

from facts, the whole society has formed a good social atmosphere of seeking truth from facts and making pioneering efforts. The influence of Deng Xiaoping's theory needs to be emphasized here. Since Comrade Deng Xiaoping restored the quintessence of Marxist philosophy of seeking truth from facts and established that practice is the only criterion for testing truth, he has not only completely denied the ultra-Left thought of the past, but also completely denied the deep-rooted "only books", "only on" and "only authority" in the traditional social psychology of the people for thousands of years. Its significance to the Chinese national spirit and psychological liberation is inestimable.

**Objective:** Theoretically, the discussion of the construction of Marxist philosophy on the social psychology of the Chinese people is not only the logical end of studying the Sinicization of Marxist philosophy, but also the logical starting point of studying the Sinicization of Marxist philosophy. History is created by a fixed enthusiasm driven by the pursuit of their own goals of the reality of people, without the study of people's social psychology is difficult to understand history. Popular sentiment in general refers to the social psychology. Since ancient times, those who win the popular will, those who lose the popular will die, the cause of the people back to determine the success or failure. Therefore, it is of great importance to analyze and guide the social psychology with the world outlook of Marxism and righteousness, and to cultivate the fine social ethos. Giving full play to the guiding role of Marxist philosophy in social psychology, setting up a good social and psychological atmosphere in the whole society and resisting all kinds of unhealthy social trends of thought are the basic objectives of Marxist philosophy in the construction of social psychology of the Chinese people.

**Subjects and methods:** From the perspective of social psychology, the whole process of Marxist philosophy in China can be divided into two parts: First, on the basis of the general recognition of social psychology of the Chinese people, Marxism, which has much in common with Chinese philosophy and the ideal of Great Harmony, can be spread and developed in China, and then Marxist philosophy can be integrated into China. Society realizes the Sinicization of Marxist philosophy and produces Sinicized Marxist philosophy. Second, the Chinese Marxist philosophy has the function of guiding, reforming, restricting and influencing the social psychology of the Chinese people. For the latter process, it is the Marxist philosophy of the Chinese people's social and psychological construction process. Therefore, this research mainly carries on the investigation from three aspects: the guidance, the restriction and the influence which the Marxist philosophy Sinicization constructs to the populace social psychology.

**Study design:** Random selection of 500 people, age unlimited, gender unlimited, occupation unlimited. The survey was conducted by questionnaire. A total of 500 questionnaires were distributed, 489 questionnaires were retrieved and 482 were valid. Among them, 7 questionnaires were considered invalid if they did not meet the 50% requirement.

**Methods:** Carries on the statistical analysis to the data which collects, and carries on the data statistics using SPSS18.0 and Excel.

**Results:** In this survey, the influence value of specific factors is 0-4, which means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. In order to reduce the great error caused by individual subjectivity in the evaluation, the evaluation value of 500 people is adopted and the average value is obtained by rounding off the results. The specific statistical table is shown in Table 1.

**Table 1.** The influence of Sinicization of Marxist philosophy on the construction of people's social psychology

Factor	Guiding function	Modification action	Restrictive action
People	4	3	4

**Conclusions:** Marxist philosophy is the essence of the spirit of the times. It is not easy to pour this essence into the deep-seated social psychological structure. And in the education of popularizing Marxist world outlook, we should inculcate Marxism with a whole and comprehensive thought, and construct the social psychology of the whole society with a complete and accurate Marxist philosophy, which is not only the desire of the realistic social psychology, but also the requirement of the development of Marxist philosophy, and the internal requirement of widening and expanding the growing point of Marxist philosophy. There is no doubt that a fundamental task or mission of Marxist philosophy in the new century is to reconstruct the spirit of social psychology of the Chinese people in the new era.

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## ANALYSIS OF THE INFLUENCE OF COLLEGE PSYCHOLOGICAL COURSE ON COLLEGE STUDENTS' PSYCHOLOGICAL CONDITION FROM THE PERSPECTIVE OF

## PSYCHOLOGICAL EDUCATION

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**Background:** The mental health of college students is an important part of social concern, especially during the epidemic period, many college students have had different degrees of anxiety, tension, serious people have even appeared crisis, these signals are reminding educators, college students' mental health education and crisis intervention work is urgent. Effective crisis intervention and prevention mechanism is an important guarantee for college students' growth and campus stability. As the main channel and way of mental health education, college students' mental health curriculum will play an important role that cannot be ignored. The course teaching of college students' mental health education is an important way to realize psychological education. It is pointed out in the guideline of mental health education for college students that mental health education is an important part of the personnel training system and an important part of ideological and political work. In order to promote the education of mental health knowledge, there are many problems in the course of "Mental Health Education for College Students" in colleges and universities. These problems weaken the maximum value and function of the course itself, and are not conducive to the basic formation of the working pattern of mental health education of "four in one" of education and teaching, practical activities, consulting services and prevention and intervention.

**Objective:** With the rapid development of society, the increasing pressure of competition and the influence of various cultures, the mental health problems of college students become more and more serious. Therefore, it is of great benefit to the development of individuals, schools and the society to pay close attention to the mental health of college students and to intervene in time. At present, many colleges and universities have created and completed the new mental health records, the results of each student will be recorded. At the same time, the mental health records will be dynamic management, students at each stage of performance, as well as psychological counseling results must be updated in order to be able to keep track of students' mental health.

**Subjects and methods:** In the process of teaching, psychological teachers' pay more attention to the interaction with students in class and to the understanding of students' psychological experience and feelings. While helping students master psychological knowledge and identify their own psychological problems, they can also build up the awareness of maintaining mental health and enhancing self-help ability.

A random selection of 100 college students in a school survey, the selection of the same psychological course teachers, teaching the same class. A questionnaire survey was conducted to investigate the psychological status of college students before teaching, and the effect of the psychological status on the former course was recorded. In the course of teaching, teachers should pay attention to the interaction between students and students based on psychology, and intervene properly under the condition of understanding students' psychology. Video recording is required of the entire course. After teaching, the questionnaire survey was conducted again among the 100 college students. The main content of the survey was the influence of psychological courses on their psychological conditions. Mainly from university student's psychological change situation, the spiritual change situation and the mood change situation three aspects analyze. Using Excel 2003 to make statistics.

**Results:** Teachers from the students' speech and the discussion of the enthusiasm, the content of expression, combined with the actual performance of students in the classroom, the students' psychological state assessment. Select the students who are suspected of having problems, conduct one-on-one interviews and follow up. This way of teaching admits the differences between college students directly, respects the personality of college students, and can also help students to make up for their disadvantages and give play to their advantages, thus helping students better accept themselves and enhance their ability and courage to face problems.

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.

**Conclusions:** Mental health education course is an effective mechanism for crisis intervention and prevention, which will be an important guarantee for college students' adult development and campus stability. Starting from the main ways of psychological crisis intervention, this paper analyzes the positive role of psychological health education courses in the psychological crisis intervention mechanism. This study will help to improve the comprehensive psychological quality of college students, especially in the current

epidemic period through the implementation of mental health education courses to help college students grow up healthily.

**Table 1.** Effects of psychological courses on college students' psychological status from the perspective of psychological education.

Factor	Psychological condition	Mental state	Emotional state
Scoring	5	5	4

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## OBJECTIVE CONNOTATION AND LEVEL ORIENTATION OF ANCIENT LITERATURE TEACHING FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** As the name implies, the core content of “ancient Chinese literature” is “literature”, and “literary attribute” is the essential attribute. The aim of teaching the course of ancient Chinese literature is to make students understand systematically the literature knowledge of various historical periods in ancient China, to enhance students' basic ability to read, analyze and appreciate ancient Chinese literary works, and to improve their literary accomplishment and aesthetic taste. Otherwise, it may turn the course of literature into a “hodgepodge” of knowledge of history, philosophy, sociology and even politics, but ignore the original teaching content and teaching goal of the course. In fact, only when teachers impart the basic knowledge of literature to the students and show the charm of various literary genres such as poetry, lyrics, songs, prose and novels to the students, can the students understand the national characteristics of Chinese literature and inspire their love for Chinese classical literature. Only when they are willing to devote themselves to the cause of inheriting Chinese traditional culture can the ideological and political goals of the course of Chinese ancient literature be realized.

Education is an important symbol of a country's development. The degree of education of future generations and the country's future development has a direct link. Among them, literature education is the focus of education. In ancient times, when other education had not been fully developed, literary education played an irreplaceable role. Thought in ancient literature has been handed down for 5000 years and is immortal. Even now, the thought and educational idea still affect the growth and development of Chinese people. Therefore, we should re-analyze the value of literature education in ancient China, in order to draw lessons from today's literature education.

**Objective:** Ancient literature teaching is a public elective course for all college students. At present, the existing literary accomplishment of college students and their desire to improve their literary accomplishment, as well as the teaching staff and the orientation of quality education, make it possible to set up public elective courses of ancient literature for all college students. An open course system of ancient literature with rich connotation, clear level, definite goal and broad extension is established for different types of students to choose freely according to different needs. And the ancient literature course should not only break through the limitation of the specialty, but also make the ancient literature permeate into the basic teaching of literature. The aim of the two breakthroughs is to enlarge the teaching object of the course of ancient literature and make the course of ancient literature get rid of the limitation of the course of literary theory and become a popular course of college students' humanistic quality. Students can choose their own courses freely, so that every college student has the opportunity to receive the cultivation and nourishment of excellent ancient literature and cultural heritage.

**Subjects and methods:** Educational psychology is the study of human learning, the effect of educational intervention, the psychology of teaching, and the social psychology organized by schools. The focus of educational psychology is the application of psychological theories or research to education. Educational psychology can be used to design courses, improve teaching methods, stimulate learning motivation and help students to face the difficulties and challenges in the process of growth. Therefore, applying the knowledge of educational psychology to the teaching of ancient literature not only strengthens students' patriotic consciousness, but also shapes their character of meeting difficulties without fear of setbacks, but also educates them in affection, friendship and love. This research mainly embarks from the ancient times literature teaching goal connotation and the level localization, studies under the educational psychology intervention influence. Mainly carries on the investigation analysis from the cultural connotation, the explanation value and the thought culture value three aspects.

**Study design:** Random selection of 500 college students for investigation, age is not limited, gender is