

obvious influence, and 5 indicating full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation values of 100 experimental groups of students are adopted and the average values are obtained by rounding off the results. The specific statistical table is shown in Table 1.

Table 1. Psychological effects on agricultural product marketing

Factor	Physical condition	Mental state	Emotional state
Experimental group	5	5	4

Conclusions: Mental health is an important part of the modern concept of health. It is a necessary condition and basis for the all-round development of college students and an important guarantee for their growth. From the perspective of affecting college students' mental health, aerobics teaching has a unique effect compared with other courses because of its characteristics of "humanness", "nature", "rhythm", "innovation", "artistry" and "comprehensiveness".

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STUDY ON THE COLLABORATIVE EDUCATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION BASED ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: The ideological and psychological problems of college students are increasingly arousing the concern and reflection of the whole society. Compared with the past, there are various problems in college students' thoughts: wavering on Marxist theory and socialist ideal; unclear understanding of international and domestic situation; hedonism and money worship; lack of self-protection consciousness. At the same time, the psychological condition is not satisfactory: the cases of hurting oneself and others due to college students' mental diseases and mental disorders often occur and tend to increase; college students commit suicide or cause injury or death to others, which brings great mental damage to students' families and at the same time has a great impact on colleges and universities and society. Therefore, the current moral education in colleges and universities is facing severe situation and challenge. Colleges and universities are charged with the glorious mission of training qualified builders and reliable successors of socialism with Chinese characteristics, which is both red and expert, with both ability and political integrity, and with all-round development. Education first, moral education first. Without the good foundation of moral education and the cultivation of correct "three views", it is impossible to cultivate innovative talents with all-round development of morality, intelligence, physique and labor. High-quality talents should not only have scientific, cultural and physical qualities, but also have good ideological and moral qualities and psychological qualities. To strengthen the ideological and political education and mental health education of college students is an urgent need to cultivate high-quality talents in the new period.

Objective: Ideological and political education is the traditional way of moral education in colleges and universities. Mental health education has not become a special field for a long time after the founding of New China. All the problems concerning students' thought, psychology and behavior are generally and largely involved in the field of ideological and political education. What we talk about is often to do "ideological and political work" for students, it seems that ideological and political education can solve all the ideological and psychological problems of students. But in the actual work, we will gradually find that if we trace back to the source of the problems of college students, a large part of them is caused by mental health problems, such as neurosis, personality disorder, adaptation disorder, etc. According to a survey of 126,000 college students nationwide, about 20.23% of college students have psychological disorders of varying degrees. In mental health education, according to the psychological characteristics and changes of college students, combined with the method of psychological education, is its superiority, but also more and more attention by the state.

Subjects and methods: Due to the independence and inseparable relationship between ideological and political education and mental health education, according to the synergy theory, colleges and universities shall, on the basis of giving full play to the respective advantages of ideological and political education and mental health education, actively tap the advantages of synergistic education, combine with each other,

learn from each other's strong points to offset weaknesses, and build a practical and feasible mechanism for the synergistic education of ideological and political education and mental health education, so as to effectively improve the scientificity, pertinence and effectiveness of moral education in colleges and universities. In order to alleviate the mental health problem of college students, this paper studies the cooperative education strategy of ideological and political education in colleges and universities.

Study design: The 500 college students were randomly selected for the survey by questionnaire. A total of 500 questionnaires were issued, 486 questionnaires were recovered, and 478 valid questionnaires were obtained. The content of the questionnaire mainly investigates the impact of the mental health of college students: First, the management mechanism. The second, the team mechanism. The third, the working mechanism. Fourth, the guarantee mechanism.

Methods: Using Excel 2007 statistics university ideological and political education synergy education new strategy to university student mental health influence.

Results: The results of the survey, with 1-5 quantitative influence value of specific factors, 1 indicates irrelevant, 2 indicates slight influence, 3 indicates general influence, 4 indicates obvious impact, and 5 indicates full influence. In order to reduce the subjective errors in assessment, 500 college students assessed value and took the average to round the results. The specific statistical table is shown in Table 1.

Table 1. Statistical results

Factor	Management mechanism	Team mechanism	Working mechanism	Guarantee mechanism
Influence value	5	4	5	4

Conclusions: Ideological and political education and mental health education collaborative education mechanism, its purpose is to adapt to the new situation of moral education and mental health education form together, play synergistic effect, optimize education mode, promote the comprehensive development of college students, improve the overall quality of college students, explore new ways and new methods for moral education work, so as to contribute to the innovation and development of moral education in colleges and universities.

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RESEARCH ON THE INNOVATION OF IDEOLOGICAL AND POLITICAL TEACHING REFORM PATH OF ELECTRONIC TECHNOLOGY COURSE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Power electronic technology is a subject developed with the development of theory and device, which is widely used in traffic, power, military, architecture, aviation, spaceflight, navigation and so on. Through the course, students are required to master the performance of power electronic devices, the principles and calculation methods of various electrical energy conversion circuits, and have the ability to analyze and solve engineering problems. After graduation, most of the students will go to the power supply bureau, power plant, electrical equipment manufacturers and other business departments dealing with electricity, not only need a strong professional quality, but also a good political literacy, moral awareness and responsibility. The teaching of the course of power electronics technology should spread to the students the scientific spirit of seeking truth and innovation, the craftsman spirit of rigorous earnestness and perfection, and the socialist core values of scientific power, social responsibility and patriotism. In the teaching process, we should pay attention to the diversity of education forms and the effectiveness of discourse communication, and avoid the rigidity and rigidity of teaching.

Objective: Power electronic technology course is a core course of electrical automation major in colleges and universities. It is a technology of electric energy conversion and control by using power electronic devices. How to carry out the ideological and political education in the whole teaching process of "Power Electronics Technology" based on educational psychology is the most important thing in the teaching reform of "Power Electronics Technology" course.

Subjects and methods: According to the requirements of the professional posts of electrical automation and in combination with the educational psychology and the training program for professionals, the teaching content of "Power Electronic Technology" is reconstructed, and the course of "Power Electronic