

application and identification of intangible cultural heritage projects at and above the level should be put in place, It also identifies the city's intangible cultural heritage productive protection base, adds the financial budget of intangible cultural heritage projects, and continuously improves the intangible cultural heritage of all districts and counties. The perfection of cultural heritage has improved the protection and inheritance ability of intangible cultural heritage industry.

Conclusions: Promote the protection of intangible cultural heritage. Intangible cultural heritage is an important heritage. Based on respecting sovereign countries and surpassing the values of national heritage, the identification subject of intangible cultural heritage has risen to a global level. In the historical process of China's continuous integration into globalization, intangible cultural heritage plays an important role in cultural exchange and enhancing national soft power. The promotion of Chinese culture through intangible cultural heritage, the cultural exchange of intangible cultural heritage and the promotion of Western understanding of Chinese culture through intangible cultural heritage all highlight the strategic direction of the role of intangible cultural heritage from the overall level.

Acknowledgment: This article is one of the research papers for the 2019 Key Project of Scientia Research on Higher Education in Hainan Province (Project Number: Hnky2019ZD-38).

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APPLICATION OF PSYCHOLOGY IN IDEOLOGICAL AND POLITICAL TEACHING IN COLLEGES AND UNIVERSITIES

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Background: Psychology belongs to a constantly improving system, which is mainly a discipline that studies the psychological law of the human body. There are significant connections for the teaching of Ideological and political courses in colleges and universities. In recent years, ideological and political courses in colleges and universities have achieved remarkable results under the support of educational reform. Starting from the whole, it also needs to be clear that college students' ideological beliefs and values are always positive. At present, social development and changes are relatively fast, information development is faster, and all kinds of ideological values can be blended together. This itself has a positive impact on the formation of students' active thoughts and values. For some students with limited experience, if there is no effective guidance for students, it will also cause students to be confused and even go astray, which will also bring more severe challenges to the ideological and political course in colleges and universities. Educational psychology is an independent subject, which is the product of psychology and education. It can meet the basic laws of Ideological and political teaching in colleges and universities. Therefore, in the teaching of Ideological and political course in colleges and universities, we should take educational psychology as an important breakthrough, focus on the actual ideological situation of college students, and explore more effective teaching ways. Positive psychology has been proved beneficial for ideological and political course if it is properly utilized in the course among higher vocational colleges.

Objective: When the ideological and political course is carried out, we should always adhere to some laws and principles of psychology in combination with the nature of the discipline.

Subjects and methods: Paying attention to the creation of curriculum related scenes can really meet the current psychological characteristics of students. College students are relatively active in thinking and have a certain degree of curiosity and desire for knowledge. At present, China's society is in an important stage of transformation and development. The integration of various ideas and values will also have a certain impact on the implementation of Ideological and political teaching for college students. Ideological and political teaching in colleges and universities is always facing severe challenges. In the specific implementation of Ideological and political teaching, teachers can not only pay attention to the teaching of knowledge content, but need to guide students to further explore relevant laws, promote students' awareness of active learning and cultivate students' good ideological and moral quality. In addition, we should also pay attention to the differences of students themselves, carry out ideological and political teaching activities under the condition of analyzing the characteristics of students' psychological interaction, and teachers should also pay attention to the actual situation of students, provide students with a good learning environment and help students cultivate a good learning attitude. And pay more attention to the operation of emotional education theory use it to make students have a good emotional experience and improve the learning effect.

Under the background that the effect of traditional ideological and political teaching in colleges and

universities is not ideal, making full use of psychological counseling is also the main way to make up for the existing ideological and political teaching methods to a greater extent. In the process of communicating with students in speech or other ways, psychological counseling can fully solve students' psychological problems, help students establish correct values, promote students' mental health level, and enable students to better meet the needs of social development. Pay attention to psychological counseling in the way of propaganda, adjust the moral psychology of college students, effectively teach the skills to alleviate psychological contradictions, and solve the confusion of students' thoughts. On the other hand, the way of communication with students can effectively realize psychological counseling, find out the problems of students' ideological and psychological problems in the process of face-to-face dialogue and information exchange with students, and clarify the importance of making students form a positive and healthy state. In this process, teachers should also pay more attention to the equal relationship with students, reflect democratic dialogue and exchange, and win the trust of students. Through students' talk and teachers' guidance, we should implement good ideological and political education for college students. No matter what kind of teaching method is adopted, students can benefit and build a college ideological and political classroom with teachers' improvement.

Results: To further optimize the teaching links and create the ideal final teaching effect of Ideological and political course in colleges and universities. The traditional teaching mode of Ideological and political course in colleges and universities is easy to ignore the personalized characteristics of students, which makes students passively accept knowledge content, which will also have an extremely adverse impact on students' individualized development, and cannot better guide college students to establish correct values. If students' behavior meets the requirements of traditional behavior mode and value system, it should be effectively affirmed and encouraged. On the contrary, if it does not meet the requirements, it needs to be criticized and educated. When psychology is applied to the teaching of Ideological and political courses in Colleges and universities, it clearly puts forward that educators do not have the right to deny students, and pay more attention to understanding and respecting students, which can meet the scientific and reasonable personalized learning situation of students to a greater extent, It also makes it clear that the applied teaching psychology of Ideological and political course in colleges and universities can help teachers fully grasp the psychological characteristics and individualized differences of students.

At present, some colleges and universities in China have effectively obtained more mature teaching plans and countermeasures when teaching ideological courses. In addition to grasping students' own psychological laws, the combination of Ideological and political teaching and educational psychology can help teachers master students' ideological changes in time, and teaching psychology includes knowledge contents such as memory, thinking and feeling, It can make the intuitive and visual characteristics of Ideological and political teaching content more remarkable, actively mobilize students' learning enthusiasm and enthusiasm, take new studying abroad as the main breakthrough, and combine it with college ideological and political teaching experience and students' actual situation, so as to ensure the teaching effect.

In the past, when the ideological and political teaching in colleges and universities was carried out, some teachers overemphasized the importance of the ideological and political theory system, and it was easy to ignore students' solving ideological problems, resulting in insufficient interaction between the two sides of teaching and unable to obtain satisfactory results. The ideological and political teaching in colleges and universities applied educational psychology, it can more comprehensively understand the hobbies, personality and interest differences of students, evaluate students' own psychological characteristics, and pay attention to students' own ideological dynamics and emotional changes. In addition, we can also use the laws of thinking, perception, and memory in educational psychology to innovate classroom teaching methods, highlight the interest and knowledge of teaching, further mobilize students' learning initiative and greatly enhance the vitality of classroom teaching.

Conclusions: Taking this as the subject, this paper studies the practical application of educational psychology in Ideological and political course, hoping to play a reference value for the development of related work. The ideological and political course is the main channel and the main front for ideological education of the college students, which shoulders the mission of cultivating a higher political quality, as well as a lofty mission and sacred duty of comprehensively and sound developing the scientific outlook on world, outlook on life and values as a qualified socialistic builder. This paper carries out the quantitative analysis about the efficacy and implementation of the course in the construction of the college students' harmonious psychology based on the analytic hierarchy process model. The construction of the college students' harmonious psychology is the function of the ideological and political course.

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MENTAL HEALTH EDUCATION IN KINDERGARTEN ON THE MENTAL STATE OF RELATIVES OF SCHIZOPHRENICS

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Background: Preschool children between 3 and 6 years old are the key period of psychological development, growth and personality formation, which is characterized by strong plasticity, but is extremely immature in psychological development, low level of self-regulation and self-control, weak self-awareness, and easy to form unhealthy psychology and personality under the influence of environment and adverse factors. The mental health of preschool children will have a profound impact on their cognition, emotion, personality, moral development and social adaptation. At present, due to the influence of traditional education concepts, culture and other factors, ignorance of the cultivation of healthy psychology and personality of young children has led to widespread problems among children, such as poor independence, psychological vulnerability, fear of hardship and fear of difficulties, willfulness, lack of care for people, lack of creativity, lack of awareness and ability of cooperation and communication, and poor self-control. Many children also have various psychological and behavioral deviations, such as loneliness, aggressive behavior, timidity, hyperactivity, sucking fingers, and emotional disorders. This situation, if not taken seriously, is bound to affect the development of young children. Preschool education, as the basis of national quality education, should lay a good foundation for the development of children's mental health and personality. Therefore, my garden of children's mental health education conducted a related exploration and research, while attaching importance to children's physical health, but also have opened a prelude to children's mental health education.

Objective: In recent years, the incidence of schizophrenia is on the rise, there is no effective cure plan, and the disease has a high recurrence rate, long course and so on. The longer the course of disease and the more times of recurrence, the worse the prognosis of patients, and the heavier the burden of caring for the family members of patients. But most family members cannot vent the bad mood effectively, forms a series of psychological problems finally. Studies have shown that people with schizophrenia are not optimistic about their family members' mental health, and they are more prone to depression and anxiety. They can improve their family members' negative emotions by strengthening their family members' correct understanding of schizophrenia and helping them learn necessary stress management skills.

Subjects and methods: 50 patients with schizophrenia in a mental health center were divided into study group and control group by random number-table method, 25 cases in each group. There was no significant difference between the two groups ($P > 0.05$) in sex, age and other general data. The control group was given routine health education, including family health education, explain the symptoms of mental illness, clinical manifestations and control methods, medication, prognosis and so on. The researchers gave kindergarten mental health education on the basis of the control group. (1) Cognitive nursing: the psychiatrist and the responsible nurse shall explain to the family members the relevant professional knowledge on mental diseases and the matters needing attention so as to enable them to have a full understanding of the knowledge system of mental diseases. Monthly health education lectures shall be organized for family members. Through group discussions, lectures, interviews and other forms, various knowledge about mental diseases shall be explained, such as the cause, incidence, type, inducing factors, diagnosis, clinical manifestations, prognosis, treatment methods, etc. of mental diseases, so as to inform family members of how to discover and observe the early symptoms of patients, guide each family member on how to deal with and prevent the adverse reactions caused by antipsychotics, repeatedly emphasize the importance of taking medicine on time and returning to hospital for referral, guide family members to treat patients' diseases with a positive, optimistic and correct attitude, and improve family members' compliance with medical treatment. (2) Psychological education: medical personnel shall do a good job in the role of listener, express understanding and sympathy for the mood of the family members, and do transposition thinking, formulate psychological counseling programs for the psychology of the family members, strengthen the psychological nursing of the family members, and teach them how to vent their negative emotions. (3) Team support: organize family members to participate in outdoor and collective activities, strengthen communication with each other, and encourage family members to communicate with each other when organizing the above activities, so as to establish a relationship of trust that can vent bad emotions to each other and reveal their feelings to each other. At the same time, medical staff can properly participate in family communication and exchange and correct guidance, improve the main care of family members of schizophrenics in the treatment of episodes.

Results: The psychological state scores of the two groups were compared before and after nursing. There was no significant difference between the two groups ($P > 0.05$) in the scores of SCL-90 before and after nursing ($P > 0.05$), and the scores of SCL-90 after nursing were significantly lower than before nursing, and