

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

civilization, the root and soul of the Chinese nation. The culture of the Yellow River, which has a long history, is an important foundation of cultural confidence. The Yellow River Basin is an important ecological barrier and economic zone in China, as well as a relatively concentrated region of poor population. The Yellow River has become the most complex and difficult river in the world because of its less water and more sand, different water and sand sources and fragile ecological environment. Therefore, the fundamental, directional and overall major issues concerning the ecological protection and high-quality development of the Yellow River Basin can be solved through the ecological protection and high quality of humanistic psychology of the Yellow River Basin, the interaction and coordination between academic research and the practice of Yellow River control can be promoted, the wisdom of all parties concerned can be gathered, all forces can be gathered and the policy can be better implemented.

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## THE POSITIVE INFLUENCE OF CHINESE TRADITIONAL CULTURE EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** Traditional culture deeply influences Chinese people's thoughts, behaviors and psychology. Engaged in mental health education, we must recognize the impact of culture on people's psychology and behavior, familiar with China's cultural background and the relationship between mental health. Exploring the cultural foundation of college students' mental health education not only helps to understand and deal with the relationship between moral education, physical education and aesthetic education, but also is of great theoretical and practical significance to the establishment of contemporary college students' mental health education system with Chinese characteristics. The core of Chinese civilization is traditional Chinese philosophy, and the exploration of human inner life provided by Chinese traditional philosophy is of great value. It is neither a Western science nor a Western religion, but a kind of knowledge of inner reflection. Although it has no specific psychological part, it has its unique theoretical elaboration and spiritual cultivation, and penetrates the social and psychological customs, and constructs the unique psychological life style of local culture. If we change the angle, we will find that the philosophical exposition of psychology of each school can be regarded as a systematic psychological exploration of understanding, explaining and interfering with people's psychological life. Some contemporary college students are confused in their political beliefs, vague in their ideals and beliefs, weak in their sense of honesty and credibility, lack of sense of social responsibility and poor psychological quality.

**Objective:** For most freshmen, a series of new environments, such as unfamiliar campus, new interpersonal relationship, new learning content and life style, require students to have strong adaptability and endurance. At the same time, both in physiology and psychology, college students are in the process of rapid change. Therefore, one of the core contents of college students' mental health education should be to strengthen their ability to adapt to setbacks and endure setbacks. Traditional culture to resist the setbacks of the spirit of detachment and tolerance can ease the psychological inadaptability. Therefore, exploring the positive influence of Chinese traditional culture education on college students' mental health is helpful to alleviate and improve college students' mental health.

**Subjects and methods:** The survey randomly selected 300 undergraduates (all from full-time colleges and universities), aged 20-23 years, with an average age of 22.3 years. The students were randomly divided into two groups, one as the observation group, no special education, the other as the experimental group, the experimental group, the experimental group, set up an elective course of traditional Chinese culture, all the experimental group students learn 1-2 hours every day. After 60 days, the mental health outcomes of both groups of students were tested before and after education. Using SPSS17.0 and Excel at the same time, this paper analyzes and sorts out the survey data by means of comparison, induction and summary.

**Results:** Before the experiment, there was no significant difference between the two groups, but after