

**Table 1.** Evaluation of the role of propaganda prints in promoting people's sense of identity.

Function type	Score
Educational function	18
Ideological and political education function	19
Image shaping function	15
Enhance people's sense of identity function	35

**Conclusions:** At present, China is in the period of social transformation, which is not only an opportunity period for development, but also a period of contradiction. There are many factors that affect the sense of national political identity in this period. These factors have a negative impact on maintaining the social and political stability of our country, and must be solved to enhance the sense of national identity. Let the Chinese identity become a bond, maintain the harmony of the blood and national harmony of the various ethnic groups in China, let the Chinese identity become a bridge, lead to the stability of the frontier ethnic regions and the final completion of the great cause of the reunification of the motherland, and let the Chinese identity become a force. It inspires us to realize the great rejuvenation of the Chinese nation. In this process, with the help of social psychology theory, should give full play to the role of publicity prints.

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## MODERN ART APPRECIATION COURSES ON STRENGTHENING STUDENTS' PSYCHOLOGICAL ENDURANCE

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**Background:** Modern art appreciation course is an important course reflecting college students' spiritual life. It reflects people's spiritual world in an all-round way and profoundly influences people's psychological activities. Not only because of its powerful cultural imagination and cultural identity function, it has become a social and cultural phenomenon closely related to people's lives. In today's market economy, the pressure of competition between individuals is increasing, and this kind of competition is also unavoidable for contemporary college students. Facing all kinds of competition and pressure, especially employment competition and pressure, coupled with the tension of interpersonal relationship, the psychological problems of college students are increasing, and their mental health is worrying. The research on the effect of mental health course is not only conducive to improving the mental health level of college students and promoting their more comprehensive development, but also conducive to improving the quality of mental health course and perfecting its deficiencies and defects. In addition, many poor college students have to bear huge economic pressure and heavy psychological burden. These psychological problems are closely related to personality problems. Because from a psychological point of view, personality is a core part of a person's psychological structure, is the unique psychological characteristics that distinguish a person from another person. College students generally exist a variety of psychological problems, often manifested as the distortion of psychological personality development and different degrees of personality disorders. In the face of various psychological problems of college students, this paper studies the influence of modern art appreciation courses on enhancing the psychological tolerance of college students.

**Subjects and methods:** Two classes were randomly selected from the first-grade students of the same major, with 35 students in each class. The subjects were 18 to 22 years old. The research objects are divided into the research group and the control group, and the students in the research group are added part of the class hours in the mental health education course to supplement the content of modern art appreciation course. The control group only offered ordinary mental health education courses. In order to analyze the influence of modern art appreciation course on Strengthening Students' psychological endurance, Cattell's 16 personality tests were carried out at the beginning and end of the semester by using the "control group pre-test and post-test design".

**Study design:** The course design of modern art appreciation in this study adopts the design idea of film appreciation and group activities. The course is bi weekly, and each course is 4 class hours. A total of 9 courses are designed in 18 weeks of a semester. The first and last courses are basic theory courses and comprehensive discussion courses. In the other seven courses, one inspirational film is arranged and a

theme is designed. The seven films are *Forrest Gump*, *Shawshank's redemption*, when happiness knocks on the door, *spring of the cattle herd*, *Harvard Road*, college entrance examination 1977 and *with you*.

The specific curriculum design of this study includes four factors: inspirational film, students, teachers, viewing and discussion environment. The course is divided into three stages: before, during and after the view of the shadow. Before viewing the film, the instructor will send and guide the students to fill in the pre-test questionnaire, select the appropriate inspirational film, and introduce the plot outline and course theme to the students. The teacher in the film watching should keep interaction with the students at any time, including observing the students' emotion and behavior response, guiding the students to pay attention to the details in the film, answering the questions raised by the students at any time, and solving other emergencies in time. After watching the film, the instructor guides the students to fill in the post-test questionnaire and organizes the discussion among the students, including the understanding of the film, the understanding of the subject of the course and the awareness of their psychological response.

**Methods of statistical analysis:** SPSS16.0 was used to process the data. The questionnaire was sorted, coded and entered into SPSS16.0 database. The data were analyzed by paired sample *t*-test.

**Results:** The comparison of factor scores between cartel 16PF experimental group and control group after semester is shown in Table 1.

**Table 1.** Comparison results of Cattell 16PF sub factor experimental group and control group after semester.

Project	Experience group	Control group	<i>t</i>
Anxiety factors	5.37±1.21	5.60±1.35	0.66
Introversion and extroversion	8.46±1.42	8.10±1.31	-1.03
Cowardice and decisive factors	5.43±1.71	4.93±0.84	-1.61
Psychological endurance factors	24.57±4.95	23.69±4.13	-0.88

According to the data in Table 1, anxiety factors in the experimental group have been reduced, while the scores of introvert and extrovert factors, cowardice and decisive factors and psychological endurance factors are all increased. The indicators of personality factors in the experimental group are higher than those of the control group, showing positive changes.

**Conclusions:** The course of modern art appreciation has a positive impact on the improvement of students' psychological endurance by improving their personality, adjusting their mentality, improving their self-confidence and stabilizing their emotions. Different styles and contents of modern art can affect all aspects of College Students' psychological endurance in a variety of ways. It is necessary to supplement the content of modern art appreciation course in the mental health education course, and construct the community of modern art appreciation and mental health course.

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## PSYCHOLOGICAL CHANGES OF ATHLETES IN TRADITIONAL NATIONAL SPORTS EVENTS

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**Background:** With the penetration of sports science and technology and the continuous changes of social culture, competitive sports has evolved more and more fierce and cruel, and more athletes participate in high-level sports. Athletes only rely on super-load physical, technical and tactical ability training, to win the competition has been quite difficult, coaches and athletes should be deeply aware of the importance of strengthening psychological training. National traditional sports events have increasingly become an important event in this competition. In the complicated psychological problems, how to effectively regulate the psychological state and improve the psychological bearing ability of the athletes in the traditional national sports events has become a hot issue in the current research.

The state of excessive tension and anxiety before the national traditional sports events. Before the game, appropriate tension can improve the excitement of the players, enhance their attention, improve the