

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

questioned by teachers and students. How to improve the effectiveness of ideological and political education has become a common concern in academia and practice.

Objective: 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. Psychological education is an effective means to improve the level of ideological and political education, and ideological and political education is a necessary supplement to improve the effectiveness of psychological education. Although psychological education and ideological and political education belong to different teaching practice and different professional fields in higher education, they have the same educational objects, similar educational ideas and similar educational approaches. At present, the ideological education in colleges and universities is facing the challenges of multiple values, changeable thoughts and diverse cultures. It is of great significance to explore the integration characteristics of psychological education in colleges and universities and ideological education in order to enhance the effectiveness and timeliness of ideological education in colleges and universities.

Subjects and methods: Methods 350 college students were selected to take the ideological and political education test. College students were randomly divided into two groups, one as the control group, including 180 people, only daily education and ideological and political education. The experimental group consisted of 170 people who underwent ideological and political education from the perspective of personality psychology. Before the experiment, there were no significant differences in personality, academic achievement, family status and mental health between the two groups.

Study design: The teaching methods of integrated personality psychology in the experimental group were: Ideological and political education follows the discipline law of psychology and deals with some contradictions in teaching from students' cognition, emotion, personality, behavior and social relations. At the same time, the design of ideological and political teaching content accords with students' psychological needs, such as easy-to-follow, more interesting courses, more practical cases to arouse students' communication, etc. On the other hand, in the course design of psychological education, we should pay attention to the explanation and guidance of values and world outlook, such as life ideal, belief creed, etc. In a word, from the angle of psychology, we should use the theory and means of psychology to eliminate the psychological obstacles of students, and integrate the thought to form the correct values, outlook on life and outlook on the world.

Methods: Two groups of students were given questionnaires to test their satisfaction with the curriculum design. And use SPSS17.0 statistical data results.

Results: Two groups of students' satisfactions with the curriculum design are shown in Table 1.

Table 1. Student satisfaction with curriculum design for two groups.

	Crowd	Percentage/%
Experimental group	Dissatisfied	5.26
	General	41.46
	Satisfy	53.28
Control group	Dissatisfied	7.19
	General	50.78
	Satisfy	42.03

Under the examination-oriented education system, the mental health education is easy to be neglected by the educational administrators, which makes the college mental education floating in the form. The main reason is that the psychological education in colleges and universities lacks clear educational direction and quantitative indicators, which is difficult to solve the psychological problems faced by college students. The results in Table 1 show that students are more receptive and more satisfied with the design of such courses by incorporating personality psychology. In fact, if we want to thoroughly solve the psychological problems of students, we should help them establish a correct direction of life development, reasonable ideals and goals, and correct beliefs. Only in this way can we really achieve the application goal of psychology - to improve the quality of human life, which is precisely the important content and goal of ideological and political education. Therefore, we can draw a conclusion: The perfect ideological and political quality and theoretical accomplishment of college students are the ideological basis and premise of forming healthy psychology and sound personality.

Conclusions: At present, the social thought culture presents the multiplex tendency, in the solid advancement socialism culture powerful nation construction advancement, the social thought is multiplex must establish the leadership, gathers the consensus, exalts the mainstream. As the main front and battlefield of national ideological education, colleges and universities must accelerate the integration of

psychological education and ideological education to form the resultant force of ideological education and enhance the effectiveness and effectiveness of ideological education in colleges and universities.

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EXHIBITION AND CULTURAL CONNOTATION OF ECOLOGICAL CIVILIZATION OF THE YELLOW RIVER BASED ON HUMANISTIC PSYCHOLOGY

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Background: At present, most of the humanistic psychologists think that animism psychology, psychoanalysis psychology, existentialism psychology, humanism psychology, phenomenology psychology, transcendent psychology and postmodernism psychology belong to the orientation of humanistic research in psychology. From the birth of psychology, there are two orientations, namely, scientism orientation and humanism orientation.

The spirit of the Yellow River is the knot of the Yellow River culture in the new era, is the wonderful work of the national spirit. For thousands of years, the descendants on both sides of the Yellow River, fighting against floods, droughts and floods, and evil forces, have formed a distinctive feature of the Yellow River culture and the Yellow River spirit. From Dayu to the Yellow River, this spirit came down in one continuous line in the history of Yellow River governance. In the mid- 1980s, sixteen words summed up the Yellow River spirit with the flavor of modern life, that is, hard work, realistic pioneering, unity, selfless dedication.

Objective: Generally speaking, ecological civilization is all the efforts and achievements that human beings have made to realize the harmony between man and nature in the process of reforming nature for their own benefit. It is a civilization paradigm following the primitive civilization, agricultural civilization and industrial civilization, which aims to construct a harmonious and consistent life of natural law.

Subjects and methods: Humanistic psychology is to study the psychological occurrence and change law of individuals and groups in the social interaction. It can effectively promote the exhibition and cultural connotation of the Yellow River ecological civilization. This article mainly carries on the interview investigation from the humanities psychology to the Yellow River ecology civilization influence way. Through inquiries to the Yellow River harnessing staff, the cultural dissemination worker and the local populace, understands the Yellow River ecology civilization the influence degree.

Study design: Using the method of interview and analysis, 30 workers of Yellow River harnessing, cultural communication workers and local people were interviewed for 20 min-30 min.

Methods: The influence of Excel statistical humanistic psychology on the spread of the Yellow River culture.

Results: Thousands of years of the Yellow River culture gave birth to the unique spirit of the Yellow River, along the Yellow River in the struggle, integration, governance, control, life and death depend on the Yellow River, the Yellow River spirit into the blood, put into action, had today's harmonious coexistence with the river, benefiting China's great situation. Today, we Yellow River people are facing the key period of the deep development of the Yellow River Reformation and the most active period of the Yellow River people's thought. It can be said that the spirit of the Yellow River is rooted in the soil of the Yellow River culture, excellent traditional culture and the spirit of the people, is a distinct regional characteristic of the Yellow River, is rich in the essence of the era portrayal of the Yellow River.

The results of this survey use 0 to 4 levels to quantify the influence values of specific factors. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. The obtained statistical table is shown in Table 1.

Table 1. Influence of humanistic psychology on the dissemination of cultural connotation of the yellow river.

Factor	Cultural value	Spiritual core	Harmonious coexistence
Yellow River harnessing staff	4	3	3
Cultural communicator	4	4	3
Local people	3	3	4

Conclusions: The Yellow River is the mother river of the Chinese nation, an important part of Chinese