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## THOUGHTS ON THE INTEGRATION OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION

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**Background:** Ideological and political education is no stranger to college students. From the beginning of contact education, students have been receiving ideological and political education, which is a course accompanied by students' growth. Mental health course is a new course that college students meet after entering the University. The understanding of psychological education also begins in the University. The psychology of college students seems to be relatively mature, but after investigation, it is found that the psychology of college students has unhealthy factors, and the actual psychological state of college students is not as healthy as it seems.

**Objective:** University is an important stage for students to improve their thinking and ability. In addition to receiving the edification of professional knowledge, students should constantly improve their comprehensive literacy, such as moral education literacy, ability literacy and so on. With the increasing attention of the Party Central Committee and governments at all levels to college students' ideological and political education, the integration of college students' ideological and political education and mental health education has become an inevitable measure for college students to receive education, so it is necessary to think about this measure.

**Subjects and methods:** Integrate the ideological and political education and mental health education of college students from the height of ideological understanding. Cognition plays a guiding role in behavior. As the main guides and implementers of education, college ideological and political educators' cognition will directly affect their teaching behavior and teaching effect. Therefore, ideological and political educators in colleges and universities need to make it clear that the objects of Ideological and political education and mental health education are people. They complement each other and cannot be biased in their understanding of their importance. Educators need to correctly view the relationship between the two. By understanding and integrating the two, they can better apply the principles of ideological and political education in the process of mental health education. Moreover, from the perspective of the comprehensive and overall development of college students, ideological health and mental health play a very important role in the cultivation of their sound personality and good cultivation. Therefore, the integration of the two at the cognitive level can better promote the development of students.

At the level of content and goal of education, integrate college students' Ideological and political education with mental health education. Compared with primary and secondary education, the university campus is freer and students' autonomy is stronger, but at the same time, due to the relaxation of the school form, many students have some problems in thought, quality and psychology. College students will enter different posts in the society in batches, and their ideological consciousness and psychological state will determine their performance in work and whether they can contribute to the society. Therefore, college educators need to adjust and arrange the educational content and objectives on the basis of understanding the psychological characteristics of college students, and integrate ideological and political education and mental health education, promote to focus on different educational directions, so as to grasp the focus of education and students' learning. Of course, when integrating the two and solving practical problems, educators need to clarify whether the problem is ideological or psychological, so as to suit the remedy to the case and ensure that the solution is targeted.

Realize the integration of college students' ideological and political education and mental health education from the perspective of educational means and strategies. The teaching strategies and methods of ideological and political education and mental health education are different. Ideological and political education is carried out in an open and active way, while mental health education is promoted by a strategy of respect and equality. Therefore, when integrating the two, we need to learn from each other and complement each other's advantages, so as to add to the icing on the cake and improve the quality of education. Specifically, when carrying out ideological and political education, teachers can understand

students' psychological characteristics and state from the perspective of psychology, and teach with the strategy of listening and equality. In the time of ideological health education, open teaching can be carried out for all students, which can not only improve students' ability to resist pressure and frustration, but also reflect the characteristics of educational humanistic care.

The integration carrier of Ideological and political education and mental health education should be positioned in daily learning and life. Most of the time of college students is dominated by themselves. Therefore, in the process of educational integration, we need to choose an appropriate carrier and place this carrier in students' life and learning, so as to gradually enhance their moral and psychological quality. Education is to better guide students' behavior, and theoretical teaching will not only make students feel boring and empty, but also cannot achieve the due teaching effect. Therefore, educators need to implement their theory into students' learning and life, so as to better guide students' behavior.

**Results:** Both belong to ideological education in nature. Ideological and political education and mental health education have a common subject, that is, the content of ideology. Consciousness is a unique ability of human beings. It is determined by objective existence. The dialectical relationship between thinking and existence is the most basic problem of Marxist philosophy. Consciousness contains a wide range of contents. It is a macro existence, including what we often call rational cognition and perceptual cognition. The ideological and political education of college students is the rational stage of cognition, mental health education belongs to the perceptual stage of cognition. For example, the case of Tian Shiguo, an ordinary lawyer in moving China in 2004, was taught to students as a classroom case. A son gave back part of his life to his dying mother in 2004. Although his mother was weak in the warm lie, his sincerity as a filial son was enough to comfort his mother, this example closely connects theory with reality, thus educating and infecting students. Its guiding and persuasive role is self-evident.

Cultivating the comprehensive quality of college students is the common goal of both. College students' political consciousness, their future goals and political positions are inseparable from college students' Ideological and political education. Its main teaching contents are ideal will and moral belief, leading college students' communist belief, cultivating students' beliefs such as high ambition, virtue and abiding by laws and regulations, so as to realize their own life value. The primary purpose of college students' mental health education is to enable college students to self-regulate their physical and mental health. Mental health education enables college students to live in harmony with others, quickly adapt to the environment at any time, and learn to control their bad emotions. Nowadays, the pace of social life is fast. Such a pace is easy to make people impetuous. In the long run, the social binding force becomes very small. For teachers and students in school, it is important to strengthen psychological quality education in this aspect, find clues in time, help and correct them in time, and maintain a good mentality and emotion. Both the ideological and moral education of college students and the education of college students' mental health lay the foundation for building a socialist ideal society, so that college students' emotion, righteousness, courtesy and intelligence can be developed in an all-round way, and help college students realize their life ideals and social values.

**Conclusions:** The combination of college students' mental health education and ideological and political education is to promote the better development of college students, which is of great significance to the development of today's colleges and universities. Ideological and political education is to change students' ideological outlook, standardize students' behavior and cultivate students to become a high-quality talent. Mental health education corrects and standardizes students' development from the aspect of students' invisible mental health, promotes students' mental health and enhances students' social adaptability. The integration of mental health education and ideological and political education is to cultivate college students with sound birth heart and complete personality.

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## THE DEVELOPMENT AND TRANSFORMATION OF WATERCOLOR PAINTING STYLE FROM THE PERSPECTIVE OF PSYCHOLOGY

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**Background:** The creation of watercolor painting is a kind of psychological activity from the perspective of psychology. In the whole watercolor creation process, a series of complex psychological factors are acting implicitly or explicitly and interactively. Therefore, the exploration of problems such as psychological