

communication process, and avoid the obstacles to the understanding of discourse logic that affect the whole communication process and the effect of ideological and political education.

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ANALYSIS ON THE TEACHING COUNTERMEASURES OF YOUTH IDEAL AND BELIEF EDUCATION FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

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Background: Positive psychology was first put forward in 2000. This theory holds that positive psychology is a science to tap human potential and virtue, and advocates a positive attitude towards the potential and quality of ordinary people. From the perspective of positive psychology, the reform path of education in China has a new direction, and it is more widely used in the teaching reform of colleges and universities. Young people in China generally refer to college students. College students are full of vitality and play an important role in the construction of the motherland. Therefore, in college education, we should strengthen the ideological and political education of college students, pay attention to the psychological counseling of college students, and cultivate self-esteem, self-confidence and positive college students. College students are an important part of the future development of the country. Whether their ideals and beliefs are clear and firm is directly related to the prosperity and strength of the country and the nation. In the current college students' education, it is emphasized to stimulate students' positive psychology, so it is of great significance to explore the combination effect of positive psychology and college students' ideal and belief education and teaching, and it is also an important way to promote the formation of college students' correct values. Therefore, colleges and universities should respond positively, cultivate college students' positive attitude, strengthen college students' ideals and beliefs, and ensure the smooth development of college students in the future.

Objective: Positive psychology is to study people's excellent quality and stimulate human potential through active training. It is a new teaching and education concept in colleges and universities. Therefore, the research will start with the cultivation of positive psychology, so as to promote the composition of college students' ideals and beliefs, and put forward the teaching countermeasures of youth ideals and beliefs.

Research objects and methods: 300 students in a university were selected, and a questionnaire was distributed to them. The training effect of positive psychological quality in youth ideal and belief education and teaching was tested by interview, and the data were analyzed by Excel software.

Research design: (1) Establish a positive outlook on ideal and belief psychological training. In order to improve students' positive psychology in the construction of ideals and beliefs, we must establish a positive outlook on mental health education. First of all, we should pay attention to cultivating students' active learning psychology. In practice, a team of teachers with full-time learning psychological tutors has been formed to actively cultivate psychological quality in daily education and ideal and belief education and teaching.

(2) Further explore, cultivate and develop students' positive psychological quality in learning. Positive psychologists believe that psychological education should undertake the mission of giving full play to people's potential and positive factors, cultivating people's positive thinking, enabling students to have the positive quality and ability to overcome negative factors, relying on their own positive strength and actively promoting the development of mental health. Therefore, from the perspective of positive psychology, students have the ability to rely on their own positive factors to overcome negative tendencies or problem diseases. Facing the problems existing in the development of students' learning psychology, we should stimulate students' potential and superior character, so that they can rely on their own positive factors to promote the formation and development of their own ideals and beliefs. Cultivating and developing students' positive psychological quality in ideals and beliefs can be considered from the following three aspects.

First of all, to enhance students' ideal and belief and establish motivation, teachers should strengthen students' internal learning motivation through various forms, pay attention to the penetration in classroom teaching, and let students understand the important role and significance of ideal and belief in future learning work.

Secondly, ideological and political teachers should pay attention to the development status of students' ideals and beliefs and improve the efficiency of students' values construction. In the process of consolidating students' ideals and beliefs, they can gradually form positive learning psychological quality.

Finally, make positive attribution, guide students to take a positive view of the problems in English learning, regard unpleasant experiences or difficulties as the only way to grow, regard the pain and training as the cornerstone of self-improvement, guide students to learn to regard past successes or failures as the result of their own efforts, form an upward character and enhance their ability to resist setbacks.

Results: The students' satisfaction with the positive psychology training course is shown in Figure 1. The figure shows that students of different grades have high satisfaction with the new curriculum.

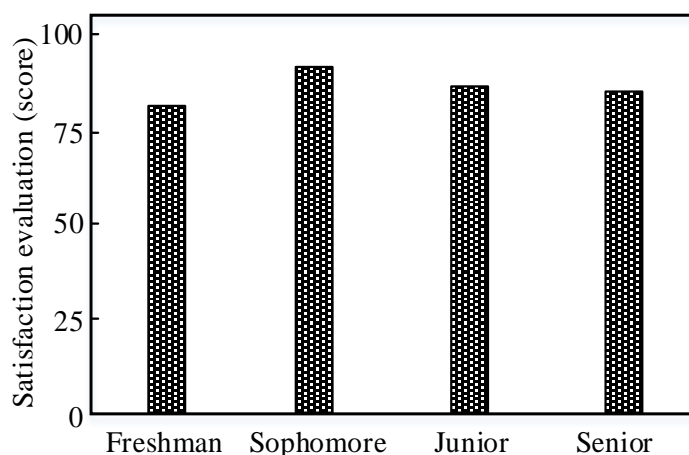


Figure 1. Satisfaction evaluation

Conclusions: College students have good positive psychological quality, which is the basis of college ideological and political education and the construction of ideals and beliefs and the embodiment of teaching effect. Therefore, in the process of the construction of young college students' ideals and beliefs, teachers should cultivate students' positive psychological quality, promote students' mental health, and finally grow into all-round development talents with social needs.

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RESEARCH ON THE CULTIVATION OF STUDENTS' PSYCHOLOGICAL ADJUSTMENT ABILITY IN VIOLIN TEACHING

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Background: With the rapid development of economy, people's pursuit of art is becoming stronger and stronger. Among them, violin teaching has become the choice of some families. In the violin professional training, the focus is on the students' professional knowledge and skills. Under this kind of teaching and training, the students' Violin ability level can be quickly and greatly improved. However, most people ignore an important information. The purpose of violin teaching is to cultivate violinists who play alone, and it is also necessary to plan the career development of students in professional training. Therefore, under the urging of this learning purpose, a large number of professional violin training began to focus on the psychological adjustment of students' performance. In the process of students' psychological adjustment, teachers need to cultivate students' psychology and cultivate students' good psychology in the process of playing violin, which can play a great role in the subsequent development of players. From most studies, we can know that if students do not have good psychological quality in the on-the-spot performance, they will have stage fright in the follow-up performance, which will not only affect the performance desire of students in the follow-up research career, but also affect the order of the performance scene. Therefore, how to cultivate students' psychological adjustment ability in daily violin teaching and ensure that students can maintain a normal psychological state before, during and after the performance is very important.

Objective: In order to reduce the tension of violin learners after going on stage and cultivate the self-confidence of violin players, the research starts with the cultivation of students' psychological adjustment ability to improve the cultivation means in violin teaching.