

educational management, but further research is needed in specific methods and technical levels used by different groups.

**Table 1.** The results of psychological test in the experimental group before and after the guidance of educational management psychology.

Factor	Before counseling of educational management psychology		After the guidance of educational management psychology		<i>t</i>	<i>P</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Total average score	1.8751	0.3568	1.5435	0.3262	3.673**	<i>P</i> <0.01
Get angry	1.9245	0.6321	1.7264	0.5215	2.800*	<i>P</i> <0.05
Sadness	1.7764	0.3248	1.3354	0.4129	2.914*	<i>P</i> <0.05
Fear	1.4687	0.3181	1.3325	0.3452	1.279	<i>P</i> >0.05
Guilt	2.1673	0.5831	1.9064	0.6134	3.648**	<i>P</i> <0.01
Disappointment	1.9642	0.5834	1.6294	0.4462	4.294***	<i>P</i> <0.001
Anxious	1.8843	0.4803	1.5481	0.4516	3.534**	<i>P</i> <0.01
Depressed	1.6534	0.5046	1.5134	0.1621	1.284	<i>P</i> >0.05
Hostile	1.6037	0.4651	1.3381	0.2641	2.834*	<i>P</i> <0.05
Paranoia	1.7261	0.4315	1.6021	0.3180	1.517	<i>P</i> >0.05
Force	1.6248	0.4761	1.4364	0.4318	3.051**	<i>P</i> <0.01

Note: \*means *P* < 0.05, \*\*means *P* < 0.01, \*\*\*means *P* < 0.001.

**Conclusions:** Generally speaking, compared with other clinical technology schools, psychological counseling of educational management is more easily accepted by college students because of its full of experience and participation in the clinical implementation process. Through the guidance of educational management psychology, college students have a correct understanding of their emotions and emotional activities, and get the methods of how to adjust their emotions and emotions, so as to promote their life, learning and positive cognition. From the research point of view, through the psychological counseling of educational management, a number of psychological and emotional indicators of the subjects have been improved. It can be seen that the guidance of educational management psychology has broad application prospects. Especially in the current rapid development of social background, in Colleges and universities to carry out educational management psychology counseling can effectively alleviate the negative emotions of college students.

\* \* \* \* \*

## MANAGEMENT PATH OF HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES BASED ON POSITIVE PSYCHOLOGY THEORY

Lin Bao\* & Tian Xu

*School of Sciences, Nantong University, Nantong 226001, China*

**Background:** Positive psychology has seen its infancy as early as 1998. Early active psychologists focused on talent and worked to improve the quality of life of ordinary people. For example, Rogers and others regard positive psychology as the research factor of humanistic psychology: Neill and so on are also involved in educational psychology: Albee and Cowen studies also often focus on happiness, or “positive promotion “: Bandura and other studies of people’s sense of efficacy: the study of general intelligence and the study of the quality of life of mental illness. Positive emotion theory refers to positive emotion as a means to achieve psychological growth and improve physical and mental health, and an important “engine” to strengthen our immune system. Positive psychological emotion and extended function show positive correlation, the stronger the positive emotion is, the stronger the function is. Positive emotions also include the theory of positive organizational system, that is, family, community and school, which provides important spiritual strength for human development through the accumulation of experience and the support of Qin Xu. The theory of positive emotion has become an effective way and discipline to cure human

psychological diseases. College students are an important pillar of contemporary society and the backbone of future development. Therefore, the mental health education of college students is an important force to guide the positive development of social fire. The theory of positive psychology can help college students to improve their mental health. Therefore, this paper analyzes the ways and methods of health education management the ways and methods of health education management of college students.

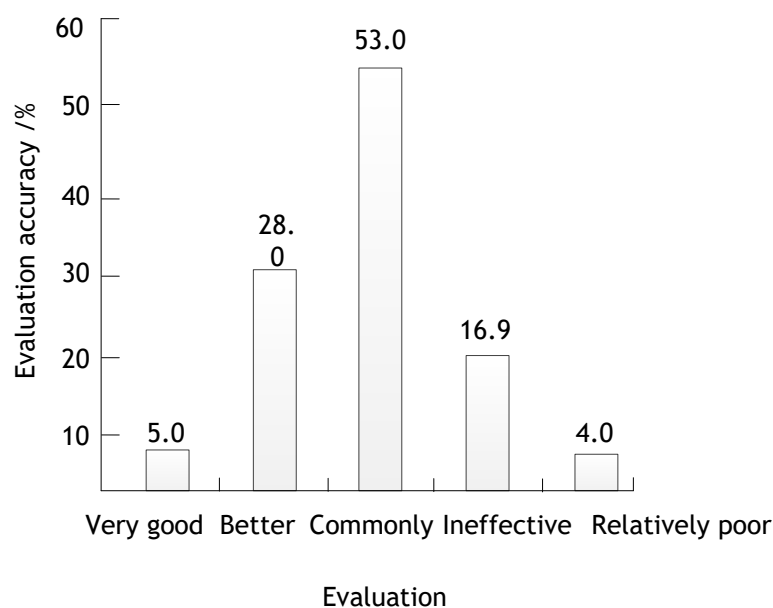
**Subjects and methods:** In this study, in 40 colleges and universities somewhere, of which 16 are undergraduate colleges, taking into account the total sample size and subsequent collation, Therefore ,9 representative colleges and universities in the area are selected- A University, B University, c University, D University, E College, F University, J College, University ,1 University. On sample selection, the school questionnaire is mainly from the evaluation of the effect of the curriculum, each school has two leaders, A total of 18 questionnaires were sent. 540 student questionnaires, 396 recovered, the recovery rate was 73.3 per cent, the final effective interval is 384. There are 16 single-topics and 1 multi-topic in the student questionnaire. It distributed 510 copies, Recovery of 381 copies, the recovery rate of 72.2% was 381.

**Study design:** The main survey tools selected in this study are questionnaires. The questionnaire mainly adopts the combination of reference and self-compilation. The objective part of the questionnaire is to investigate the satisfaction of college students with mental health education courses. Question 1 deals with the form of mental health education courses; Question 2 examines the status of the curriculum (including course name, class hours, selected teaching materials, etc.); current situation of mental health education curriculum teachers mainly through question 3. Questions 5 to 9 are open questions, and questions 5 are about the purpose and construction goal of mental health education courses in colleges and universities. Questions 6 are about the main contents of mental health education courses in colleges and universities. Questions 7 are about the evaluation methods of mental health education courses in colleges and universities.

**Methods of statistical analysis:** In order to test the reliability of the questionnaire, two groups of highly similar questions were set up to test the validity of the sample questionnaire.

**Results:** To verify the validity of this study, Results of Evaluation on the Effect of Mental Health Course for College Students.

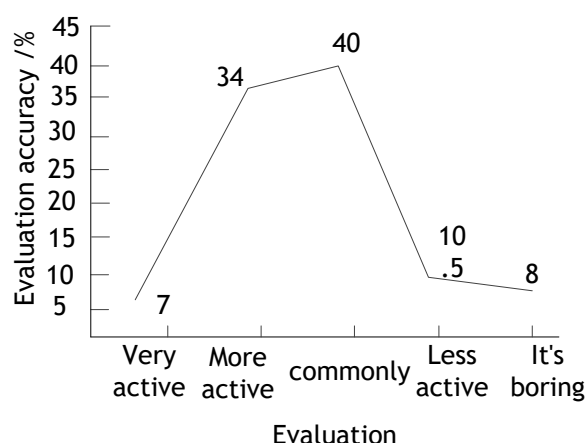
Figure 1 shows that the effect of mental health education curriculum for college students is 53%, and 16.9% of the respondents think that the effect of mental health education curriculum for college students is not good, 4% of the respondents think that it is poor. On the whole, college students' mental health education curriculum is effective, but college students are not very satisfied with the effect of psychological curriculum. It shows that the study interest of college students' mental health education course is not high, it is necessary to improve the effectiveness of the curriculum, and it is urgent to carry out the curriculum construction of college students' mental health education.



**Figure 1.** Evaluation results of mental health education curriculum for college students.

This study evaluates the classroom atmosphere of college students' mental health courses; the

experimental results are shown in Figure 2.



**Figure 2.** Evaluation of College Students' Classroom Atmosphere.

Analysis of the data in Figure 2 shows that 7% of the surveyed college students think that the mental health education classroom atmosphere is active, teachers can effectively mobilize the classroom atmosphere to enable college students to participate in classroom activities; About 34% of the total number of college students think the classroom atmosphere is more active, but the actual harvest is small. According to statistics, about 50% of college students are dissatisfied with the current classroom atmosphere.

**Conclusion:** College students' mental health course is the key course to enhance their psychological level. It is very important to promote the mental health construction of college students under the theory of positive psychology. Therefore, we should change the traditional curriculum concept, set up a positive curriculum concept, and the mental health education curriculum from the perspective of positive psychology, which serves the existence of students' life and is always dynamic and generative. It is to construct the curriculum with the idea of interaction and extension, so that the curriculum can obtain the consciousness of humanistic care and stimulate the students' life wisdom. To readjust the structure of mental health curriculum for college students, the number of classes in mental health education courses should be scientific and reasonable, strengthen the training of teachers' continuing education, and encourage teachers to make use of various forms of progress to improve teachers' educational level. Improve teachers' professional knowledge. The curriculum of mental health education for college students is developing dynamically, so it is necessary to set up a curriculum view based on educating people and making progress. This value essence is a positive value orientation. Based on the people-oriented thought of positive psychology, we advocate positive human concern and fraternity spirit, find out the advantages of ourselves and college students with a positive attitude, and focus on exploring the positive emotional experience brought by virtue.

**Acknowledgement:** Research on the graduate education and teaching reform in Jiangsu province (number: JGZZ19072). The training mode of Postgraduates' innovation and entrepreneurship ability under the Internet plus background.

\* \* \* \* \*

## TENDENCY OF KOREAN FILM AND TELEVISION CREATION FROM THE PERSPECTIVE OF AUDIENCE PSYCHOLOGY

Yunfei Ma<sup>1,2</sup>

<sup>1</sup>Art College, Cheongju University, Cheongju 28503, Korea

<sup>2</sup>Department of Journalism, Zhixing College of Northwest Normal University, Lanzhou 730070, China

**Background:** In recent years, Korean TV series have been widely welcomed and praised, attracting a large number of viewers, and their ratings are high. Facing the successful film and television works of South Korea, it is necessary to make a rational analysis of the reasons for its success. Apart from its successful artistic skills, the reason why it is popular lies in the fact that the main theme of Korean TV series, peace, tolerance