

**Subjects and methods:** This paper takes college students' mental health literacy optimization as the research object, and attempts to use the pedagogy, psychology and other related theories as a guide, and use empirical analysis to explore the optimization status of mental health literacy in college students, and verify the past empirical factors to overcome the previous research empirical and other shortcomings, which is conducive to the formation of a scientific and systematic research framework to enhance the theoretical characteristics of high-efficient college students mental health optimization.

**Study design:** When modeling psychological health quality, we should extract the characteristics of college student with psychological phenomena, and establish the model according to the attributes of different mental health quality categories, which can accurately extract the characteristics of college students' psychological phenomena. This paper presents a method to optimize the mental health quality of college students. The model analyzes in detail the causes, characteristics and performance states of college students' psychological phenomena, and ranks the stages of mental activity generated when the objective environment of the college students is not consistent with the needs of the subject. A statistics subversive psychology has formed subjective causes for college students, and has adverse behavioral reversal of psychological factors, which can enhance the mental health of college students with a strong basis.

**Methods of statistical analysis:** In this study, a total of 380 questionnaires for college students' mental health literacy were distributed and 353 valid questionnaires were collected. H college has a total of 59 students, which is accounting for 16.7% of the total number. G University has a total of 215 students, which is accounting for 60.9% of the total number. S University has a total of 79 students, which is accounting for 22.4% of the total number.

**Results:** This study describes the statistical analysis of sample questionnaires of mental health literacy of three college students in the region. Institutional difference analysis. As shown in Table 1, the mean value of H university is  $\bar{x}=3.136$ , and the average value of G university is  $\bar{x}=2.973$ , and the average value of S university is  $\bar{x}=3.273$ . It can be seen from the difference of college scores that the mental health literacy of university G is less than that of H university as well as S university. In the three colleges and universities, student's mental health literacy from S college is higher. H university is 985,211 science and technology key university, and G university is a comprehensive national key university, and S university is a full-time college student college, and the questionnaire is the subject of negative score, so the smaller the sample value of the smaller mental health literacy degree is, the greater the score the more difficult.

**Table 1.** Different college sample description of statistical tables

University	Mean value	<i>n</i>	Standard deviation
H University	3.136	59	0.2637
G University	2.973	215	0.4759
S University	3.273	79	0.5043
Total	3.059	353	0.4680

**Conclusions:** At the same time, some research contents need to be improved and supplemented in the next step. First, due to the restriction of objective conditions, only three universities are selected as the subjects in this study. The results do not give a comprehensive summary of the overall characteristics of college students' mental health literacy optimization. Secondly, the total number of research samples is not enough in the grade of the uneven distribution of professionals. A total of 353 valid questionnaires were administered to the three colleges and universities. In the professional distribution of more than 139 people, there are less only 16 people.

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## ANALYSIS OF THE INTEGRATION OF CHINESE FOLK-ART ELEMENTS UNDER THE PSYCHOLOGICAL ADAPTATION OF ART EDUCATION

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**Background:** Based on quality education innovation education idea, the paper discusses the application of folk art in the fine arts education value and application path and intrinsic demand, combined with the depth of the art education reform to explore the construction strategy of education of fine arts classroom

teaching mode, to cultivate the students' art accomplishment, aesthetic ability, practical ability as the guidance, to improve students' art accomplishment.

**Subjects and methods:** In this paper, in the process of exploring, the first analysis of traditional fine arts teaching in the classroom teaching content, teaching Methods and teaching ideas of hysteresis, and thus the premise is discussed to improve the quality of art teaching, cultivate students' innovative education of fine arts fine arts accomplishment for the target system, the artistic value of the combination of folk art, artistic appeal, and education function, analysis of the fusion of folk art and modern art education paths.

**Results:** In the study of folk-art elements, this paper found that folk art elements have the advantages of multiple materials, wide channels, strong appeal and broad base of the masses, and at the same time have distinct regional cultural characteristics and distinct demonstration effect. Especially in art education in primary and secondary schools, folk art elements are walking in multiple fields of real life, and there are diversified integration points and entry points with modern art education, which plays a positive guiding role in cultivating students' art accomplishment, aesthetic ability, practical ability and aesthetic consciousness. Based on this, this paper first explores the integration value of folk-art elements and modern art education in concept and consciousness, that is, the emotional education function, moral appeal, aesthetic connotation and humanistic consciousness of folk-art elements coincide with modern art education ideas. Secondly, on the premise of affirming the modern educational function of folk-art elements, the effective paths of folk-art elements into the fine arts education system are analyzed and discussed.

**Conclusions:** The folk-art elements into the art education system can not only promote the deep reform and optimization of art teaching innovation, but also promote the reform and development of art classroom teaching model, improve teachers' teaching organization and classroom design ability, promote the change of teachers' art education concept, improve teaching quality and teaching efficiency. By integrating folk art elements into art teaching, students' artistic quality, aesthetic consciousness and aesthetic level are cultivated through enriching teaching resources, expanding teaching channels and optimizing teaching design, so as to promote quality education.

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## TAIJIQUAN COURSE CONSTRUCTION IN COLLEGES AND UNIVERSITIES PROMOTES THE PUBLIC PSYCHOLOGY OF SUSTAINABLE DEVELOPMENT OF TRADITIONAL SPORTS CULTURE

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**Background:** In the background of diverse cultures of the world, Chinese traditional culture has been developed. As the representative of Chinese traditional sports culture, Taijiquan sets up specialized sports courses in universities, these courses implementation affects Chinese traditional cultural inheritance. In 2010, Wu Ma in the article "Beijing city regular institutions of higher learning Taijiquan course developing status investigation study", took Beijing city regular institutions of higher learning as research objects, carried out Taijiquan course developing status investigation. It went ahead from course contents, organization forms, teaching methods current situations three perspectives, looked for problems that existed in Taijiquan teaching, and combined with relative policies to put forward reasonable suggestions. The article pointed out Taijiquan course that current Beijing Universities set up had guarantee of relative full syllabus in teaching contents aspect, and took 24 styles Taijiquan as main teaching contents. In faculty equipping aspect, all levels of teachers were relative sufficient, in partial universities, proportions of martial artists were also higher that was easy to carry out Taijiquan popularization. In teaching field aspect, Taijiquan event relative sports facilities were constantly improving, nearly 70% students could learn in specialized field, which provided basic guarantee for Taijiquan further popularization.

**Subjects and methods:** The model establishment purpose is to find out one kind of universities with Taijiquan course better developing in all kinds of universities. From Taijiquan course setting up conditions, professional teachers proportions status, course instructing teachers' non-professional degrees these three aspects, it makes evaluation on first-tier universities, second-tier universities, third-tier universities and specialized colleges.

**Study design:** Universities put emphasis on cultivation of traditional concept culture, when setting up