

and Yang of the body tends to balance, the unbalanced factors in people's psychological state will be affected accordingly, and self-regulation will gradually tend to balance.

Experimental results show that the subjects before and after the experiment has significant differences in psychological data, proved that the body, heart, spirit tai chi teaching mode of intervention, college students in forced, depression, anxiety, terror, paranoid five dimensions of improvement, more effective to reduce the college students' psychological anxiety, to alleviate the college students have significant effect. At the same time, the experimental implementation process talk with subjects also confirmed the formation of the results, they generally reflect, in the process of learning to practice tai chi chuan movements feel breathing smoothly, calm, happy, thought enrichment, the anxiety, mental tension and depression got certain relief, the whole body and mind to effectively relax.

Combined with the experimental results and intervention process, body, heart, spirit tai chi teaching mode of positive influence on college students' psychological anxiety, mainly with the following aspects: first, the intervention pays attention to the subjects' breathing and relaxation training, starting from the simple tai chi station pile, guide students to meditation, let the experience of deep breathing and muscle relaxation, make the practitioner will focus on slow breathing, experience and learning with breathing changes of muscle relaxation method. Through this static practice before each class, the practitioner's mood quickly becomes calm and natural. Secondly, the movement is simple and the number is small, to avoid the subjects tired of memory. "Practice makes perfect", with fewer movements, easy to remember and more accurate methods. In this way, practitioners can focus on the body feeling of the movements, deeply explore the relationship between Taijiquan body and heart, and experience the connotation of the unity of body and mind. Third, emphasize the integrity of the "scanning" body, understand the body reflection. Teaching emphasizes the subjects feel tai chi movement highly overall coordination, "motionless" body scanning body experience, guide the students' body reflection, constantly set up students in self, change themselves, improve themselves a kind of thinking logic, help students to adjust their own life learning way. Fourth, conduct cultural infiltration, improve the ideological understanding. Tai chi contains the profound of Chinese traditional philosophy and culture, with the help of tai chi can vivid and concrete interpretation of "gas", "dialectical", "humanity", "unity", "object image", "cultivate one's morality", "unyielding, thick with virtue" ideas, the ideological understanding for the youth life and learning has a positive guiding role. On the whole, through the application and implementation of these specific methods, the influence of Taijiquan on the psychological anxiety of college students is fully played.

Of course, this teaching mode of "weakening the external body and paying attention to the physical and mental feelings" is relatively difficult for college students to learn, and students' experience and mastery will not be achieved overnight. "Tai Chi does not go out for ten years" also fully explains the depth and difficulty of Taijiquan. However, for teenagers in modern society, Taijiquan, which pays attention to psychological adjustment and cultural infiltration, has important social practical significance for solving their current life and learning problems, comprehensively understanding Taijiquan, and mastering the methods and principles used for long-term practice.

Conclusion: Practicing Tai Chi has a significant role in improving the interpersonal relationship among college students. Practicing Tai Chi can effectively improve the psychological endurance of college students. Practicing Tai Chi can significantly improve the adaptability of college students.

It is suggested that colleges and universities should offer Tai Chi courses from the first year of university. They can increase the number of weekly class hours to increase the participation of college students and increase the time of Tai Chi exercise, so as to more effectively improve the psychological anxiety status of college students and improve their psychological anxiety level. Open Tai Chi associations, clubs and interest classes in order to provide more opportunities and platforms for college students to learn and communicate with each other.

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CEO SOURCES AND CASH HOLDINGS UNDER THE IMPACT OF COVID-19: FROM THE PERSPECTIVE OF PSYCHOLOGICAL EMOTION REGULATION

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Background: Under the impact of COVID-19, many private enterprises in China have bankrupted due to broken capital chains. A company's cash holdings are not only related to its daily production and operation, but also an important decision for its sustainable development. This paper attempts to explore the determinants of cash holdings from the perspective of management psychology.

Subjects and Methods: As an agent, CEOs from different relationship sources have different sense of security, loyalty, dependence and psychological needs to their clients, resulting in different agency behaviors. This paper divides the CEO sources into three types according to the relationship between CEOs and directors. We believe that different CEO sources have different psychology needs and thoughts, and that should affects the behavior of cash holdings. Our sample includes 2007-2020 private listed companies in China, the sources of CEO are divided into family member, acquaintance and outsider.

Results: Compared with family member CEOs, the cash holding level of acquaintance and outsider CEOs is significantly lower, and the cash holding value is significantly higher, which is more obvious in the source of outsider

CEOs. At the same time, CEO sources also affect the company's cash holding level and cash holding value through company size and cash flow.

Conclusion: The closeness between the agent CEO and the client will lead to different psychological needs and ideas, thus affecting the CEO's decision making behavior. Private enterprises choose family members as their CEOs, who tend to be conservative and safe, have stronger loss aversion, and have a higher level of cash holdings, but their cash holdings will suffer losses.

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ACTIVITIES DESIGN OF INTERDISCIPLINARY THEMATIC LEARNING FOR THE DEVELOPMENT HISTORY OF TRADITIONAL CHINESE MEDICINE AND ITS INFLUENCE ON RELIEVING STUDENTS' ANXIETY PSYCHOLOGY

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Background: The COVID-19 pandemic, which broke out at the end of 2019, continues to affect the world, posing severe challenges to governments around the world. It not only poses a threat to people's lives and physical health, but also has various impacts on people's mental health, especially that of students. And in this environment of junior school students began to enter adolescence, easy to produce a variety of adolescent mental problems, such as extreme, anxiety, self-lost and so on. How to carry out adolescent psychological education is an important subject facing middle school education. History curriculum has a strong function of educating people, including psychological education naturally. The objectives of Compulsory Education History Curriculum Standards propose that students should "preliminarily understand the relationship between individuals and groups, individuals and society, improve the ability to identify and judge right and wrong, good and evil, beauty and ugliness, gradually establish a positive and enterprising attitude towards life, and form a sound personality and healthy personality quality. "In 2014, China is clearly required to "study and formulate the key competencies system and academic quality standards for students", and revise the curriculum plan and curriculum standards according to the key competencies system of students. One of the most effective ways is to infiltrate adolescent psychological education into history interdisciplinary teaching, which is not only the demand of education in the new era, but also the new research direction and motivation of junior school history teaching. It can be seen that the interdisciplinary thematic learning of history can help students establish a positive and enterprising attitude towards life, shape a sound personality, cultivate a strong will and the spirit of unity and cooperation, and effectively promote students' ability to relieve students' irritability, enhance the ability to withstand setbacks and adapt to the living environment, and cultivate their key competencies.

Subjects and Methods: This paper takes the development history of traditional Chinese medicine as the research object, uses literature review method and case study method to collect relevant information about the history of TCM from historical textbooks, libraries, reading rooms, network and digital resources, then combines the knowledge, skills and methods of history, geography, ethics and law, science and other disciplines to design interdisciplinary thematic activities, and understands the specific situation of traditional Chinese medicine in the development of human history.

Results: Through the activities design of interdisciplinary thematic learning on the history of TCM, students can have a knowledge of TCM, and realize the important role of medicine in the development of human society, experience the wisdom of Chinese people, so as to strengthen students' understanding and application of health care, hygiene and epidemic prevention from the perspective of educational psychology.

Conclusions: This study puts forward the basic connotation, significance, design steps and case study of the interdisciplinary thematic learning. In accordance with the above principles, methods and steps, this research designed the process of interdisciplinary teaching activities related to the history of TCM, in order to provide reference for the design of interdisciplinary activities of history in relevant schools.

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ANALYSIS OF INVESTMENT STATUS AND INVESTMENT TREND IN TURKMENISTAN FROM PERSPECTIVE OF INVESTOR ANXIETY PSYCHOLOGY