

literature, and the improvement rate has increased significantly with the continuation of the experimental time, mainly because this model can alleviate writers' psychological anxiety to a certain extent.

Table 1. The improvement rate of writers' psychological anxiety during the whole experiment period

Mental health indicators	Before	After 1 month	After 2 months
Spirituality	72.0	81.0	86.0
Somatization	72.0	82.0	87.0

Conclusions: The research institute proposed that the alternative model of the inheritance path of ancient Chinese literature represented by the Wei and Jin dynasties can improve the psychological anxiety of writers. This model can be popularized in the intervention of writers' anxiety. Later, this model can also be applied to other anxiety patients to increase the scope of application.

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THE APPLICATION OF MENTAL HEALTH EDUCATION IN IDEOLOGICAL AND POLITICAL COURSES IN COLLEGES AND UNIVERSITIES

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Background: Curriculum ideological and political education is an innovative educational model in recent years. It is an important attempt to improve the ideas and teaching methods of college students' Ideological and political education. As an important part of Ideological and political education, mental health education has important value in college curriculum ideological and political reform. Guided by the thought of socialism with Chinese characteristics, the ideological and political concept of the curriculum combines the traditional ideological and political education resources with the modern education mode, organically integrates various resources inside and outside the school, centralizes and integrates the explicit resources and invisible resources, and realizes the organic unity of subject knowledge learning and value guidance. The concept of curriculum ideological and political education combines ideological and political education courses with various courses to form the synergy of comprehensive education. Taking "Building Morality and Cultivating People" as the educational goal, it highlights the joint educational role of the combination of moral education and professional teaching in higher education, integrates the guidance of psychological value in the teaching process of professional knowledge, and emphasizes the role of knowledge in the cultivation of moral education. The concept of curriculum ideological and political education develops the whole curriculum into the main position of ideological and political education through a new curriculum model integrating professional courses and ideological and political education courses.

With the advancement of social process and the acceleration of social development, the social competition situation is becoming increasingly severe. The fierce social competition makes college students face the pressure from family, society, environment and other aspects. The number of college students with mental health problems is increasing year by year. College students are a high incidence group of psychological problems and trauma. In recent years, the frequency of college students' dropping out and suicide has increased year by year. Modern college students are facing heavy pressure from society, family and other aspects. Intervention and adjustment of college students' mental health problems has become a key issue concerned by the government and colleges and universities. In daily life and study, college students are faced with the pressure of academic performance, interpersonal communication, social practice, employment competition and so on. Some college students have anxiety and fear when facing difficult difficulties or obstacles, which leads to college students falling into a state of psychological anxiety or depression, which seriously affects the normal life of college students and reduces the quality of life of college students. College students are the main force of future national construction and the future hope of national development. Their physical and mental health is directly related to the future development process and speed of the whole society. It is necessary to further strengthen the attention to the mental health of college students, guide students to release psychological pressure and actively adjust their psychological state through various intervention means.

Objective: To analyze the importance and current situation of college students' mental health education

in higher education, explore the value and position of college students' mental health education in college curriculum ideological and political teaching reform, and provide help for further analyzing the application of college students' mental health education in curriculum ideological and political reform. This study makes an in-depth study on the application of college students' mental health education in college curriculum reform, explores the integration development direction and path of mental health education and college curriculum ideological and political education, and promotes the coordinated development of college curriculum ideological and political education and college students' mental health education, hoping to provide reference for improving the mental health level of contemporary college students.

Research design: This study makes a statistical analysis on the mental health level of college students at the present stage, understands the development status of college students' mental health education, and grasps the situation of college curriculum ideological and political reform in combination with the relevant college teaching reform review report, so as to provide reference for further analysis of the application of mental health education in college curriculum ideological and political education. The research uses the method of correlation analysis to explore the relationship between college students' mental health education and college curriculum ideological and political reform, analyzes the internal relationship between college students' mental health education and college curriculum ideological and political reform by constructing a grey correlation model, and calculates the correlation coefficient to explore the direction and path of the coordinated development of college students' mental health education and college curriculum ideological and political reform, so as to provide help for promoting the development of college students' physical and mental health.

Results: The psychological development of college students under the organic integration of mental health education and curriculum thought and politics is shown in Table 1.

Table 1. Psychological development of college students under the organic integration of mental health education and curriculum thought and politics

Grade	Freshman	Sophomore	Junior	Senior	Average
Confidence	5	5	3	4	4.25
Sense of responsibility	3	4	4	4	3.75
Creativity	5	4	4	3	4
Character	4	4	3	4	3.75
Stable personality	5	3	3	3	3.5
Average	4.4	4	3.4	3.6	-

Conclusions: The concept of curriculum ideological and political education is an important attempt to build a socialist university with Chinese characteristics in the new era. The ideological and political education is integrated into the professional education of various disciplines, and through the synergistic effect of professional courses and mental health education, it can help college students cultivate correct values of life and learning. Organically integrate the development of mental health education curriculum with the ideological and political reform of curriculum, promote the transformation of college education mode in the new era, build the ideological and political pattern of colleges and universities based on core values, and take the socialist core values as the basic standard for contemporary college students to judge good and evil and the basic code of conduct of social practice. The coordinated development of college students' mental health education and curriculum ideological and political reform can effectively enhance college students' ideological consciousness, lead college students to build an ideological defense line and promote the healthy development of college students' mental quality.

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RESEARCH ON THE APPLICATION OF SOCIAL PSYCHOLOGY IN BUSINESS ADMINISTRATION TEACHING

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Background: Social psychology is an interdisciplinary subject based on sociology and psychology, which studies the psychology, emotion and behavior of individuals and organizations in the social environment,