

independent analysis of problems. (2) Facilitating the enhancement of teacher-student interaction. In the participatory teaching mode of overturning classroom, the interaction between teachers and students is strong, the relationship is harmonious, and it is helpful for learners to internalize and transfer their knowledge. (3) Helping to reduce students' cognitive load. The process of knowledge imparting in the classroom and the process of knowledge internalization in the classroom can make the teachers and students communicate with each other, so as to stimulate the students' thought collision, reduce the students' cognitive load, and enable the learners to make better use of learning resources and improve the learning effect.

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MENTAL HEALTH ASSESSMENT OF TOURISM PRACTITIONERS

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Background: With the gradual integration and deepening of the Internet and tourism, the tourism industry has entered a new stage of popular and industrialized development, the demand for tourism has been growing, and the tourism industry has entered a new era of "wisdom, individuality and integration". The characteristics of the tourism era require tourism practitioners to have good psychological quality, the will of self-improvement, self-reliance, self-confidence and strong, optimistic and positive attitude towards life. In addition to mastering the necessary professional skills, tourism practitioners must have a good psychological quality and master the psychological characteristics of various guests. One of the professional characteristics of tourism service is that the situation is complex and changeable, and the work of tourism service is not only complex but also changeable. First of all, the objects of service are complex, with different ages, occupations, genders, religious beliefs and educational backgrounds, and different personalities, habits and hobbies. Secondly, the needs of service targets vary greatly, and the needs of people of different ages, different genders and different educational backgrounds are also different. Once more, must process the complex human relations, but also must face each kind of spirit and the material enticement. Only in this way can we deal with the complicated and changeable situation, do a good job in service, and become the guide and attendant that the tourists like.

Objective: With the development of tourism industry, the physical and mental health of tourism employees is different from that of ordinary people because of their long working hours, poor regularity and complicated situation. Mature defense mechanism can provide effective psychological protection for people, and provide theoretical basis for understanding the characteristics of defense style and mental health of tourism practitioners and for further proposing feasible psychotherapy and intervention strategies. This survey focuses on the comparison of mental health status of different tourism practitioners, so as to provide reference and reference for guiding tourism practitioners in a timely manner.

Subjects and methods: From October 2019 to May 2020, the method of cluster sampling and random sampling shall be adopted to select 200 tour guides and other service personnel respectively from a city tourism company. The tour guide group was divided into study group and other service personnel as control group. The control group and the study group were matched by sex, age and education level to exclude serious physical and brain organic diseases. The study group consisted of 100 patients aged 25-55 years, averaging 35.6±6.3 years and 17.2±6.1 years of schooling. The control group 100 cases, age 25-55 years old, an average of 32.9±7.5 years old, an average of 17.9±5.8 years of education. There was no significant difference in sex, age and educational level between the two groups.

Study design: SCL-90 was used to evaluate mental health. Five grades were used to calculate the total score and somatization, compulsion, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia, psychosis as indicators of mental health.

Methods: SPSS17.0 statistical software package, statistical data results. *F* test was used for the measurement data, correlation analysis was used for the correlation test, and *P* < 0.05 was the significant difference threshold.

Results: The score of somatization, compulsion, anxiety and paranoia was statistically significant (*P* < 0.05), but no significant difference was found between the two groups. The result of symptom self-rating

table was as shown in Table 1.

Table 1. Symptom self-rating scale.

Project	Research group	Control group	F value	P value
Somatization	1.81±0.42	1.31±0.57	9.05	<0.05
Obsessive-compulsive disorder	2.15±0.64	1.56±0.65	10.85	<0.05
Sensitivity	1.43±0.64	1.60±0.59	1.79	>0.05
Depression	1.49±0.41	1.59±0.91	0.84	>0.05
Anxiety	2.07±0.51	1.43±0.45	11.95	<0.05
Hostility	1.36±0.55	1.45±0.46	0.74	>0.05
Terror	1.65±0.41	1.49±0.43	1.68	>0.05
Paranoia	1.94±0.63	1.35±0.63	10.71	<0.05
Psychotic nature	1.33±0.27	1.29±0.43	1.05	>0.05

Conclusions: Healthy people in modern society should be the perfect unity of physical health, mental health and good social adaptability. With the development of society, market competition is very fierce, people's psychological distress increases, the incidence of mental illness is also rising. In such an environment, mental health is becoming more and more important. Mental health is an important basis for good mental quality, and good mental quality is an important guarantee for mental health. In the tourism industry, tourism practitioners face a variety of complex environment and a variety of different service targets. To do a good job in service and grass-roots management, must have a hard-working spirit, with a strong will to overcome all kinds of difficulties. In order to do a good job in tourism management and service, tourism practitioners must have the ability to properly resolve various contradictions. The improvement of tourism service quality requires not only the tourism practitioners to have extensive knowledge and proficient professional skills, but also the most basic abilities and qualities such as keen observation, strong cognitive ability, good memory and attention, strong communicative ability and good language ability. Among them, the tour guide service is a special service industry, tour guides for most of the year, often with a great deal of mental pressure, with good psychological quality is more important.

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AN ANALYSIS OF THE INTEGRATION OF PERSONALITY PSYCHOLOGY AND IDEOLOGICAL AND POLITICAL EDUCATION IN MODERN UNIVERSITIES

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Background: Personality psychology, as one of the branches of psychology, can be simply defined as the study of a person's unique behavior patterns of psychology. Personality includes not only character, but also belief, self-concept and so on. Specifically, "personality" refers to a group of consistent behavioral characteristics of a person. The composition of personality varies from person to person, so each person has his or her own uniqueness. This uniqueness makes it possible for everyone to react differently to the same situation. Personality psychologists study the makeup of the personality and its formation to anticipate its effect on shaping human behavior and life events. Personality is the inner tendency of an individual in behavior. It is the integration of ability, emotion, need, motive, interest, attitude, value, temperament, character and physique. It is the self with motive consistency and continuity, which makes the individual form a characteristic psychosomatic organization in the process of socialization. With the rapid development of economy, the idea, behavior pattern and value orientation of the people have changed greatly. Under the background of pluralistic value, changeable thought and various culture, the outlook on life, values and world outlook of college students are easy to conflict and change in the forming process, and the external influence of family and society, the psychological problems of college students are paid more and more attention to, and the importance of psychological education in colleges and universities is confirmed once again. At the same time, the traditional ideological and political education in colleges and universities is facing great challenges in the era of rapid economic development, social transformation and cultural renewal. Traditional methods, means and contents of ideological and political education are generally