

psychological education and so on. Ideological and political education mainly refers to the purposeful influence on college students through certain political views, ideas and moral norms, so as to make their behavior and ideological cognition meet certain social requirements. The important purpose of Ideological and political education is to the education of values promotes students' ideological consciousness and moral level.

**Conclusions:** Ideological and political education and mental health education in colleges and universities are very important for the growth of contemporary college students. This paper mainly discusses and analyzes the relationship between Ideological and political education and mental health education, and explores how to promote the combination of the two from four aspects, which only provides reference for the work of relevant personnel in colleges and universities.

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## ROCK PAINTING ART AND GRASSLAND CULTURAL PSYCHOLOGY OF NORTHERN NOMADS

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**Background:** The similarity of the living environment and way of life of the northern grassland nationalities makes the members of all nationalities have basically the same psychological matrix. The cultural and psychological elements of a nation are divine and essential. Therefore, the psychological matrix of the northern grassland people can also be called cultural psychology. National cultural psychology is constantly improved and improved in the practice of survival activities; It is also accumulated in the long historical life and the survival practice of generations. It is the crystallization of cultural inheritance and life inheritance. It can be said that the characteristics of national culture are reflected in the characteristics of national psychology. Therefore, when we study the construction of grassland culture, we must pay attention to the characteristics of the cultural and psychological composition of grassland nationalities. In exploring the psychological characteristics of grassland culture, we will follow the three psychological factors of feeling, ethics and reason, so as to form a more complete psychological structure.

**Subjects and methods:** National cultural psychology is constantly improved and improved in the practice of survival activities. It is also accumulated in the survival practice of generations in the long historical life. It is the crystallization of cultural inheritance and life inheritance. It can be said that the characteristics of national culture are reflected in the characteristics of national psychology. This paper discusses the psychological characteristics of grassland culture, and investigates it according to the three psychological factors of feeling, ethics and reason, so as to form a more complete psychological structure.

**Study design:** We try to find psychological clues from the performance of northern rock paintings, which is feasible because rock paintings are the externalization of psychological intuition. Rock painting is an art form belonging to pre art, even pre language and pre logic. It is different from today's art in generation. First of all, rock paintings are the result of survival needs. To survive, people have to recognize themselves and their living environment. The initial naming of human beings was painting, and the emergence of hieroglyphics originated from the naming method of painting. From the perspective of the purpose of creation, rock painting is to understand the world and then grasp the world. Therefore, rock painting is quite different from the paintings that later generations want to appreciate. In this sense, compared with other art forms (such as mythology, folklore, epic, etc.), rock painting retains more things of human original ecology and has a more direct connection with human emotions, psychology and other life conditions. This provides valuable information for us to explore the psychological state of our predecessors.

**Methods of statistical analysis:** As a primitive, folk and spontaneous creation product - rock painting. It was a spiritual phenomenon under the conditions of life and production at that time. Its cultural state and today's cultural state must have changed a lot in the long historical process. If we simply confine the cultural products of the past with the concept of today, it will inevitably lead to the fallacy of interpretation. This is not to say that rock paintings cannot be explained, but to emphasize the intuitive world characteristics of rock paintings. Our study of rock paintings should be in line with this characteristic. As mentioned earlier, we take rock painting as an externalization of psychological intuition. The author

believes that any discourse is subjective (a subjective naming), and interpretation cannot avoid evaluation. These two aspects cannot be replaced by each other. The traditional Chinese impression criticism combines description and evaluation. Using this method to trace the author's psychological matrix from rock paintings, or a feasible adventure.

**Results:** Environmental culture of rock painting. The Tianshan Mountains, about 1700 kilometers from east to west and 275 kilometers from north to south, lie in the middle of Xinjiang, with an altitude of about 4000 meters. Xinjiang is high in the East and low in the West. The highest peak, Bogda peak, is 5445 meters above sea level, with dense glaciers and rich atmospheric precipitation. Under the snow line are endless winding virgin forests and mountains and streams after snow melting, and rock paintings are scattered on these rocks. Most of the rock paintings are excellent pastures with abundant water and grass at the north foot of Bogda peak. In addition, there are scattered rock paintings about 6km away from Dahuangshan coal mine and south along Huangshan River. Rock paintings were also found in Gangou. The above are only the rock paintings I have investigated in depth, and there are more and more valuable rock paintings discovered by archaeologists and other scholars in the inaccessible alpine pastures in the depths of Tianshan Mountain.

**Conclusions:** To sum up, the rock paintings in the Shuimogou area of Fukang deep in Tianshan Mountain are carved by the ancient herdsmen living here in the Neolithic Age of primitive society, reflecting the hunting scenes in their economic life, but breeding more cultural psychology of praying for a large number of praises, showing the primitive religious consciousness and totem worship.

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## INFLUENCE OF DANCE QUALITY TRAINING ON REHABILITATION OF CHILDREN'S BEHAVIOR DISORDER

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**Background:** DMT integrates art and science. It's a combination of physical, fitness training, dance and psychology. This is a method of psychotherapy. It has biological, psychological and social functions, which can make up for the defects of children with behavioral disorders, so that children with behavioral disorders can better integrate into society. DMT believes that there is a fundamental relationship between mind and body, and emphasizes that what affects the body also affects the mind. When there is a lack of integration between body and mind, individuals suffer from various mental illnesses. Therefore, the core principle of DMT emphasizes that students' comprehensive individual mental health development is reflected in the integration of mind and body. The data of physical quality education and training are expressive and communicative. DMT can use its own physical quality training as a method of individual evaluation and clinical intervention. Through the basic principles of dance therapy and targeted physical training, children's behavioral quality training ability can be improved, so that they can master social communication methods and improve their self-care ability.

**Subjects and methods:** Selected 17 movement to the 28 autistic children were divided into treatment group and control group 11 people for 12 months of DMT intervention experiment, discussed in the body function test before and after the intervention, the physical quality test, the movement ability tests, ABC inventory, CBCL scale, SRS scale, SCQ scale RBS -r scale, emotional changes in the recognition test Conditions.

**Study design:** In the clinical environment, based on the domestic and foreign scholars for the treatment of children's dance quality training research, under the background of the paradigm of body and mind quality study of dance training effectiveness of treatment of children's intervention and to explore the autistic children's dance quality training intervention after treatment in the field of physical and mental development, is suitable for children's dance therapy intervention model, implementation process and quality training Methods.

**Methods of statistical analysis:** The ABC scale for children with autism was selected as a tool for symptom diagnosis. Children have defects in social communication and cognitive ability. Social reflection SRS and social communication SCQ scale focus on the evaluation of children's social and cognitive ability before and after education and training, which can quantify the effect of intervention. According to the original data entry requirements, the test data of DMT experimental group and control group and the results of parents' questionnaire survey before and after intervention were checked, sorted and recorded. SPSS 18.0 was used to conduct repeated measure an OVA on the data of the two groups to analyze the influence of DMT intervention on the experimental group. The analysis of mathematical statistics provides an important quantitative index for the evaluation of the influence of DMT on children's physical and mental