

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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INNOVATIVE RESEARCH ON IDEOLOGICAL AND POLITICAL EDUCATION IN

UNIVERSITIES FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Theoretically speaking, positive psychology takes it as its duty to respect people, respect values and exert itself to develop people's positive psychological potentials. It is inherently consistent with the ideological and political education of college students, which always takes humanistic care as the overall spiritual guidance, from idea to practice, and cares about students' situation, respects individual dignity and affirms individual value. Positive psychology focuses on shaping people's positive emotional experience and forging positive character. This and the ideological and political education of college students through moral education to promote the development of students' personality, to meet the needs of self-realization, both universal. In reality, the traditional ideological and political education in colleges and universities is showing its "weakness" day by day, which also calls for the intervention of positive psychology. First, the concept of education is backward. Traditional educational thinking often lays emphasis on students' problems or students who have "problems". Because of overemphasis on problems, students' positive qualities are often neglected. Teachers of ideological and political theory education is the usual way to enable students to correct their attitudes, correct mistakes, correct shortcomings and solve problems. But the objective result is that there are more and more "student problems" and "problem students" in colleges and universities. The reason is that the students are not isolated from the outside world. With the rapid development of the times, the transformation of market economy, the reform of system and environment, and the change of ideas and customs have deeply affected the students' ideology. Many students fail to form a good psychological defense mechanism, which leads to some negative factors in the society, such as the deviation of behavior cognition, the accumulation of negative emotions, the weakness of will and the lack of some character qualities. Contemporary social practice has already made the traditional idea of ideological and political theory education appear to be overstretched, and education should not be to correct mistakes, but to start with exploring students' positive qualities, expand and cultivate these positive qualities in the process of education and teaching, so as to really make ideological and political education adapt to the development of modern society.

Objective: Exploring and promoting the innovation of ideological and political education of college students from multiple perspectives, learning from and absorbing the latest interdisciplinary research results are the practical needs of college ideological and political education. Positive psychology arose at the end of the 20th century and has been widely concerned by scholars. Many of them pay attention to the application value of positive psychology in the field of ideological and political education, and apply the core idea to college students' ideological and political education.

Subjects and methods: Select a college student 200, randomly divided into experimental group and control group, experimental group 109 people, control group 91 people. In the process of ideological and political education, the experimental group considered positive psychology and used "hope theory" to carry out encouraging teaching. First, the experimental group needed to give students positive expectations, communicate with individuals frequently, and tell students your expectations or encouragement by direct or indirect means, so as to establish a good "caring environment". The second is to cultivate students' positive attitude towards life, create opportunities for students to experience positive life, and enhance their yearning for the "beautiful" goal in life. Third, teach students to learn goal decomposition, that is, a large, long-time span of the goal is divided into a series of small, there is a logical link between the goals. At the same time, we should discuss with the students to achieve the goal of a variety of programs, training students in the goal of obstacles to actively seek solutions to problems. The students in the control group only used general ideological and political education theory, and did not carry on the instruction teaching of positive psychology. The experiment lasted 3 months.

Study design: Before and after the experiment, a questionnaire was sent out to test the students' psychological anxiety in the course of ideological and political education. The higher the score was, the more anxious the students were.

Methods: Statistical software SPSS15.0 was used to make statistics for different groups.

Results: Applying the core idea of positive psychology to the ideological and political education of college students is not only the need of the development of the times, but also the need of better growth. The rise of positive psychology provides a new perspective for ideological and political education of college students. It is of great significance to explore innovative ways of ideological and political education based on positive psychology.

From the results in Table 1, we can see that the two groups of students before and after the experiment of psychological anxiety is basically the same, there is no difference. After the experiment, the psychological anxiety of the students in the experimental group was relieved obviously. For the control group

before and after the experiment, it proved that the ideological and political education in the psychol can promote the students to have a better learning state.

Table 1. Statistical results.

Group	Before and after the experiment	Psychological anxiety score
Experimental group	Before the experiment	4.63
	After the experiment	2.15
Control group	Before the experiment	4.57
	After the experiment	4.38

Conclusions: The main idea of positive psychology is “positivity”, which emphasizes the exploration of people’s positive quality and strength from the perspective of psychology. Applying it to the ideological and political education of college students requires teachers to be good at discovering the shining points of each student, encouraging students and carrying forward their advantages.

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INNOVATIVE METHODS OF COLLEGE STUDENTS’ IDEOLOGY AND POLITICS FROM THE PERSPECTIVE OF ACCEPTANCE PSYCHOLOGY

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Background: Reception psychology is a science that studies the psychological mechanism, function, characteristics and movement law of aesthetic reception. Including the study of the acceptance of real beauty and acceptance of literary and artistic works of psychology. Because mainly studies the literature appreciation, accepts the psychological activity. There are many factors that affect the acceptability of ideological and political education, including educators, acceptors, educational environment, educational contents and forms, etc. From the psychological point of view, in order to improve the acceptability of ideological and political education, the content and form must be changed. The main content is to update the discourse system, to use more popular language for educational interaction and content design, to achieve the acceptability of the content, to meet the needs of educators in many ways; In the form, it is mainly to attract the “attention” of the educated. Under the group background, the improvement of college students’ self-consciousness will stimulate them to pursue the recognition and appreciation of the group. They will adjust themselves in the group, perform better for the skilled work, and disturb the unfamiliar work. Therefore, college ideological and political education should make full use of the social promotion under the group psychological effect to guide students to establish a reasonable sense of competition.

Objective: The core role of traditional ideological and political education is to correct the deviation of students’ ideological understanding and let students return to the correct level of values. It can be said that this view of ideological and political education for ideological and political education of college students is very far-reaching. Many methods of ideological and political education are carried out under the guidance of this kind of ideological and political education. But at present, college students have obvious characteristics of individuation in thinking and thinking mode, and it is difficult for traditional ideological and political education to play its role. Acceptance psychology provides a new way out of the predicament, which is beneficial to the cultivation of positive personality and the establishment of correct values of contemporary college students. Therefore, this paper probes into the ideological and political innovation methods of college students from the perspective of acceptance psychology.

Subjects and methods: The proper use of the methods of ideological and political education will inevitably produce good educational effects and effectively avoid the psychological inversion. Therefore, the adoption of methods of ideological and political education should be in line with specific educational objects, specific educational contents, modern advanced science and technology, give full play to the function of network ideological and political education, change the traditional form of dissemination of ideological and political education, and make use of new media to achieve the novelty of methods so as to avoid the inversion of the educated. Generally speaking, in the ideological and political education of