

changes are more obvious with the growth of students' grades. Among them, the number of sophomores, junior and senior students with strong positive psychology accounts for more than 80%, which shows that under the education of Innovative college students' socialist core value system, the overall positive psychological level of college students can be improved. In addition, the gender differences of students are also affected differently. The range of positive psychological changes of girls after receiving education is slightly higher than that of boys.

Table 1. Students' positive psychological score

Positive psychological score	1	2	3	4	5
Freshman (%)	2.7	3.2	4.4	10.4	79.3
Sophomore (%)	1.2	2.3	3.4	10.6	82.5
Junior (%)	1.5	1.6	2.0	9.7	85.2
Senior (%)	0.9	1.1	1.7	6.7	89.6

Conclusions: College students themselves have a good positive psychological foundation, and the changes are more obvious after being educated and guided by the correct socialist core value system. Therefore, using positive psychology to innovate the education of college students' socialist core value system is of great significance. The changes of college students' positive psychology in the results can reflect the effectiveness of the innovative education model. Therefore, in college education, in improving students' academic performance and establishing correct values, cultivating positive psychological quality is an important means.

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EXPLORATION AND PRACTICE OF IDEOLOGICAL AND POLITICAL TEACHING IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF PSYCHOLOGY

Shihao Zhao¹ & Jingyi Li²

¹*School of Marxism, Changsha Normal University, Changsha 410100, China*

²*School of Economics and Management, Changsha Normal University, Changsha 410100, China*

Background: Ideological and political teaching in colleges and universities is a course to help students improve their self-cognitive ability. At the same time, the smooth start of the course is also the basis to help students establish correct values. However, due to the dryness of Ideological and political teaching, it is difficult for the ideological and political course to meet the psychological needs of students in the teaching process, which leads to the weak positive psychology of students in the ideological and political course. Therefore, how to innovate, explore and practice the existing ideological and political teaching is not only the key to improve the overall teaching quality, but also an important means to improve students' psychological quality. Many educational theoretical studies at home and abroad praise the implementation effect of performance evaluation, but basically stay in the theoretical research stage, and there is a lack of normative empirical research. For the reform and innovation of ideological and political education, using performance evaluation to analyze the path of teaching reform has higher traceability. Because ideological and political education is a kind of psychological guidance, analyzing the psychological changes of students in Ideological and political teaching in colleges and universities is one of the important means to help the innovation of teaching mode. At the same time, from the perspective of psychology, it is easier to establish a crisis prevention mechanism for college students and solve their psychological problems. Therefore, in teaching exploration, we need to start from comprehensive psychological intervention, quickly control the possible psychological crisis of college students, promote the healthy growth of college students and cultivate a sound personality.

Objective: Combined with the background of China's current curriculum reform, taking the implementation of performance evaluation as the independent variable, the discipline of ideological and political science in colleges and universities as the carrier, the teaching reform ability of ideological and political course as the dependent variable, and using the method of tracking research, this paper investigates the impact of performance evaluation on the teaching reform ability and development of Ideological and political course for a long time.

Research objects and methods: The mental health evaluation scale of Ideological and political teaching is used to evaluate the mental health of college students in ideological and political teaching, so as to formulate the reform plan of ideological and political teaching in colleges and universities. In the process of

implementation, the feasibility of the scheme is continuously evaluated through performance evaluation, so as to explore the reform path of ideological and political teaching scheme. At the same time, a second questionnaire was conducted to students at the end of the program teaching to understand their mental health status, and the psychological changes of students before and after the two times were compared and analyzed.

Research design: The content validity of task plan was evaluated by expert judgment and using the evaluation form of task content validity of Ideological and political teaching performance evaluation as a tool. Using 0 - 9 subscales, the comprehensive evaluation result of 30 experts on the content validity of performance evaluation task plan is 6.72 and the standard deviation is 1.36. The results of one-way ANOVA showed that there was no significant difference in the comprehensive scores of 10 tasks in the evaluation table.

Results: The main effect analysis of the teaching content is shown in Figure 1. Figure 1 shows that the students with different psychological quality intensity in the first questionnaire are divided into strong psychological quality group and weak psychological quality group. In the principal component effect analysis, the students with strong psychological quality show stronger psychological quality construction ability after accepting the ideological and political teaching of the new college curriculum, and the students with weak psychological quality show lower psychological quality construction ability, there was significant difference between the two groups ($P < 0.05$).

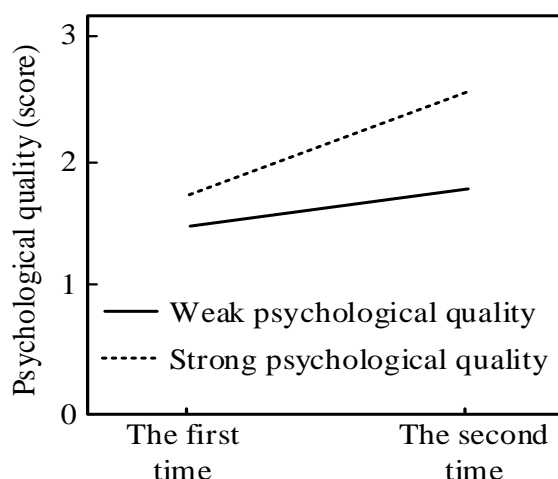


Figure 1. Main effect analysis results

Conclusions: Combining ideological and political education with psychological intervention, this paper studies the evaluation of college students' mental health, so as to provide basis for college students' psychological intervention. The results show that psychological counseling plays a significant role in promoting the development of ideological and political teaching reform ability in colleges and universities. With the implementation of the experiment, this role continues to strengthen. At the same time, students' psychological quality can also be significantly improved. From the effect of educational intervention, it can be found that different students are affected by different degrees of intervention. Therefore, in the exploration of Ideological and political teaching path in colleges and universities, we should take students as the main object and formulate a more comprehensive direction of teaching reform from the psychological perspective of students. And ensure that in the ideological and political teaching reform in colleges and universities, we can constantly improve students' psychological quality, promote students' healthy growth, and establish students' correct values.

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INNOVATIVE TEACHING PATH OF MUSIC CLASSROOM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

Yi Zhou

Art and Communication College, Suqian University, Suqian 223800, China

Background: With the deepening of people's views on music, how to teach music ideas more specifically