

practical application, the attitude of the counselor group will be loosened.

**Conclusions:** In view of the particularity of the position of counselor, using educational psychology to carry out ideological and political education in this position has become a more effective value teaching method. Counselors should make active use of the psychological activities generated by the interaction between teachers and students in educational psychology, clarify their own role orientation, improve their own knowledge literacy, and establish the working concept of “student-oriented” in students’ daily learning and activities. In addition, we should also adhere to the important concept of the combination of education and self-education, organize students to give full play to their subjective initiative, adhere to the combination of educational guidance and administrative management, and the combination of explicit education and implicit education, so as to promote students to form a perfect personal personality from multiple angles and improve their ability of concept judgment and behavior control.

\* \* \* \* \*

## MULTIPLE COLLABORATIVE EDUCATION MODEL OF INDUSTRIAL COLLEGES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Dong Wang

*College of Art and Design, Henan Institute of Technology, Xinxiang 453000, China*

**Background:** Mental health is a kind of good and continuous psychological state and process, which is manifested in the individual’s vitality, positive inner experience and good social adaptability, which can effectively give full play to the individual’s physical and mental potential and the positive social function as a member of the society. Mental health includes at least two meanings: first, no mental illness. There are two kinds of positive psychological development. Colleges and universities need to improve the psychological quality of all students, fully develop their potential, cultivate students’ optimistic and upward psychological quality, and promote the sound development of students’ personalities. Research shows that the standard of mental health includes correct self-awareness, interpersonal coordination, gender role differentiation, good social adaptation, positive and stable emotion, complete personality structure, educational psychology belongs to pedagogy. It mainly studies various psychological phenomena and their changes in the process of educators learning and mastering knowledge and skills under the influence of education and teaching. Educational psychology can be applied to designing courses, improving teaching methods, promoting motivation, and helping students face the difficulties and challenges they face in the process of growth, with special attention to students with special educational needs. Secondly, positive psychology in educational psychology can enable students to overcome difficulties with an optimistic and positive attitude when facing difficulties and challenges in life. In addition, there are many viewpoints in educational psychology that can be applied to college education and can bring good effects.

At present, the current modern industrial college realizes the talent training goal of higher vocational education through industry education integration mechanisms such as school-enterprise cooperation and cooperative education, combined with government services and industry guidance. However, it does not fully consider the importance of educational psychology. Only by combining educational psychology, can industrial colleges better explore the operation mechanism of industry education integration, cultivate more professional and technical talents and serve the local economy. Applying educational psychology to solve the employment difficulties caused by unreasonable talent training types, enhance students’ confidence in overcoming difficulties and challenges, and further give full play to the role of educational psychology theory in the integration of industry and education, so as to better input talents and technology for enterprises and industry participants in the integration of industry and education. Modern industrial college is to cultivate talents needed by the enterprise market. Modern industrial college based on educational psychology is to face social organizations and cultivate talents with good professional ethics, cultural literacy and psychological quality.

**Objective:** Therefore, the purpose of this study is to explore the construction of a multiple collaborative education model of industrial college from the perspective of educational psychology, and then analyze the mental health problems of industrial college students.

**Research objects and methods:** Select 300 college students from the industrial college of a higher vocational college as the research object, build a diversified collaborative education model from the perspective of educational psychology, and teach the students for 6 months. Evaluate the effect of the school before and after teaching and the mental health problems of college students.

**Research design:** Students’ mental health problems were judged by Eysenck Personality Questionnaire

(EPQ). The questionnaire included 88 questions, including four subscales: extroversion (E), neuroticism (N), psychoticism (P) and concealment (L). The high score of P scale indicates that the subjects have pathological personality. A high score of E scale indicates extroversion, and a low score indicates introversion. A high score of N scale indicates emotional instability, and a low score indicates emotional stability. A high score on the L scale indicates that the subject has a high ability of concealment.

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** After teaching, the scores of EPQ subscales of college students were compared with those before teaching, and the differences were statistically significant ( $P < 0.01$ ). Among them, the scores of E subscale after teaching were significantly higher than those before teaching ( $P < 0.01$ ), and the scores of P subscale, N subscale and L subscale were significantly lower than those before teaching ( $P < 0.01$ ).

**Table 1.** Comparison of EPQ scores before and after teaching

Project	Before teaching	After teaching	<i>t</i>	<i>P</i>
P	5.77	4.62	-7.607	<0.01
E	10.86	13.51	8.429	<0.01
N	11.42	9.33	-5.448	<0.01
L	12.36	10.25	-6.746	<0.01

**Conclusions:** The diversified and collaborative education mode of colleges and universities is the requirement of the development of market economy. All walks of life must take the road of win-win cooperation. The college of modern industry should consider its own development from the following aspects: first, the school foundation, combined with enterprise experience, integrates enterprise successful experience into the school's curriculum and professional construction, jointly shoulder the important task of talent training, jointly promote professional construction, and promote the rapid implementation of school-enterprise cooperation. Second, with the bold attempt of the school, enterprises should act as a strong backing to build public service centers and serve the transformation and upgrading of local industries. Third, talent training combined with product value-added, increase industrial added value, and make the smooth transformation and upgrading of local industries, which is also the responsibility and mission of higher vocational colleges.

\* \* \* \* \*

## THE POSITIVE ROLE OF IDEOLOGICAL AND POLITICAL EDUCATION IN THE PSYCHOLOGICAL COUNSELING OF COLLEGE STUDENTS' MENTAL ANXIETY

Haijiao Zhao

*School of Education Science, Yulin Normal University, Yulin 537000, China*

**Background:** The behavioral concept of psychological counseling originated from psychology, and then formed a more modern skill system through the integration with sociology, pedagogy and other disciplines. The integration of ideological and political education and college students' anxiety psychological counseling mainly refers to the counseling method of using the guidance of the values in ideological and political education, combined with psychological theories and skills, and promoting the transformation of college students' anxiety psychology in a good direction through the communication of discourse, words, practical activities and so on. For a long time, the ideological and political education in colleges and universities is closely related to the psychological state of college students. In essence, ideological and political education is an educational method with the main goal of promoting students to form correct ideological and political ideas. Compared with the basic mental health education, ideological and political education improves the values and methodology that students can follow, makes college students have the ability to distinguish different external ideas and information, and enables college students to think and experience independently in the process of growth without the interference of malignant ideas. Using the psychological counseling of ideological and political education to help college students resolve the psychological crux and get rid of anxiety from a higher perspective of improving college students' cognitive level, emotional control level and behavior control level. This way can help college students change their perspective on the world and form a sounder psychological personality. The starting point of college students' anxiety symptoms is mostly due to their psychological pressure caused by the interference of external information and their inability to correctly treat and deal with external information. This kind of psychological pressure