

**Methods:** The influence of mixed teaching methods on college English curriculum ideology and politics by using excel statistical social psychiatry.

**Results:** The results of this survey use the influence values of 1 to 5 grades and specific quantitative factors, 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence, and 5 indicating full influence. In order to reduce the relatively large error caused by individual subjectivity in the evaluation, the evaluation values of 100 college students are adopted and the average values are rounded off to obtain the results. The specific statistical table is shown in Table 1.

**Table 1.** Influence of mixed teaching method of ideological and political thinking in college English courses under social psychiatry

Factor	Construction of teaching mode	Teaching objective	Teaching method	Teaching content	Teaching evaluation
University student	4	4	5	4	3

**Conclusions:** Based on social psychiatry and ideological and political education, college English education in the new era focuses on the cultivation of students' humanistic quality and comprehensive quality, so as to realize students' all-round development. Through QQ group, U campus, blue dove online system and other online teaching forms, we should strengthen the course design, and use various effective teaching resources to guide students to carry out inquiry-based and personalized learning.

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## THE CONSTRUCTION OF THE LONG EFFECT MECHANISM OF “THREE COMPLETE EDUCATIONS” IN HIGHER VOCATIONAL COLLEGES FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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**Background:** Positive psychology is not only a revolution in the field of psychology, but also a new milestone in the history of human society. It is a new science that studies the traditional psychology from a positive angle. The formation of positive psychology as a research field is marked by Seligman and Csikszentmihalyi's paper "Introduction to positive psychology" published in January 2000. It adopts scientific principles and methods to study happiness, advocates the positive orientation of psychology, in order to study the positive psychological quality of human beings and pay attention to their health, happiness and harmonious development.

The "Three Complete Educations" refers to the whole staff educates people, the whole process educates people, the omni-directional educates people. Higher vocational education, as a type of higher education, has developed vigorously in recent years. It plays an increasingly vital role in training technology-oriented talents and promoting local economic development. Moral education in higher vocational colleges is the premise and guarantee of other work, and also the premise and guarantee of higher vocational colleges to serve local economic development. At present, facing the challenge brought by the impact of globalization and social transformation, how to build a moral education mechanism to meet the requirements of the times, give full play to the effectiveness of moral education, and effectively cultivate a group of talents with noble moral culture and excellent professional skills is a problem worthy of higher vocational colleges to study. Thought is the precursor of action. Institution is the criterion and basis of people's action. Team building is the organizational guarantee and intellectual support for higher vocational colleges to construct the long-term mechanism of "Three Complete Education". The whole process of education requires all teachers and staff members to carry out the education work according to the characteristics of students' thoughts, study and life at different learning stages. College students' ideological and political work needs

the concern and support of the whole society, as well as the long-term mechanism of “Three Holistic Education”. Nowadays, higher vocational colleges carry out the moral education working mechanism of “Three Complete Education” mainly through the implementation of class teacher system and tutor system. Full-time teachers serve as class advisors, faculty leaders, administrative assistants, full-time teachers and counselors contact dormitories, as student mentors, in-depth students, concerned about student growth. The implementation of class teacher system and tutor system has brought all the teachers and staff members into the team of educating students, which requires them to go to the students’ classes and dormitories, to understand the students’ thoughts, study and life at different stages, and to gradually realize the “whole process of educating students” and the “all-round education”.

**Objective:** It is not only the establishment of the team, but also the cultivation and management of the team. Higher vocational colleges should encourage and require all teachers and staff to study political theory and scientific and cultural knowledge conscientiously, improve ideological cultivation and professional skills, and enhance the awareness and ability of “teaching, serving and educating, managing and educating”.

**Subjects and methods:** In order to improve the quality of ideological and political education in colleges and universities, under the guidance of the educational concept of “Three Complete Education”, this paper explores the way of integrating positive psychology into ideological and political education in colleges and universities. The integration of positive psychology makes up for the lack of ideological and political education in colleges and universities, better reflects the people-oriented view of students, and cultivates students’ sound personality. We can improve the effectiveness of ideological and political education by positive psychological counseling, establishing good teacher-student relationship, building positive psychology teachers and building a positive campus environment. Based on positive psychology, this paper investigates and analyzes the long-term mechanism of “Three Wholeness Education” in higher vocational colleges from the following aspects: (I) Unify thinking, enhance understanding and correct attitude. (II) Improve the system, strengthen supervision and make good use of incentives. (III) Improve the team, strengthen management, and involve all staff. (IV) Dividing stages, enriching contents and realizing the whole process of education. (V) Integrate resources, innovate channels, and build an all-round pattern of education.

**Study design:** A total of 100 students and 50 teachers were randomly selected. By using questionnaire, 150 questionnaires were distributed, 146 questionnaires were collected and 142 valid questionnaires were valid.

**Methods:** The influence of the long-term mechanism of “Three Complete Education” in higher vocational colleges from the perspective of Excel statistical positive psychology.

**Results:** In order to reduce the large error caused by individual subjectivity in the evaluation, the survey results shall be determined by rounding off the evaluation values of 150 investigators and the average number of the results by rounding off the results.

**Table 1.** The influence of the construction of the long-term effect mechanism of three holistic education in higher vocational colleges from the perspective of positive psychology

Factor	Raise awareness	Enrich content	To change to formalization	Strengthen management
Teacher	4	3	4	3
Student	3	4	4	4

**Conclusions:** Through investigation, it is found that the positive psychological perspective has a positive impact on the construction of the long-term mechanism of “Three Complete Education”. Not only cultivate students’ healthy personality, improve teachers’ ideological cultivation and professional skills, but also improve the effectiveness of ideological and political education by positive psychological counseling, establishing good teacher-student relationship, building a contingent of teachers of positive psychology and creating a positive campus environment.

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## INFLUENCE OF AEROBICS AESTHETIC EDUCATION COURSE ON REHABILITATION