

influence of their psychology, so as to continuously improve the teaching effect, so as to improve the teaching effect of the classroom.

In foreign language learning, many students are afraid of foreign language courses, and even there is a psychological exclusion in their subconscious mind. In actual learning, middle school students are naturally unwilling to take the initiative to participate in learning, which will affect the effect of students' foreign language learning. In the research of educational psychology, students' learning emotion, students' subjective learning consciousness and students' classroom performance are the factors that determine the final quality of the curriculum. At the same time, in the study of teachers' psychology, teachers are affected by the environment, and their teaching emotion, teaching methods and classroom mentality also affect the teaching effect of the course. Therefore, today, with the continuous reform of education, foreign language teaching needs to use the means of educational psychology to constantly adjust the psychological state of students and teachers. For example, teachers should correctly guide students to accept foreign language courses, correct their learning attitude, and alleviate students' exclusion through communication, so as to help build learning self-confidence. At the same time, teachers also need to constantly reflect, optimize the teaching process, summarize deficiencies and adjust their mentality, so as to obtain the best teaching state, so as to meet the research of educational development and solve the problem of poor effect of current foreign language education. Therefore, in the context of educational psychology, through the psychological research of students and teachers, this paper studies the impact of educational psychology on students' foreign language learning quality.

Objective: To explore the current situation of students' foreign language curriculum learning in a school, analyze the role of educational psychology in teaching development, study the psychological attitude of students and teachers towards foreign language curriculum, and then explore how to improve the teaching quality of foreign language curriculum through educational psychology in foreign language curriculum.

Subjects and methods: The research take the students majoring in foreign language in a school as the research object, and counts the positive psychological status of teachers and students in foreign language curriculum in foreign language teaching. Through the implementation of psychological education in school foreign language curriculum, it can count out whether psychological education has an impact on the implementation of foreign language curriculum.

Results: The influence of psychological activities of teachers and students in a school on foreign language teaching is shown in Table 1. It is graded from 0 to 4. 0 means no influence, 1 means slight influence, 2 means general influence, 3 means obvious influence and 4 means complete influence. The results show that the psychological activities of teachers and students can have a significant impact on foreign language teaching.

Table 1. The influence of teachers and students on the reform of university management system

Project	Teacher		Student	
	Curriculum professional psychology	Positive psychology of teaching	Learning positive psychology	Subject recognition psychology
Reform of university management system	4	4	4	3

Conclusions: In the context of educational reform, foreign language curriculum reform needs to constantly explore new teaching methods and teaching ideas in order to meet the development and planning requirements of modern education. Through the research of educational psychology, the teaching content will be continuously optimized according to the psychological changes of students and teachers, and the teaching scheme in line with the educational reform will be given. The results show that through the reasonable research on the psychological state of students and teachers, the teaching methods in line with foreign language learning can significantly improve the activity of students and teachers in the classroom and ensure the quality of the classroom. Therefore, by reasonably analyzing the factors of educational psychology and constantly adjusting the teaching content, it has a positive impact on improving the teaching effect.

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STUDY ON THE IMPROVEMENT OF COLLEGE STUDENTS' DEPRESSION BY THE ARTISTIC CHARACTERISTICS OF FILM AND TELEVISION DRAMA LITERATURE

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Background: Depression is a serious psychological disease. People with depression usually have problems such as depression, tension, lack of interest and lack of mental strength. At the same time, patients with severe depressive symptoms have serious insomnia, excessive tension and even world weariness. If they are not adjusted reasonably, they are likely to have tendencies such as self-mutilation, self-injury and suicide. At present, there is no targeted treatment for depression. Medical research on patients with depression has found that with the aggravation of the condition of patients with depression, patients will gradually lose interest ability, learning ability and communication ability. Depression has also become the disease with the highest suicide rate, which has attracted extensive attention in the society. The formation factors of depression are complex, including family genetic factors, inducing factors caused by chronic diseases, drug abuse factors, and mental factors caused by various negative emotions. Due to the complexity of the pathogenic factors of depression, there is no targeted treatment for depression in medicine. The common treatments for depression are psychological auxiliary quality, drug inhibition treatment and physical rehabilitation training. No matter which treatment plan, we need to choose a reasonable treatment plan according to the degree of depression in order to effectively help patients solve their psychological problems. At present, more and more college students suffer from environmental pressure, emotional problems and other factors, and have the symptoms of depression, which affects their own health and development. Therefore, how to alleviate students' depression in the development of colleges and universities has a positive impact on the news of education.

The causes of depression of college students mainly focus on environmental pressure and emotional problems. Students suffering from depression are depressed, their learning ability decreases and their attention is not focused in class, which affects the development of students. Great attention should be paid to the development of college education. For college students with depression, psychological intervention and psychological adjuvant therapy are usually adopted to alleviate the condition, and finally let the students return to a healthy state through physical rehabilitation training. At the same time, some people believe that through the artistic characteristics of film and television drama literature, it can regulate students' mood and mentality, so as to improve the condition of patients with depression. There are a large number of artistic works of the academy of arts in film and television drama literature, including music and film and television drama works that relieve people's emotions. Through the viewing and reading of excellent artistic works, it can regulate the emotion of depressed students and alleviate the pressure of students. Although many people have proposed psychological assistance strategies to treat college students' depression, few people have discussed the impact of literary and artistic works on patients with depression. Therefore, in order to improve the depression of college students, this paper analyzes the performance and influence of patients with depression, and studies the influence of the artistic characteristics of film and television drama literature on alleviating college students' depression.

Objective: To explore the current situation of college students with depression, analyze the specific performance of patients with depression and its impact on their own development, analyze several methods of treating depression, and then discuss the effect of the artistic characteristics of film and television drama literature on Improving college students' depression.

Subjects and methods: Take 200 students in a university as the research object, count the learning ability of depressed students and ordinary students, study whether the literary and artistic characteristics of film and television drama can improve the depression of college students, and evaluate the effect of film and television drama literary works on alleviating students' depression after six months of testing.

Results: As shown in Table 1, the emotional state of students after six months of nurturing the artistic characteristics of film and television works is scored as 1-4. The higher the score, the better the emotional state. It can be seen that the learning enthusiasm and emotional optimism of students with depression have been improved, indicating that the scheme can improve the problem of students with depression.

Table 1. Six months later, the students' emotional state influenced by the artistic characteristics of film and television works,

	Project	Before teaching	After teaching	<i>P</i>
Learning enthusiasm	Depressed students	0	3	<0.05
	Normal students	2	4	
Emotional optimism	Depressed students	1	3	<0.05
	Normal students	3	4	

Conclusions: In modern society, patients with depression belong to a special group of people and need to be widely concerned and understood by the society. In particular, patients with depression are depressed, their learning ability is reduced, and there is a tendency of self-mutilation and suicide. Colleges and universities have become a high incidence of patients with depression. Therefore, through the research on the symptoms of depressed students in colleges and universities, it is proposed to adjust the emotional status of students through the artistic characteristics of film and television drama literature, so as to improve the condition of depressed students. The results show that the reasonable introduction of film and television drama literary works to let the depressed patients enjoy can well regulate the patients' mood, improve the condition of the depressed students, and improve the learning quality of the students. Therefore, in the development of modern education, we need to pay close attention to students' psychological state and take reasonable and effective methods to alleviate students' mental pressure, so as to promote the scientific development of education.

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ON THE POSITIVE INFLUENCE OF AESTHETIC EDUCATION OF FILM AND TELEVISION PERFORMANCE ON PATIENTS WITH AFFECTIVE DISORDER

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Background: Affective disorder is a typical mental disease with low cure rate, which has a serious impact on the physical and mental health of patients. The main manifestations of patients with affective disorders are low or high mood, accompanied by corresponding cognitive and behavioral changes. For example, patients are prone to delusions and hallucinations. At the same time, with the aggravation of the disease, it will affect the patient's life, study and work, and often have problems such as insomnia, dreaminess, mental anxiety, anorexia and so on. There are many reasons for affective disorder, such as genetic factors, social stress factors, personality formation characteristics and neurobiochemical factors. In society, the prevalence rate of women is higher than that of men. Due to the complex factors of affective disorder, there is no targeted treatment in medicine. At the same time, this disease may relapse due to improper treatment. The common treatment methods include drug therapy, regulating work and rest therapy, deep brain stimulation therapy and psychological adjuvant therapy. At present, for patients with affective disorders, psychological adjuvant therapy is a more popular and preferred treatment method. With the accelerated pace of modern life and the increase of various pressures, patients with affective disorders show an increasing trend every year. Affective disorders have an adverse impact on the development of society. Therefore, the society needs to pay more attention to this kind of people, understand and care more, and take reasonable treatment methods to effectively treat the patient's condition.

Patients with affective disorder have low emotional performance, are easy to immerse in sad emotions, and have problems such as physical maladjustment, which often affect their study and work. Studies have found that patients with affective disorder have large emotional fluctuations, often accompanied by negative emotions and mental tension. Through reasonable aesthetic education, patients' anxiety can be alleviated and the symptoms of affective disorder can be alleviated. There are a large number of aesthetic education works in film and television performances. Their stories are rich in emotion, the rhythm of music is light, and have the characteristics of aesthetic education. They can relieve the body and mind and regulate the emotion for people who are nervous and stressed. Therefore, judging the aesthetic education of the performance of film and television works has a certain impact on patients with emotional disorders. There are many aesthetic film and television works. Relevant works can infect the audience in thought and emotion and adjust the audience's psychological state, so as to relieve and adjust their psychology. Starting with the pathogenesis and treatment of patients with affective disorder, this study analyzes whether the aesthetic education of film and television performance has a positive effect on the condition of patients with affective disorder.

Objective: To explore the current situation of students' cognitive impairment in college food specialty courses, analyze the impact of students' cognitive impairment on their professional achievements, analyze the mitigation effect of Ideological and political education on students' cognitive impairment, and then explore the coupling relationship between Ideological and political education and innovative teaching of college food specialty.

Subjects and methods: 200 people with affective disorder were randomly selected as the research