

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.

* * * * *

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

Xiaorui Zhang

Communication University of China, Beijing 100024, China

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

object. Through the aesthetic education of film and television performance for four months, the changes of emotional activities of patients with affective disorder before and after learning were counted, so as to customize the aesthetic education class of film and television performance, and evaluate whether the aesthetic education of film and television performance has a positive impact on patients with affective disorder.

Result: The changes of emotional activities of 200 patients with affective disorders after three months of treatment are shown in Table 1. It can be seen from the table that after three months of aesthetic education of film and television performances, the emotional status of patients with affective disorders has been improved. Compared before and after learning, the number of emotional optimism indicators has been greatly improved, the number of emotional confidence indicators has also been improved, and the index of social ability has also been enhanced. It shows that the aesthetic education of film and television performance can have a positive impact on the emotional activities of patients with affective disorder.

Table 1. Changes of emotional activities in 200 patients with affective disorders after three months of treatment

Positive psychology	Before teaching	After teaching	P
Emotional Optimism Index	40	150	<0.05
Emotional confidence index	36	140	<0.05
Social ability index	30	120	<0.05

Conclusions: with the acceleration of the pace of social development, the pressure of modern people also increases. More and more people are suffering from affective disorder, which affects people's physical and mental health, and also has an adverse impact on life, work and study. Therefore, in the face of affective disorders, people should pay more attention to patients, learn to regulate physical and mental pressure and reduce the risk of illness. Through the analysis of the causes and treatment methods of patients with affective disorder, this paper analyzes the aesthetic education of film and television performance to improve the condition of patients with affective disorder. The results show that through the aesthetic education of film and television performance, it can adjust the patient's mood, improve the patient's condition and promote the development of social harmony and stability.

* * * * *

THE INFLUENCE OF FLIPPED CLASSROOM REFORM OF PHYSICAL EDUCATION TEACHING BASED ON BEHAVIORAL PSYCHOLOGY ON STUDENTS' POSITIVE PSYCHOLOGY

Pengfei He* & Kunpeng Li

Zhejiang Yuexiu University, Shaoxing 312000, China

Background: As an important branch of psychology research, behavioral psychology is a kind of psychology that mainly predicts people's psychological activities through the study of researchers' physical behavior. In the research of behavioral psychology, human behavior and spiritual consciousness are not easy to be captured, but in the research of psychology, it is considered that behavior is the combination of physical reactions formed by organisms adapting to environmental changes. As long as the researchers are analyzed by psychological means, the goal of predicting or controlling human behavior can be achieved. In modern education, the research content of student psychology is also more and more. Through the research of students' psychological emotion, reasonably optimize the teaching content, so as to improve the teaching quality, apply behavioral psychology to the field of education, constantly optimize the teaching content through the capture of students' behavioral characteristics, and meet the development requirements of students' physical and mental quality, which will be able to more effectively promote the development of students. In physical education, physical education curriculum is a comprehensive quality discipline, which pays attention to the cultivation of learning physical and mental, thinking and physical ability. Most of the physical education curriculum is carried out on the playground, and there are a large number of physical action training contents. It combines behavioral psychology with physical education to study students' behavioral and psychological characteristics, and can well optimize the quality of classroom teaching, which is of great significance to promote the reform and development of education.

Flipped classroom is a new teaching mode based on modern educational ideas, which breaks the shackles