

## THE VALUE OF CULTIVATING COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

Lei Xin

*School of Tourism Management, Guilin Tourism University, Guilin 541006, China*

**Background:** As a psychological subject studying social activities, social psychology can effectively analyze social activities and explore the behavior changes between social organizations. In college teaching, social change determines the change of teaching mode. Therefore, analyzing the application of social psychology in college teaching innovation is of great significance to the improvement of college education level. The research of social psychology is mainly aimed at the behavior process and interpersonal relationship of individuals under the influence of the external environment. Social psychology believes that individual experience is affected by social activities, resulting in psychological and behavioral changes. At the same time, within the research scope of social psychology, social activities, social communication behavior and group psychology are its main research contents. With the continuous changes of the international community, how to plan the teaching mode of colleges and universities through social psychology is debatable. With the deepening of research, a large number of educators found that social activities have a certain impact on students' psychological quality. Therefore, colleges and universities began to gradually try to use the content of social psychology to realize the cultivation of students' psychological quality.

Students' psychological quality includes the ability to deal with interpersonal relationships, the ability to withstand blows and setbacks, healthy and correct values and a good outlook on life. In college education, it is not only to comprehensively cultivate students' professional achievements, but also to promote the growth of students' psychological quality. It is also one of the main contents of your college education. Many studies have shown that in college teaching, students' psychological quality is affected by many aspects. The learning environment of colleges and universities is a relatively free environment. In college learning and life, students can participate in various activities and freely choose their favorite courses. In the process of carrying out various activities in colleges and universities, the social level that students can contact has also begun to expand. Most college activities require students to have high social skills, so it can promote the improvement of students' interpersonal relationship processing ability to a certain extent. College education has huge resources. Students can contact the knowledge of all sectors of society through the college education platform, which indirectly or directly affects students' values and outlook on life. Moreover, the social pressure faced by the university also increases gradually with the teaching time. How students deal with the difficulties they face determines the direction of students' future development. Therefore, in college education, the impact of social environment on students is very significant. From the perspective of social psychology, this paper analyzes the specific performance and changes of college students' psychological quality in the social environment, and puts forward theoretical support for the healthy growth of students.

**Objective:** Explore the social activities of college students in their study and life, analyze the impact of different social activities on students' social psychology, and explore the specific impact of students' social psychology on students' psychological quality.

**Study design:** Taking a university as an example, 500 students were selected for empirical investigation, the social activities that all students were exposed to in their study and life in the university were counted, and the social psychological status and changes of students in various social activities were determined by fuzzy evaluation method. Collect the interpersonal relationship processing ability, the ability to withstand blows and setbacks, healthy and correct values and good outlook on life and psychological quality of all students, and use SPSS24.0 software analyzes the correlation between students' social psychology and psychological quality, and evaluates the value of social psychology in the cultivation of college students' psychological quality.

**Table 1.** The influence of social psychology on students' psychological quality

Content	Interpersonal skills	Ability to withstand setbacks	Healthy and correct values	Good outlook on life
Social psychology	4	4	4	4
Social consciousness	4	4	4	4

**Results:** The influence degree of students' social psychology on students' interpersonal relationship

processing ability, ability to withstand blows and setbacks, healthy and correct values and good outlook on life is shown in Table 1. 0-4 points are used to indicate the degree of influence, 0 indicates no influence and 4 indicates complete influence. Table 1 shows that students' social psychology has a significant and complete impact on students' various psychological qualities.

**Conclusions:** The cultivation of college students' psychological quality in professional learning is also a key issue that students and college teachers need to pay attention to all the time. Therefore, how to cultivate college students' psychological quality is of great significance. The research determines the teaching direction of colleges and universities by analyzing the social psychology produced in college students' social activities and evaluating the specific value of social psychology in the cultivation of college students' psychological quality. The results show that college students' social psychology has a very obvious impact on their psychological quality. Therefore, in college teaching and daily life, students need to participate in social activities to cultivate their own social psychological growth, and cultivate their own psychological quality based on social psychology, so as to improve students' comprehensive quality and ensure their healthy development in society.

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## ANXIETY PSYCHOLOGICAL PROBLEMS OF COLLEGE STUDENTS FROM THE PERSPECTIVE OF IDEOLOGICAL AND POLITICAL EDUCATION

Ha Da<sup>1</sup> & Jia Liu<sup>2</sup>

<sup>1</sup>*School of Engineering and Technology, Hulunbuir University, Hulunbuir 021008, China*

<sup>2</sup>*School of Foreign Language, Hulunbuir University, Hulunbuir 021008, China*

**Background:** In psychology, it is believed that college students are just at the boundary between school and society. Many college students can't calmly deal with the pressure of learning, economy, communication and love, passively avoid, and can't actively explore and solve problems, which leads to negative emotions such as complaint, anxiety and fear of difficulties, which seriously affects their physical and mental health. With the acceleration of social development, the social pressure that college students need to face also begins to increase. Under this social pressure, the mental health status of college students has become the main topic of social concern. It is undeniable that in the psychological changes of college students, more psychological problems are anxiety disorders. The conventional psychological anxiety relief program is to carry out psychological courses, instill relevant psychological knowledge into students, and help students understand the serious impact of negative psychological emotions. However, in the development of psychological curriculum, students' interest in the psychological curriculum is not high, which leads to little effect of psychological curriculum on students' psychological counseling. Colleges and universities gradually shift the focus of students' mental health training to ideological and political teaching and alleviate students' psychological anxiety through the cultivation of values in ideological and political teaching.

In the current ideological and political education in colleges and universities, ideological and political education is to build a correct ideological and political outlook for students through ideological and political education, and help students maintain normal healthy values for a long time in their follow-up study and life. In the teaching practice of ideological and political education in colleges and universities for many years, it is found that students are more prone to psychological changes in the study of ideological and political courses, and in the ideological and political teaching in colleges and universities, the results reflected in their teaching can effectively alleviate students' negative psychological emotions. With the change of social situation, the ideological and political teaching curriculum in colleges and universities also needs to be innovated and reformed. The ideological and political teaching reform in colleges and universities is to assist students to establish correct values after enrollment. In colleges and universities, students need to cultivate strong self-management ability, which also needs to cultivate students' self-emotional management. Therefore, it is particularly important to alleviate students' anxiety through ideological and political education in colleges and universities. From the perspective of ideological and political education, the research analyzes the current situation of college students' psychological anxiety in ideological and political teaching, and helps colleges and universities establish innovative teaching programs of ideological and political education that can alleviate students' anxiety, in order to put forward solutions for the development of ideological and political education in colleges and universities and the alleviation of students' anxiety.

**Objective:** College students are about to enter society, so they are facing great pressure and fierce