

because they are not interested in learning, but think that the course is difficult, and the teaching form of teachers is boring and the teaching method is boring. Combining with Table 1, it can be seen that students hardly hate learning itself, and even most like to study. Only the current teaching methods of colleges and universities cannot attract learning Students' attention, therefore, most students think that they can try personalized teaching scheme to improve their learning interests and improve the current learning situation.

Based on this, this paper puts forward the optimization strategies of personalized teaching in Colleges and universities, mainly including: (1) We should respect students' principal position and implement humanized teaching mode. The so-called humanized teaching mode is to teach students in accordance with their aptitude on the basis of knowing well the students' psychological thinking mode. Teachers should respect the differences of students and use diversified teaching methods to guide students' learning behavior; In addition, although the teaching content needs rigorous rational thinking, the teaching method can be emotional and humorous. On the basis of fully observing the psychological characteristics of students, teachers should teach the teaching content with the teaching method of directly hitting the deep heart of students. (2) Pay attention to students' psychological barriers and solve the psychological problems of students. Due to the multiple influences of society, family, teachers and students, many college students will have all kinds of psychological obstacles and problems, which will seriously affect their study and life. Therefore, teachers should always pay attention to the students' psychological trend, timely observe the students' psychological problems, and strive to eliminate the students' psychological obstacles. For example, many students in the learning process will have serious fear of difficulties, rejection, which leads them to treat learning in a negative way, and often produce procrastination, conflict behavior. Therefore, teachers should conduct timely psychological counseling for such students, and dispel students' psychological concerns in a step-by-step way. (3) In daily teaching activities, the correct use of positive psychology. Traditional education methods often adopt strict and high-pressure means: Serious classroom, strict assessment, harsh face, always criticize, punish, punish, even get rid of, in order to maintain the dignity of teachers, the result is counterproductive. The application of positive psychology will play an important role in the teaching process of colleges and universities. If teachers can use positive psychology scientifically and reasonably, the teaching effect will be optimized to a certain extent. In teaching activities, teachers should stimulate each student's inherent potential and quality with a positive vision, so that they can improve their sense of happiness, identity and belonging under the guidance of positive forces and the bath of kindness and virtue.

**Conclusions:** Colleges and universities should combine their own teaching advantages, make full use of psychological principles, guide students to establish self-confidence, stimulate students' enthusiasm and enthusiasm for learning, and try to help them overcome psychological barriers, solve psychological problems, form a good psychological state, so that they can feel more happiness and existence value in their daily study and life. This is not only conducive to the future development of students, but also conducive to the comprehensive quality of talents and the overall improvement of the level of economic development.

**Acknowledgements:** The research is supported by Jiangsu university philosophy social science research project, "Distribution of higher education resources in the Huaihai economic zone-to education geography perspective", NO.2018SJA1010; The research is supported by Xuzhou University of Technology research project, "Study on the space distribution and influencing factors of newly-built universities", NO.XKY201935.

\* \* \* \* \*

## APPLICATION OF MENTAL HEALTH EDUCATION IN IDEOLOGICAL AND POLITICAL EDUCATION OF COLLEGE STUDENTS

Zhiyong Dong

*Office of Student Affairs, Vocational and Technical College of Inner Mongolia Agricultural University,  
Baotou 014109, China*

**Background:** Healthy psychology is the psychological basis and power for college students to grow up. College students face pressure in study, life, economy, employment and emotion. Mental health education has brought infinite vitality and vigor to the ideological and political education of college students. Ideological and political educators should master the psychological characteristics of college students, use psychological counseling technology in Ideological and political education, and guide students' thoughts in

the right direction, which can play a good effect in Shaping College Students' self-esteem, self-confidence, rational peace, positive social mentality. However, according to the relevant investigation and research, most college students have some psychological problems, and even affect their normal life. Therefore, college students' mental health education and ideological and political education are important parts of college moral education. It is necessary to effectively combine the two in the process of comprehensively promoting quality education and cultivating high-quality talents. However, according to the relevant investigation and research, most college students have some psychological problems, and even affect their normal life. Therefore, college students' mental health education and ideological and political education are important parts of college moral education. It is necessary to effectively combine the two in the process of comprehensively promoting quality education and cultivating high-quality talents.

**Objective:** The effective combination of mental health education and ideological and political education can strengthen and improve the mental health education of college students, and provide new reference for the healthy growth of college students and the cultivation of high-quality qualified talents.

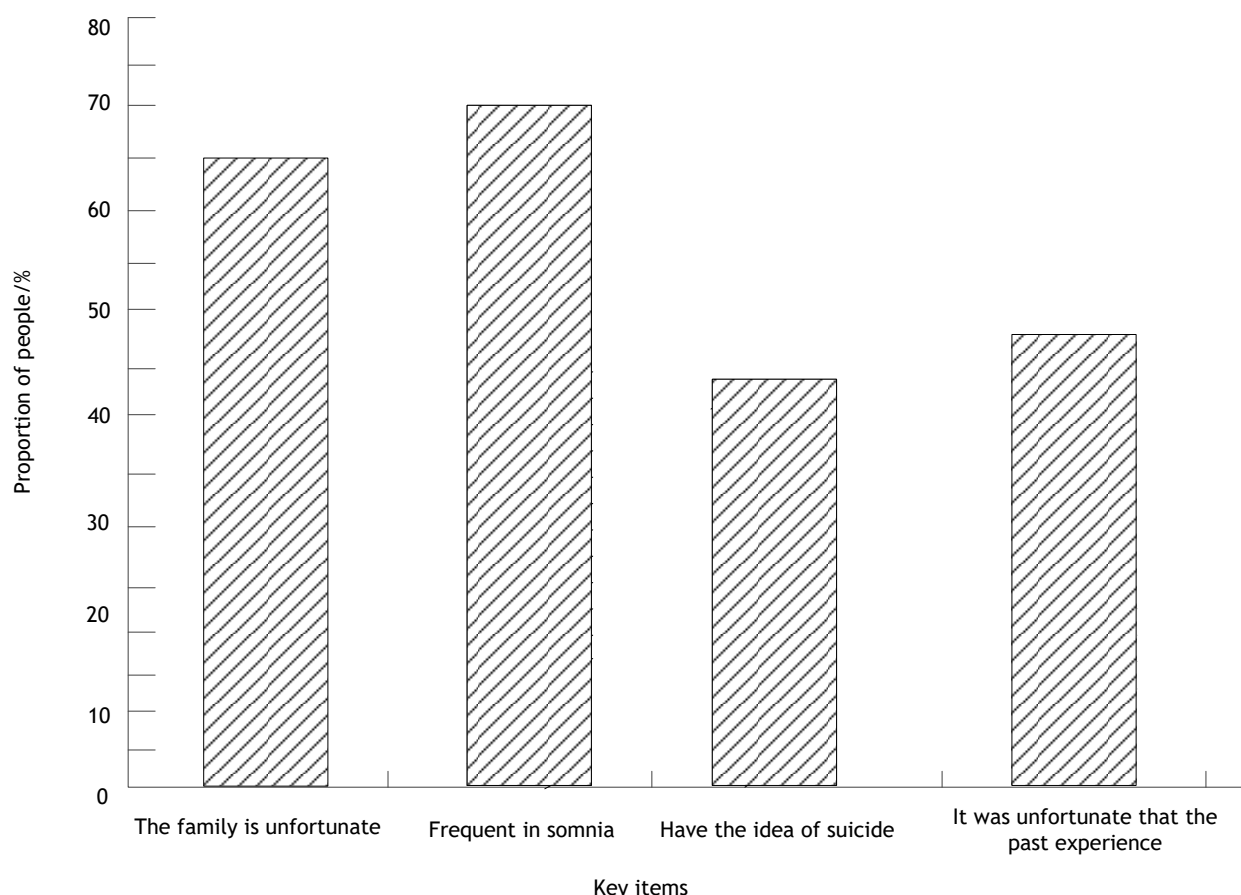
**Subjects and methods:** Using the methods of questionnaire survey, tracking and interview, this paper analyzes and excavates the data results, and makes a specific analysis on the role and application of mental health in Ideological and political education. 350 students from different majors were randomly selected from a certain school, and anonymous data were collected by questionnaire survey. Then 50 students from different colleges were randomly selected for one-to-one interview and further screening. Among them, the content of the questionnaire includes psychological status, whether psychological counseling is needed, etc.

After the questionnaire survey, targeted in the ideological and political education courses to add mental health counseling courses, and added mental health minor courses, after a month of teaching, again random interviews with 50 students, compared with the psychological state before and after the mental health education courses.

**Results:** According to the results of questionnaire survey and interview, 20.6% of the students have serious psychological problems, which are mainly caused by neurosis. 74.12% of college students clearly indicated that there were more mental health problems among college students. It can be seen from Figure 1 that most college students think that their families and their past are unfortunate. These thoughts will seriously affect the psychological state of college students and bring them a negative attitude towards life. At the same time, 42% of college students have the idea of suicide, which is very terrible. In the interview, we asked about the causes of suicide of college students and found the main influencing factors It's the family environment. They think that their childhood is not happy and they are not cared and loved by their parents. They even think that it is better for their parents to have no family of their own. At the same time, the survey also found that 28.1% of the students may have different degrees of psychological barriers or psychological distress, mainly in environmental adaptation, self-management, learning, interpersonal communication, making friends and love, job hunting, personality development and emotional regulation. The prominent problems are: environment adaptation: obstacles in learning and environment adaptation; Personality development: lack of self-confidence, inferiority obvious; emotional adjustment: emotional instability; interpersonal communication: interpersonal relationship does not adapt.

When the students surveyed answered "what ways do you think college students can solve their mental health problems?" the first answer was "find a psychological counselor for education guidance", the second answer was "find friends and classmates to talk", and the third answer was "find a counselor to talk". When asked whether it is necessary to add mental health counseling course in Ideological and political education, 75% of college students support it, 12% think it can be tried, only 6% of college students do not support it and feel it has no effect.

On the basis of the above data, a one-month mental health assisted ideological and political education class was carried out. After random interviews with 50 students, it was found that 69% of the students' psychological state was alleviated and their interpersonal skills were significantly improved. However, 4% of the students still had serious psychological problems, which requires further psychological adjustment and guidance from the school to help the students walk as soon as possible To get out of psychological shadow and get good mental health.



**Figure 1.** Results of questionnaire survey on key items.

**Conclusions:** College Students' Ideological and political education and psychological counseling are different, but they can blend. In the new era, the combination of Ideological and political education and psychological counseling is an effective way to solve the actual psychological problems of college students and enhance the effectiveness of Ideological and political education.

\* \* \* \* \*

## IMPORTANT ROLE OF MENTAL HEALTH ANALYSIS IN PE WEIGHT-BEARING TRAINING TEACHING

Jian Han

*Department of Sports, Hubei Urban Construction Vocational and Technological College, Wuhan 430205, China*

**Background:** Due to the reason of entering a higher school, contemporary students are faced with heavy schoolwork, psychological pressure is self-evident, and then a series of problems are coming one after another. Mental disorders and mental illness have become the most important problem that educators need to pay attention to. Cultivate good physical quality, social adaptation and psychological quality, eliminate the fear in sports, overcome the bad personality; Cultivate excellent will quality, promote the overall development of body and mind. How to make full use of the educational, competitive, cooperative and communicative characteristics of amateur training and teaching to guide students to experience all kinds of emotions in the process of physical training and exercise their will so as to achieve the purpose of improving their mental health is a problem that physical education teachers must seriously consider. The health curriculum of physical weight training takes physical practice as an important method to enhance the physical and mental health of the students. To combine mental health and physical training, to set up various processes of mental health education for students' psychological education, to do a good job in physical training and mental health regulation, will realize its due value.