

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

innovative college students, new media form is mainly used to expose students to various social information so as to spread social information pertinently. Mainly from three aspects:

(1) Content of Information Transmission.

First, consider the authenticity of the information content. The more reliable the source of information and the more correct the content, the easier it is to be accepted and accepted by the educated. Secondly, information should have certain value and can reflect the development needs of people themselves and the society. Finally, the content of information should be reasonable and reasonable in organization.

(2) Presentation order of information.

The presentation order of ideological and political education content will also affect the acceptance effect of the educated. In the process of ideological and political education, we should arrange the order of information to be disseminated according to the importance of the information to be disseminated, put the important information in the first order of expression, and deepen the memory of the educates of important ideas.

(3) Mode of dissemination of information.

In the dissemination of ideological and political education information, we should flexibly adopt various methods according to the personality characteristics of the students. For example, the method of activity can be used to test the scientificity and rationality of information in the practice of ideological and political education. If we can adopt the propaganda way, we can try our best to diversify the propaganda way, we can propagate the information of ideological and political education through the network, media, newspaper, magazine and so on. Therefore, 120 college students were randomly selected to receive ideological and political education from the perspective of psychology. The experiment lasted for 2 months. After the experiment, the students were interviewed one-on-one for 40 - 90 minutes. The content of the interview included the students' active involvement in the learning process, calmness and evaluation of learning fatigue, ideological and political education forms. The score of each subscale ranged from 0 to 15.

**Results:** The resulting data statistics are shown in Table 1. It is found that students in good physical and mental state can be actively involved in the study of ideological and political courses, and the evaluation score of this form of education is higher.

**Table 1.** Statistical results (The average value±variance).

Emotions	Evaluation of ideological and political education form	Peace of mind	Exhaustion of study	Exhaustion of study
Score	12.15±1.08	9.65±4.18	4.71±1.52	11.57±2.84

**Conclusions:** Ideological and political education focuses on moral education in order to improve people's ideological consciousness and moral quality; Mental health education focuses on mental health education to improve people's psychological quality, the two permeate each other and complement each other. Acceptance psychology provides a broad vision and new research orientation for the development of ideological and political education in colleges and universities. It is used to guide ideological and political education of college students, promote the combination of ideological and political education and mental health education, help college students tap their potential from a positive perspective, stimulate their youthful vitality, learn to study, work and live healthily and happily, and train them to become builders and successors of the socialist cause with Chinese characteristics.

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## NEW THOUGHTS ON IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF PSYCHOLOGY

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**Background:** It is of great significance to integrate positive psychology into ideological and political education in colleges and universities. First of all, ideological and political education is to cultivate high-quality personnel needs. With the fierce competition in all walks of life, science and technology and personnel training are the main factors to improve their competitiveness. The achievements of higher