

of education, we should pay attention to the combination of education and education, strengthen the mental health education of poor students, and take relevant countermeasures such as strengthening the construction of educational environment. Through a series of countermeasures, we can improve the physical and mental health level of poor college students, improve their ideological and political quality, and cultivate and exercise the spirit of self-improvement and self-reliance.

Research objects and methods: The research objects are poor students in colleges and universities. 320 poor students are randomly selected from five colleges and universities. These poor students come from different grades, majors and nationalities, and their family economic situation is different. Carry out the ideological and political education for these poor students after the reform for one semester, record the relevant data during the experiment, and analyze the impact of these ideological and political education countermeasures on the ideological and political psychological quality of poor students in colleges and universities through the principal component analysis method. The quantitative score of the relevant impact adopts grade 1-5 and SPSS21.0 software to process the relevant experimental data.

Results: When providing financial assistance to poor students, colleges and universities ignored the importance of ideological and political education to poor students, resulting in different problems in their ideological and political quality, did not promote their own development, and the effect of financial assistance did not reach the expected effect. Carry out targeted education according to the ideological, political and psychological quality problems of poor students. In the score of the impact of relevant educational countermeasures on the ideological, political and psychological quality of poor students, the impact score of freshman poor students on the combination of helping the poor and educating people is 5, which is the same as that on strengthening mental health education. The relevant results are shown in Table 1.

Table 1. The influence of ideological and political education countermeasures on the ideological and political psychological quality of poor college students

Grade	Combination of poverty relief and education	Strengthen mental health education	Give full play to the dominant position of poor students
Freshman	5	5	4
Sophomore	4	5	4
Junior	5	4	5

Conclusions: There are some ideological and political psychological problems in poverty-stricken colleges and universities, such as lack of self-confidence, lack of sense of responsibility, lack of gratitude and so on. The improvement of ideological and political education is carried out from the five aspects of government, society, schools, families and poor students. Among them, the school ideological and political education occupies an important position. After the implementation of various improvement measures of ideological and political education, the ideological and political psychological quality of poor students is significantly improved, and they become confident and know how to be grateful.

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PSYCHOLOGICAL COUNSELING EFFECT OF IDEOLOGICAL AND POLITICAL COURSE EDUCATION ON STUDENTS WITH WILL DISORDER IN COLLEGES AND UNIVERSITIES

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Background: Will disorder indicates that there is an abnormality in will. Will disorder includes six kinds of will disorder: will enhancement, will weakening, will lack, intention reversal, compulsive intention and contradictory intention. Will enhancement mean that an individual has morbid self-confidence and is very stubborn to do something. The relevant will activities increase, the willpower of the individual is significantly enhanced, and the relevant pathological symptoms are the manic state of the individual. On the contrary to the symptoms of will enhancement, the individual has significantly less relevant will activities, is not interested in the surrounding things, and the individual shows a significant decline in will power, such as depression. The meaning of will deficiency is similar to that of will weakening, but the symptoms of will deficiency are more serious than that of will weakening. Individuals are not interested in the things around them, have no motivation to live, and lack of will, showing a state of no desire.

Individuals with wrong will act contrary to ordinary people. It is difficult for ordinary people to understand their way of thinking and related ideas. The symptoms of wrong will include hurting themselves, eating feces and so on. In forced will, individuals will have some inner impulse to do something beyond their own heart. This impulse is very strong, such as the impulse to self-mutilate. Contradictory intention means that individuals produce two different, contradictory and opposite will activities for one thing at the same time. For example, patients with schizophrenia will show contradictory will.

In colleges and universities, some students will suffer from will disorder, in which their will is weakened, they are not interested in learning, life and other things, they have exclusion psychology for interpersonal communication, their mood will be relatively low, their will activities will be significantly reduced, the relevant will power is significantly weakened, and they have exclusion psychology for the acceptance of things. For example, in the teaching of boring and single courses, the symptoms of students' weakening of will are more obvious, and the education methods without new ideas are difficult to arouse their interest in learning. The ideological and political course education in colleges and universities pays attention to students' emotion and will, which can regulate students' emotion and dredge students' psychological problems. According to the role of ideological and political education in colleges and universities, it is applied to the students with will disorder to study its psychological counseling effect on the students with will disorder.

Objective: To understand and analyze the performance of will disorder of college students, analyze the application of ideological and political course education in mental health, and adjust the ideological and political course education according to the characteristics of will disorder students. In the course of ideological and political education in colleges and universities, through a comprehensive understanding of the cognition, will, thinking and emotion of students with will disorder, treat them with an equal attitude, pay attention to their relevant needs, understand them, talk with a friendly tone, stimulate their positive emotional experience and enhance their will power. Through relevant social practice activities, let the students with will disorder have an in-depth understanding of the actual situation of the society, enhance their moral emotion, promote the increase of their will activities and will power, and produce the idea of slowly integrating into the collective and socializing. Carry out ideological and political course education in combination with professional ideals, stimulate their learning motivation and further enhance students' willpower. Through the combination of excellent culture and education, practice and theory, cultivate students' correct values, improve their psychological quality and alleviate students' will obstacles.

Research objects and methods: The research objects were college students with willpower disorder. 240 students with willpower disorder were randomly selected from a university to understand their learning and living conditions, personal information, attitude towards college education and ideological and political course education, and record the relevant data. Through the principal component analysis, this paper studies the psychological counseling effect of college ideological and political course education on students with will disorder, analyzes the impact of college ideological and political course education on students with will disorder, quantifies the relevant factors, adopts grades 0-4, and uses SAS software to process the relevant data.

Results: Some students in colleges and universities have the symptoms of weakened will, cannot be interested in things, have weak willpower in the face of difficulties, it is difficult to stick to it, and the whole person is relatively depressed. After ideological and political education, students' will obstacles are alleviated, their learning enthusiasm is significantly improved, their will power is enhanced, and they don't shrink back in the face of difficulties. In the evaluation of the impact of ideological and political education on students will disorder in colleges and universities, social practice activities have the greatest impact on mathematics majors will disorder, with a score of 4 points. See Table 1 for the specific results.

Table 1. The influence of ideological and political curriculum obstacles on students' will education in colleges and universities

Major	Social practice activities	Enrich the spare time life of college students	Combination of theory and practice
Mathematics major	4	3	4
Chinese literature major	4	4	4
Business English major	3	4	3

Conclusions: Through the ideological and political course education in colleges and universities, the psychological counseling for the students with will disorder can significantly alleviate the students will disorder and improve the students' learning enthusiasm.

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THE PROMOTING AND GUIDING ROLE OF IDEOLOGICAL AND POLITICAL TEACHING IN COLLEGES AND UNIVERSITIES IN CULTIVATING STUDENTS' MENTAL HEALTH

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Background: With the rapid development of economy, people's pace of life is getting faster and faster. Various pressures such as life and study are coming, which has a certain impact on the physical and mental health of college students. The negative emotions such as anxiety, depression, tension and anxiety are sometimes accompanied by physiological symptoms such as palpitation, dizziness and headache, which affect the study and life of college students, reduce their quality of life. In addition to the external environment will have an impact on college students' physical and mental health, college students' personal personality characteristics will also affect the development of college students' physical and mental health. For example, people with sensitive personality are more likely to be disturbed by the external environment, resulting in emotional fluctuations and psychological emotions such as anxiety and uneasiness. In addition, college students are in a special stage of physical and mental development, their physiological and psychological conditions are not fully mature, and their three views have not been fully finalized. If the outside world has a negative impact on college students, it will be detrimental to the good development of college students' physical and mental health.

Ideological and political teaching in colleges and universities can guide college students' three outlooks and help them establish a correct outlook on life and world outlook. It is an important means of college students' three outlooks education and occupies an important position in the development of college students' physical and mental health. The important content of ideological and political teaching in colleges and universities is psychological counseling for college students. In the psychological guidance of physical and mental health, psychological counseling is used to strengthen students' psychological pressure resistance. In the process of psychological guidance, teachers should respect students' privacy, not force students to say something they don't want to say, and reduce students' psychological defense in a relaxed and pleasant atmosphere, so as to open students' hearts and express themselves. In the process of psychological guidance of ideological and political teaching, the form of traditional language indoctrination should be changed. Enrich the class mode and language expression, let students accept psychological guidance services in the process of philosophical and political language expression, reduce their psychological preparedness, actively accept the psychological guidance of ideological and political teaching, and cultivate students' healthy psychology.

Objective: To understand the current physical and mental health status of college students and analyze the specific application contents of psychological guiding factors of ideological and political education in colleges and universities. On this basis, this psychological guidance of ideological and political teaching is applied to the psychological cultivation of students' physical and mental health. According to the situation of students, corresponding psychological guidance is provided, and relevant courses are taught to create a good psychological education atmosphere, let students actively participate in relevant psychological guidance activities, and promote the cultivation of students' physical and mental health. Improve the accuracy of effective ideological and political education evaluation, and conduct a questionnaire survey on college students' mental health. According to the students' answers, analyze the students' psychological situation and make an accurate evaluation. Strengthen the construction of psychological guidance teachers, improve the teaching quality of teachers, increase the richness of their teaching experience, and ensure the overall quality of teachers through regular professional training. Increase the diversity of psychological education activities and let students choose extracurricular activities, so as to improve students' active participation. In psychological education activities, change their wrong views and adjust their psychological state, so as to promote students' physical and mental health and psychological development.

Research objects and methods: The research objects were college students. 100 college students were randomly selected from a university to understand their physical and mental health, learning status, interpersonal relationship, attitude towards ideological and political education and psychological education activities, and record relevant data. Through cluster analysis, this paper studies the promoting and guiding role of ideological and political teaching in colleges and universities in cultivating students' physical and mental health. The higher the score, the greater the degree. The data processing software adopts SAS software.

Results: College students' physical and mental health and psychological development are the focus of school education. Influenced by the external environment and individual characteristics, college students' physical and mental health has different problems, and different types of negative emotions have appeared in learning, interpersonal relationship, employment and so on. In order to cultivate college students' mental and physical health, we should make use of the psychological guidance and promotion of ideological