

**Results:** The resulting statistics are shown in Tables 1 and 2. The correlation between the acts of energy conservation and emission reduction and the environmental attitude and sense of responsibility has reached a significant level, which shows that the more positive the attitude of the employees of enterprises towards carbon emission reduction, the stronger the sense of responsibility they have for the production of energy conservation and emission reduction under the support of carbon emission reduction targets, the easier it is to implement the acts of low carbon and energy conservation.

**Table 1:** Statistical results of self-construction and psychological resistance of employees.

Variable name	Self-construction	Magnitude of effect	Standard error SE	Statistic T	Significance P
Space distance	—	-0.179	0.146	-0.1218	0.223
Psychological resistance	Independent type	0.212	0.089*	—	Does not contain 0
	Dependency type	0.077	0.076*	—	Contain 0

**Table 2.** Interview statistics.

Variable	Mean value	Standard deviation	1
Behavior of energy saving and emission reduction	3.633	0.566	1
Environmental attitude	4.398	0.469	0.460**
Sense of responsibility	3.639	0.217	0.386**

**Conclusions:** Under the target of carbon emission reduction, in order to improve the intention of energy-saving behavior and realize energy-saving production, employees' psychological resistance needs to be reduced. Emission reduction in the process of economic activities not only effectively reconciles the contradiction between the expanding social production and limited environmental capacity, but also promotes the sustainable development of economy and environment. Under the background of carbon emission reduction, employees are more willing to adopt emission reduction technology to reduce their own emissions when their psychological resistance is low. It plays an important role in reducing the psychological resistance of employees and promoting the mental health of employees to improve energy-saving environmental benefits.

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## AN ANALYSIS OF THE EFFECT OF SCHOOL HISTORY ARCHIVES ON COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF PSYCHOLOGY

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**Background:** The combination of positive psychology and ideological and political education is not only beneficial to the all-round development of college students, but also to solve their psychological problems. College students' inner enthusiasm, Marxist philosophy and Chinese traditional culture are the premise, theoretical support and cultural foundation of the combination of positive psychology and ideological and political education. School history is the summation of historical events accumulated by all teachers, students and staff through various educational practices in the process of school development. Among them, important historical figures and events are recorded in the school's historical archives. School history files contain the essence of a school's history and culture and the spirit of a university. To some extent, the development of schools reflects and promotes the political, economic and cultural development of the

country. Each generation of educators has gradually explored and condensed its own unique material culture, institutional culture, spiritual culture, educational tradition and value identity in the process of long-term talent training, scientific research, cultural inheritance and social service, which constitute the core content of school history culture. Colleges and universities are the gathering place of high-level intellectuals. The stubborn faith, persistent learning experience, rigorous scholarship, pioneering and innovative spirit, sincere patriotism, smiling attitude towards suffering and dedication will deeply affect the students. They guide college students to set up correct outlook on life, values and world outlook with silent force.

**Objective:** In college education, psychology and ideological and political education not only overlap each other in research contents, but also learn from each other in research results. At the same time, the development and utilization of school history archives in most schools is still in the primary stage. Its function is basically to hold activities, edit and publish school history, and build school history museum. Its aim is to propagandize the school. After the celebration, only in the new staff training, freshmen enrollment, leaders visit, brother colleges and universities exchange, only a brief opening of the school history museum; At the same time, published school history materials are almost completely put on the shelf. Some educators to the school history archive work understanding only stays in the collection material, the reorganization preservation primary stratification plane. Many teachers and students do not even know the location of the school archives, not to mention the initiative to access and use the school history files. Therefore, it is of great significance to analyze the archives of school history from the perspective of psychology for college students' ideological and political education.

**Subjects and methods:** The survey randomly selected 300 undergraduates (all from full-time colleges and universities) aged 19-23 years, with an average age of 21.6 years. The students were randomly divided into two groups, one of which was the observation group and only had normal psychological education. The other group is the experimental group. The experimental group ordered the students to visit the school history museum and read the school history files. The teachers explained the characters and history for the students. Sixty days later, the results of ideological and political education before and after the education were tested. Using SPSS17.0 and Excel at the same time using comparison, induction, summary and other methods to comprehensively analyze and collate the survey data.

**Results:** There was no significant difference in ideological and political achievement between the two groups ( $P > 0.05$ ) before the education of history archives. After 60 days of school history file education, the ideological and political achievements of the experimental group were significantly higher than the observation group, the difference between the two groups was statistically significant ( $P < 0.05$ ), the data results are shown in Table 1.

**Conclusions:** In college education, we should not only pay attention to the cultivation of college students' psychological quality, but also pay more attention to the cultivation of their own psychological quality. This paper explores the ways and means of the organic combination of ideological and political education and psychology in practical work, so as to carry out ideological and political education in accordance with the law of the occurrence, development and change of college students' psychology and make education go deep into students' psychology. From the perspective of psychology, we can get the school history archives, which can promote the ideological and political education of college students, and provide new ideas and directions for ideological and political education.

In a word, the file work of college students' moral education is the project of moral education and the file work that should be attached great importance to in the new era. In the new era of reform and innovation, colleges and universities should focus on the cultivation of students' souls, focus on all aspects of students' moral education, improve students' moral education files, and promote the high-quality development of file work among those who help to cultivate students' moral integrity.

**Table 1.** Statistical results of ideological and political education before and after the experiment.

Groups	Before experiment	After the experiment
Experimental group	87.57±3.1	92.11±4.7
Observation group	86.54±2.4	85.97±3.1
<i>t</i>	1.024	9.304
<i>P</i>	>0.05	<0.05

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