can learn from the media that some college students hurt (kill) people (Ma et al., 2021). In China's colleges and universities, college students commit suicide frequently. Most of the reasons are directly related to the adverse effects of College Students' psychological conditions caused by the internal and external environment.

For college students with poor psychological tolerance, mental health problems will become the core weapon to deprive them of their lives. The frequent occurrence of such events has aroused repercussions in the whole education sector and has become the focus of attention of all sectors of society. Related research shows that psychological problems impact people's health, but they are often not easy to find. It can be seen that college students' mental health problems should be a concern by schools, society, and families. It is essential to put forward complementary strategies for this problem and further explore it (Marques et al., 2021).

The psychological problems (Dong et al., 2021; Pulkki-Raback et al., 2022; Reeves et al., 2022) associated with law major education are as follows: first, the legal language is precise, accurate, professional, and places a premium on words, which causes students who have

been studying in school to encounter difficulties with memory and comprehension and to lose their initiative in learning once they enter the law major. Second, while China is a civil law country, it is continually absorbing common law principles as it constructs its legal system. This is reflected in the relevant teaching contents of international economic law, relevant English professional terms and cases, and English materials required for access and translation, making students with poor English feel heavy and frustrated. Third, the high admission scores of law majors each year form a sharp contrast with the great difficulty of employment, putting students under tremendous psychological pressure. At the same time, the judicial examination, known as the "biggest examination in the world", virtually makes law students feel hardship and pain, and the pressure increases sharply (Nida et al., 2021).

From the above analysis of the impact of physical exercise on mental health at home and abroad, it can be seen that although most of the research results support that participating in physical exercise can promote the development of mental health, there are still a small number of experimental results. In conclusion, according to the experimental control principle in sports science research methods, it can be understood that the reasons for the inconsistent results may be related to the researchers and experimental design. Different researchers will have different emphases and will inevitably obtain different results. In the design, different measurement tools, a different selection of independent and dependent variables, different experimental controls, etc. will have different degrees of influence on the experimental results. Therefore, we must strictly control the experimental process in the experiment and select reliability and validity. questionnaires with a high degree of accuracy, and must control the relationship between independent variables a high degree of accuracy and the relationship between independent and dependent variables.

Mental Health and Physical Exercise

Mental health is a broad term that encompasses an individual's emotional, psychological, and social well-being. It affects how an individual thinks, feels, and behaves. Additionally, it aids in determining how an individual copes with stress, interacts with others, and makes diverse decisions. Mental health is critical at all stages of life, from childhood through adolescence and into maturity. Mental health is critical for individuals because it is connected to daily activities. Their mental health typically determines individuals' performance in various tasks.

On the other hand, physical exercise is defined as performing an activity to improve or maintain physical fitness and general health. It is frequently aimed at honing athletic capability or talent as well. 'There is a relationship between mental health and physical exercise (Chekroud et al., 2018; Millon et al., 2022; Richardson et al., 2021; Ten Have et al., 2011). Physical exercise affects the mental situation of the people. Significantly, the students learning in various educational institutions require good physical exercise. Better mental health is necessary for the people to promote the learning process. The literature demonstrates that physical activity has a significant impact on students' mental health, which increases the learning process. As a result, this study proposed a link between mental health and physical exercise, which influences the learning process of law students.'

Analysis methods and materials

Existing problems

(1) Heavy academic pressure

With the development of society, talent competition is becoming increasingly fierce. College students are also under tremendous pressure in learning. Compared with high school, there is a significant gap in university learning. From passive learning to autonomous learning, university teachers play a smaller role and will not supervise and supervise students' learning too much. Therefore, the requirements for students' awareness and autonomous learning ability are relatively high. However, students who have just entered the university are easily uncomfortable with the learning style of the university. It is difficult to find the correct learning style, the learning effect is general, and the knowledge and ability they gain are difficult to achieve the expected goal. In the long run, under the heavy academic pressure, they can't make progress, which will have a tremendous negative impact on students' spirit and psychology, easily lead to students' bad psychology such as anxiety, inferiority and anxiety, and have a great impact on the development of students' mental health.

(2) Interpersonal problems

In a sense, University is the epitome of society. Students also have to face all kinds of people in their daily life and need to interact and communicate with different people. Therefore, good interpersonal relationships are also an important prerequisite for students to study and live happily (Boer et al., 2021). Some students are lonely, self-abased, introverted, over self and other factors which lead to their weak social ability. They don't know how to get along with others and can't deal with interpersonal relationships well in campus life. Some people close themselves and don't want to communicate with others. Some people have too much self-awareness and are easy to conflict with others. These will lead to problems such as disharmony in interpersonal relations, which will affect students' emotions and psychology, breed some negative

psychology and affect the healthy development of psychology.

(3) Difficult to adapt to college life

After entering university life, students left the careful care and care of their parents and began to live an independent life. Many students are prone to fear and exclusion. Most of the students live a life of putting on clothes, reaching out for food and opening their mouth at home. Due to the lack of independent consciousness and ability, they can not independently solve and overcome some problems and obstacles. They are psychologically vulnerable to attack, resulting in negative, frustrated and depressed psychology, which is ultimately not conducive to the students' Mental Health (He et al., 2020).

(4) Emotional life problems

Numerous individuals opt to fall in love during their first year of college. Most kids in high school, influenced by their schools and parents, lack experience conversing with the opposite sex. Due to its immaturity, it is easy for friction and conflict to arise throughout the process of falling in love, and the phenomena of love-lorn is more prevalent. On the other hand, college students have a limited capacity for self-regulation and tolerance. Once they reach a state of lovelessness, it is easy for them to breed a variety of bad feelings and psychology. Students are affected by feelings of despair, sadness, and loss for an extended period, and some students will consider suicide. According to the study, love-lorn is a significant element in developing suicide thoughts, particularly lonely psychology, which is prone to light ideas. As a result, the unhappiness of students' emotional lives is also a significant factor affecting their mental health.

(5) Over-reliance on networks and mobile devices

With the development of science and technology, the Internet has penetrated all aspects of people's lives and has had a far-reaching impact on the life of college students (Oyebode et al., 2020). Mobile phones and Internet have become an indispensable part of contemporary college students. Combined with practice, most students rely on mobile phones seriously. Whether in class, dining, or walking, you can see many people using mobile phones. Research shows that excessive dependence and use of mobile phones will alienate interpersonal relationships in real life and make it easier for dependent people to have inner loneliness, anxiety, depression, and other emotions, which will negatively impact mental health.

Data sources and methods

(1) Literature research method

According to the study's objectives, relevant materials related to physical exercise, mental health of legal college students, relevant physical psychological experiment design, and SPSS data statistical analysis, including books and periodicals, were consulted, sorted, and analyzed to serve as the scientific foundation for the paper's theoretical analysis and data processing.

(2) Questionnaire survey method

1. The questionnaire is a survey of physical exercise habits, which is mainly based on the gender, age of juniors in several colleges and universities, as well as the items, frequency and duration of physical exercise that they participate in, and how long they have been participating in this exercise. the issue to

investigate. According to the judging standard of my country's sports population, the students who participate in physical exercise more than once a week and the time of each physical exercise is more than one minute are determined as those who regularly participate in physical exercise, and vice versa. The questionnaire is given in Table 1.

Table 1

Exercise habit questionnaire

Dear classmates

Hello! First of all, thank you for your enthusiastic participation. The purpose of this questionnaire is to study your physical exercise habits. This is a questionnaire for academic research. You are not required to fill in your names, and there is no right or wrong answer. I hope you can answer according to the actual situation. Thank you again for your enthusiastic participation and support!

good health

May all go well with you

Please tick of the options below that match you

1. Gender: Male Female

2. Age:

3. Are you participating in any sports activities right now?

Yes No

4. The sports events that you now attend regularly:

Basketball Football Tennis ball Ping pong Swim Badminton Run Other

The number of times you are currently participating in sports per week:

Once Secondary Three or more times

6. The average time you take part in each exercise is:

30 minutes or less : More than 30 minutes :

7. How long have you been doing this exercise:

Under three months : More than three months ;

8. If you have never participated in extracurricular physical activity, are you thinking of going out and exercising?

Frequently There has never been

Do you have the same piece with you to add more physical training:

Yes No

2. The self-report Symptom Inventory (SCL-90), one of the world's most famous mental health test scales, is selected. SCL-90 scale is widely used abroad and is recognized by psychological experts worldwide as a psychological measurement method with rich content, large capacity, and accurate description of conscious symptoms. The table was revised by Wang Xiangdong and contains 90 questions, including 10 factors such as somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, fear, paranoia, and psychosis. There are 90 self-assessment items in total. The tester must fill in the score level according to the actual situation. Each item adopts 5-level score respectively "0" is asymptomatic, "1" is light, "2" is medium, "3" is heavy, and the scale covers 10 index factors. The validity coefficient of

the scale is between 0.77-0.90, and the evaluation results have high reliability and validity (Chung et al., 2020).

Experimental method

Two classes of legal costume in a college were randomly selected. One class was the experimental class (30 boys and 28 girls, a total of 58), and the other class was the control class (28 boys and 25 girls, a total of 53). Through the interview with the headteacher and counselor, it is learned that the two classes have similar age, physical conditions, curriculum arrangement and so on. (The experimental group arranges extracurricular activities twice every Tuesday and Thursday, respectively) each practice time is 45 minutes. The control group was required not to organize concentrated exercise during the experiment but to maintain normal course learning and daily life.

The pre-test and post-test data were processed by SPSS 22 statistical software (independent sample t-test was used to analyze whether there was a significant difference in the pre-test mental health level between the experimental and control groups). Paired samples were used to test whether there was significant difference in mental health after the experiment. $P < 0.05$ means significant difference, and $P < 0.01$ means very significant difference. Through the experiment of physical exercise for 14 weeks, the data obtained before and after the experiment are statistically analyzed by SPSS22 software to test the impact of physical exercise on College Students' mental health.

Definition of mental health

The definition of psychology given in psychology textbooks is "the function of the mind, which is the reflection of the brain on objective reality". Mental health is a very complex concept. It is a synthesis of medicine, psychology, and sociology. Researchers in different fields have different views and views on mental health. The definition of mental health in the Encyclopaedia of Psychology is: "Mental health, also known as mental health, includes two meanings: 1) It refers to mental health. When an individual is in this state, he is in good condition and harmony with society; 2) Refers to the principles and measures to maintain mental health and reduce behavioural problems and mental illnesses. Physical exercise refers to physical activities to strengthen the body and shape the body. The effect of exercise, and sometimes the way of competition, is not just a simple pursuit of competition results, but to experience the happiness that physical exercise brings to people's work and life and emphasize its role in promoting the body and mind of the participants. Physical exercise and exercise load as means, with fitness, entertainment and leisure, health care rehabilitation, mental and intelligent exercise as the content of activities, to enhance physical fitness, improve physical and mental health, and improve and maintain a type of physical activity. Its main characteristics It is to use physical exercise to improve work and study ability and improve the quality of life.

Physical exercise function and value

Regarding the value of physical exercise, there are many related articles and experimental research conclusions, which can be summarized in the following aspects:

To begin, let us consider the fitness benefits of physical activity. Regular physical activity can help maintain a healthy body by improving cardiopulmonary capacity and increasing people's maximum oxygen uptake. It can also help maintain bone density and reduce calcium loss; it can also help promote muscle strength and endurance and

muscle content; it can also help increase the body's flexibility and regulate body composition, among other benefits.

Second, physical activity can help improve the function of the body's numerous systems. Physical activity has been shown to improve the metabolic process and successfully stimulate the digestive system, urinary system, respiratory system, and other important systems.

Third, physical exercise can promote the development of human cognitive ability. Physical exercise is an active and active activity process, and all kinds of exercise programs have a standard feature. During exercise or high-speed exercise, the athlete, is required to be able to quickly and accurately perceive and judge external objects and also perceive and coordinate body quickly to ensure the smooth completion of the movement. If you insist on exercising for a long time, it can promote the development of people's sense and perception ability, improve people's reaction speed and intuitive judgment ability, and make people sharp and flexible.

Fourth, physical activity is beneficial for intellectual growth. Because physical exercise can frequently activate the left limb that is inactive during the day, it is helpful to tap the intellectual potential of the right hemisphere of the brain and develop human intelligence; there is also a saying that because physical exercise can accelerate blood flow, the oxygen supply to the human brain is increased, resulting in the development of intelligence;

Fifth, physical exercise can promote the overall development of personality. Physical exercise can develop people's abilities in many aspects and develop people's abilities in many aspects and hone their character and make them strong, cheerful, and optimistic. Sports can make you master law of getting along with others; that is, you should be good at being humble when you achieve results, be good at praising others when they succeed, and be good at sharing when everyone grows together. This law is also the law of healthy personality.

Sixth, physical exercise is conducive to the improvement of interpersonal relationships. The form of physical exercise is mostly manifested collectively, so participating in physical exercise is a process of close cooperation with others and actively participating in the collaboration of others. Such participation will effectively promote the ability to collaborate with others to improve the psychological quality of participants and their adaptability to the development of modern society.

Seventh, physical exercise can promote mental health. Physical exercise can strengthen college students' self-concept and self-esteem, improve their mood, enhance their satisfaction with life, and help college students eliminate psychological barriers and treat psychological diseases.

Results and Discussion

Through the experiment of physical exercise for 14 weeks, the data obtained before and after the investigations are

statistically analyzed by SPSS22 software to test the significant difference of the effect of physical exercise on College Students' mental health. Table 2 shows the overall comparison of SCL-90 between the experimental and control groups.

Comparative analysis of SCL-90 levels between experimental group and control group

Table 2

Overall comparison of SCL-90 between experimental group and control group

Index	Before experiment M±SD	After the experiment M±SD	t	p
Somatization	3.60±0.96	2.98±0.55	1.85	0.04*
Obsessive compulsive symptoms	3.21±0.42	3.17±0.52	2.31	0.03*
Interpersonal sensitivity	2.34±0.25	2.00±0.50	2.14	0.04*
Depressed	2.63±0.67	2.56±0.55	-0.62	0.52
Anxious	2.13±1.10	1.98±1.21	3.04	0.00**
Hostile	2.20±1.23	2.15±0.91	1.06	0.09
Terror	2.11±0.87	2.05±0.76	1.65	0.32
Paranoid	4.00±0.18	3.79±0.24	1.62	0.14
Spirituality	2.95±0.35	2.59±0.77	1.63	0.35
Other	2.58±0.40	2.42±0.73	1.87	0.89

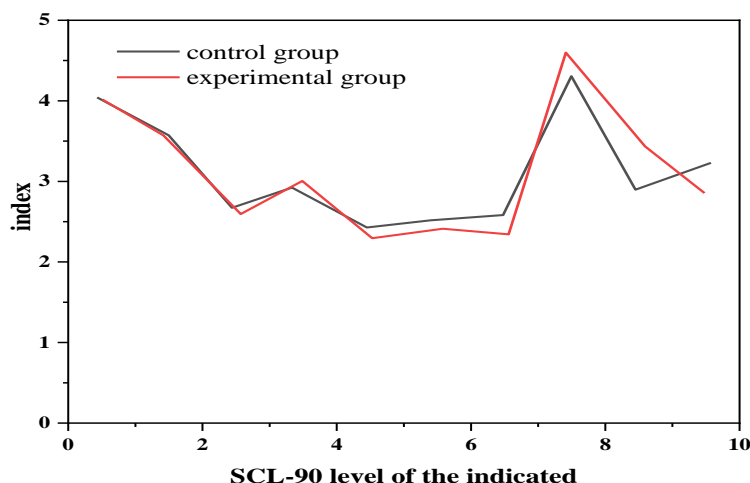


Figure 1. Comparison of scale between experimental group and control group

Before the experiment, the homogeneity of variance test was conducted for the experimental and the control group and control groups and control groups. The results in Table 2 and figure 1 showed no significant difference in the level of SCL-90 between the two groups ($P > 0.05$). It

shows that there is no significant difference in mental health between the experimental group and the control group, which meets the requirements of the experiment. Table 3 shows the overall comparison of the experimental group before and after the experiment.

Comparative analysis of scl-9 levels in the experimental group before and after the experiment

Table 3

Overall comparison of the experimental group before and after the experiment

Index	Before experiment M±SD	After the experiment M±SD	t	p
Somatization	3.60±0.96	3.54±0.65	1.04	0.54
Obsessive compulsive symptoms	3.21±0.42	3.17±0.52	0.99	0.08
Interpersonal sensitivity	2.34±0.25	2.41±0.50	2.35	0.10
Depressed	2.63±0.67	2.56±0.55	-0.62	0.52
Anxious	2.13±1.10	2.20±1.21	1.04	0.75
Hostile	2.20±1.23	2.25±0.91	1.06	0.09
Terror	2.11±0.87	2.21±0.76	1.65	0.32
Paranoid	4.00±0.18	3.79±0.24	1.62	0.14
Spirituality	2.95±0.35	2.59±0.77	1.63	0.35
Other	2.58±0.40	2.75±0.73	1.87	0.89

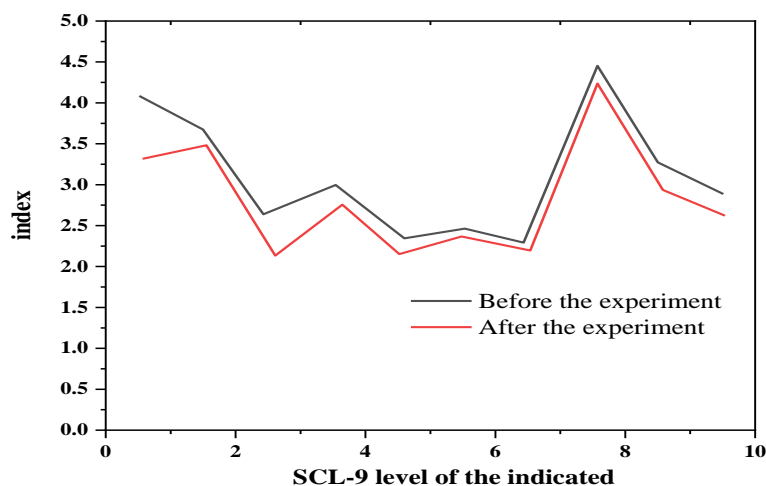


Figure 2. Comparison of experimental group before and after the experiment

According to Table 3 and Figure 2, the results show that: After 14 weeks of physical exercise intervention in the experimental group, the mean value of each index factor of the SCL-90 scale has a significant downward trend. In addition, through t-test of the data (before and after the experiment) in the experimental group, it is concluded that there are significant differences in somatization, obsessive-compulsive symptoms and interpersonal sensitivity in the experimental group ($P \leq 0.05$). Moreover, there are very significant differences in anxiety factors ($P \leq 0.01$); It also has some effects on hostility, depression, terror, paranoia, psychosis and other symptoms, but there is no significant difference. This shows that the 14-week physical exercise intervention can significantly alleviate the bad mood of college students, reduce the level of somatization and anxiety, ease interpersonal sensitivity, reduce obsessive-compulsive symptoms and improve psychiatric symptoms. (this is the result of the persistence and efforts of the subjects in the experimental group during the experiment, which is consistent with the observation records of 14 weeks). Physical exercise is conducive to improving the intelligence level of college students and reducing the pressure of learning.

Conclusion

Physical exercise has positive adjuvant therapeutic effects in preventing and treating clinical diseases, especially of mental illnesses such as depression and anxiety, which can help individuals improve negative emotions or maintain positive emotions. Moderate physical activity can effectively improve the mental health of college students, promote their academic performance, and help them achieve good social adaptation. However, inappropriate exercise can also be detrimental to physical health, such as "over-exercise" or strenuous exercise that can lead to mood swings, symptoms similar to depression, eating disorders, and poor body image. The results show that physical

exercise has a positive effect on the mental health of law students. It can enhance physical quality and lay a good material foundation for mental health. It can enhance self-confidence and overcome inferiority complex to a certain extent. It can effectively improve interpersonal relationships and overcome loneliness. It has the potential to alter college students' thinking and help them overcome anxiety and depression. Thus, in addition to actively promoting the "Mental Health Education for College Students" course and providing effective psychological therapy, schools and universities should place a premium on law students' physical activity.

Theoretical Implications

Several previous studies identified the role of mental health and the influence of various factors on mental health of individuals. However, any study rarely addressed the mental health of law college students. Furthermore, the mental health and physical exercise is also considered by previous studies, but previous studies do not address the countermeasures of related factors between mental health and physical exercise. Therefore, this study has important implications for the literature by contributing significantly to the literature. This study contributed by identifying that physical exercise intervention can significantly alleviate college students' bad mood, which contributed significantly to the literature.

Practical Implications

The current study results highlighted several important insights that can lead to a positive role concerning the law college students. For instance, this study highlighted that physical exercise intervention has the potential to decrease bad mood of college students. Therefore, management of colleges should promote physical exercise intervention to

decrease bad mood of college students, which can further lead to better results. Besides, this study also addressed that the learning pressure of students can be reduced through physical exercise interventions. Similar to the decrease in bad mood, the decrease in learning pressure can also lead to better learning outcomes. Hence, the practitioners should develop various physical exercise strategies to decrease learning pressure. Thus, it is recommended to the law colleges management to promote physical exercise with the help of sports activities.

Study Recommendations

Based on the results of this study, the following recommendations are proposed;

It can enhance physical quality and lay a good material foundation for mental health.

The modern medical model is a "social-psychological biological" model. The first mock exam is that social, psychological, and biological factors are the main factors contributing to the disease. In terms of mental health, mild is a sub-health problem, while severe is a mental disease. Whether sub-health or mental illness, simple drug treatment often does not achieve the expected effect. At the same time as drug treatment, we must actively carry out physical activities, strengthen physical exercise and constantly improve our physical quality.

It can enhance self-confidence and overcome inferiority complex to a certain extent.

Some college students often lack self-confidence and even have inferiority complex due to various reasons. In terms of family or study, these reasons often make students have inferiority complex and cannot give full play to their strengths. They can overcome this problem to a certain extent by often participating in physical activities and actively taking physical exercise. Because many sporting activities, such as ball practice, volleyball, football, aerobics, and cheering, are group activities. These are competitive, group, and cooperative activities. They can help individuals increase their self-esteem and effectively overcome inferiority complexes.

It can effectively improve interpersonal relationships and overcome loneliness.

Due to various reasons, some students often cannot correctly handle their relationship with their classmates, and even conflict and act independently. This is an imperfect personality and belongs to mental health problems. Actively participating in sports activities and

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physical exercise, especially team sports activities, can effectively improve these problems, overcome loneliness and better integrate themselves into group life.

It can change the mentality of college students and overcome anxiety and sadness.

Some students are often sentimental and groundless in real life, as if they live in sadness every day. This kind of problem belongs to a psychological problem, and long-term development will cause psychological disease. Sports activities and physical exercise, especially team activities, are full of competition and a positive and happy atmosphere. Each participant can not only feel the stimulation of competition but also feel the joy of participating because of this atmosphere.

Although physical exercise can promote the mental health of college students, it cannot completely avoid the occurrence of mental illness. If those students with psychological symptoms cannot correctly view their problems and do not dredge and guide them in time. It will inevitably affect their health, study and life. So, the school should combine the psychological characteristics of college students at this stage to open some lectures on college students' mental health so that students can treat mental health problems with a correct attitude, and can give full play to school psychological counseling. The role of the room is to correct the perspective of college students towards the psychological counseling room so that college students can devote themselves to study and life healthily; The symptoms of somatization, anxiety and phobia were significantly improved; the individual project had a significant improvement effect on obsessive-compulsive and paranoid symptoms; the group project had a significant improvement function on interpersonal relationship symptoms. Therefore, according to the above results, it is suggested that schools should frequently conduct psychological questionnaire surveys on college students and recommend related sports programs or related psychological guidance education for them according to their different mental health conditions combined with students' hobbies, to truly teach students following their aptitude, Prescribe the right medicine.

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