

Insight	2.78±0.66	4.12±0.77	0.00
Brave	1.78±0.69	4.38±0.77	0.00
Insist	2.15±0.67	4.51±0.84	0.00
Sincere	1.03±0.61	4.72±0.71	0.00
Enthusiasm	2.06±0.79	3.38±0.77	0.00
Love	1.34±0.76	4.51±0.84	0.00
Kindhearted	2.65±0.81	3.72±0.71	0.00
Intelligence	2.78±0.66	3.72±0.71	0.00
Team	1.77±0.73	4.01±0.62	0.00
Fair	2.78±0.69	3.59±0.63	0.00
Leadership	2.34±0.76	3.97±0.67	0.00
Tolerant	1.65±0.81	4.12±0.77	0.00
Modest	2.78±0.66	4.38±0.77	0.00
Cautious	1.78±0.69	4.51±0.84	0.00
Autonomy	2.15±0.67	4.72±0.71	0.00
Appreciate	1.03±0.61	3.38±0.77	0.00
Gratitude	2.06±0.79	4.51±0.84	0.00
Hope	1.34±0.76	3.72±0.71	0.00
Humor	2.65±0.81	3.72±0.71	0.00
Faith	2.78±0.66	4.01±0.62	0.00

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THE GUIDANCE OF MODERN DANCE COURSE AND TALENT TRAINING ON STUDENTS' PSYCHOLOGICAL CONSCIOUSNESS IN THE REFORM OF CONTEMPORARY HIGHER DANCE EDUCATION

Jing Wang¹ & Yong Hu²

¹Zhongshan Polytechnic, Zhongshan 528400, China

²Guangdong Engineering Polytechnic, Guangzhou 510520, China

Background: Consciousness refers to the ability of the central nervous system to respond to internal and external stimuli. It is the ability of people to recognize and perceive the surrounding environment and their own state. The awareness, positioning and judgment of the role (including the awareness of the role space and the good judgment of the role emotion), as well as the good performance of the role's awareness and judgment of time. When the cerebral cortex and ascending reticular activation system are damaged by serious diseases of the brain and the whole body, there will be different degrees or types of abnormal awakening state and consciousness content. Clinically, the disorder of people's awakening state, orientation and consciousness content is called consciousness disorder. In the diagnosis of disturbance of consciousness, short-term loss of consciousness or syncope usually do not belong to the category of disturbance of consciousness, and vertigo should not be diagnosed as disturbance of consciousness. Coma should be distinguished from depression, numbness and atresia syndrome. Judging the type and degree of consciousness disorder and which kind of consciousness disorder is helpful to judge the prognosis of patients with consciousness disorder. In the etiology of mental disorders, etiology is usually divided into two categories: brain diseases and systemic diseases. Infectious and non-communicable diseases are considered to be each major disease. Because almost every serious disease causes disturbance of consciousness, it is sometimes difficult to make differential diagnosis. The differential diagnosis of consciousness disorder should not only ask the medical history and physical examination in detail, but also rely on auxiliary examinations, such as routine examination of blood, urine and feces, cerebrospinal fluid examination, blood biochemistry, blood gas analysis, blood culture and other sampling examinations. If poisoning is suspected, carry out poisoning inspection. ECG, EEG, CT, MRI and other examinations should be selected when there are indications. For patients with disturbance of consciousness, we should first pay attention to whether there are respiratory tract obstruction, traumatic bleeding, shock and cerebral hernia. If these conditions occur,

emergency treatment should be carried out first. After the patient's vital signs are stable, ask the family members or nursing staff about the medical history and pathogenesis, and conduct comprehensive, systematic and targeted physical examination, laboratory examination and special examination to find out the causes of consciousness disorder. At the general examination level: mainly including body temperature, pulse, blood pressure, respiration and abnormal taste. At the level of nervous system examination: it mainly includes skull, meningeal stimulation sign, cerebral nerve symptoms and signs. Relevant studies have pointed out that the problem of consciousness barrier has become one of the important factors affecting college students' normal life and learning. We should actively explore the intervention scheme of consciousness barrier, so as to ensure the construction of college students' psychological consciousness.

Modern dance is a dance genre opposite to the classical ballet that originated in the West in the early 20th century. Its main aesthetic point of view is to oppose the formalism tendency of classical ballet, that is, conservative, divorced from reality and simply pursuing skills. It advocates getting rid of the bondage of the rigid action procedure of classical ballet, freely expressing people's real feelings with dance actions in line with the law of natural movement, and emphasizes that dance art should reflect modern social life. Facing the aesthetic changes of the times and the running in and collision between traditional values and modern thinking, with the spread of western culture in China, the traditional aesthetics of Chinese people has been greatly impacted. Completely different changes have taken place in life rhythm, thinking concept, belief and hobby, aesthetic demand and emotional mode, which forces national folk dance to change the traditional established mode and the expression mode, structural mode and dance language of creative thinking, and show us in front of us with new aesthetic principles and artistic principles. No longer indulge in the stylization of style, but pursue personalization, diversification and pluralistic change. In terms of modeling, it no longer takes circular lines and symmetrical shapes as the most beautiful, but likes scattered contrast and non-beauty. It makes full use of the changes of body language and breaks the edges and corners of body language. In contemporary dance education in colleges and universities, modern dance is loved and welcomed by the majority of students because of its unique spiritual content and deductive form. Relevant research points out that the talent training mode based on modern dance teaching has an important impact on the physical and mental development of college students, which is conducive to guide college students to improve their virtue and beauty, and then fully ensure the comprehensive and all-round development of modern college students.

Objective: In order to alleviate the consciousness barrier of college students, this paper constructs a talent training model based on modern dance teaching, which aims to alleviate the consciousness barrier of college students and promote the all-round development of college students' physical and mental health.

Subjects and methods: 300 college students in our university were randomly divided into control group and experimental group, with 150 students in each group. The scale includes 9 factors: basic observation, social knowledge, five senses, arousal, functional communication, cognition, social behavior, concentration and attention. Each factor item is evaluated with a five-level scoring standard of 1-5 points. Among them, the control group adopts the conventional talent training mode, and the experimental group is based on the talent training mode of modern dance teaching for 6 months. The changes of consciousness disorders of the two groups of college students are compared and analyzed.

Methods: SPSS22.0 statistical software was used to analyze the data.

Results: Table 1 shows the changes of consciousness disorders of college students in the two groups. As shown in Table 1, compared with the control group adopting the conventional talent training mode, the experimental group implementing the talent training mode based on modern dance teaching has a more significant improvement in students' consciousness disorder, and there is a statistical difference between the two groups ($P < 0.05$).

Table 1. Changes of consciousness disorders of college students in the two groups ($n=300$)

Project	Control group ($n=150$)	Experience group ($n=150$)	P
Basic observation	3.35	1.28	0.00
Social knowledge	4.03	1.85	0.00
Five senses	3.85	1.70	0.00
Arousal	2.65	1.51	0.00
Functional communication	4.55	1.40	0.00
Cognition	3.51	1.45	0.00
Social behavior	2.43	1.32	0.00
Concentration	3.61	1.53	0.00
Attention	3.56	1.44	0.00

Conclusions: The training of college students' awareness of psychological problems can significantly improve the teaching mode of modern college students.

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INVESTMENT ANALYSIS OF TEACHER TRAINING IN HUMAN RESOURCES DEVELOPMENT IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF SOCIAL PSYCHOLOGY

Lili Wang^{1,2}

¹*Guangxi Normal University, Guilin 541004, China*

²*Bansomdejchaopraya Rajabhat University, Bangkok 10700, Thailand*

Background: Social psychology is to explore interpersonal relationships from the level of individuals and social groups. It explores behavioral and psychological changes between individuals and groups. Man is the unity of physiology, psychology and society. People's mental health is affected by family environment and social life factors. Social psychology attaches importance to the analysis of individual psychological factors and emphasizes the interaction between individual and society. The most basic organizational form of social life is the family. The first cradle of personal growth after birth is also the family. Personal mental health problems are closely related to family environment. Parents' socio-economic status, family structure and family relations, family rearing style, childhood life experience and early education are important factors affecting individual mental health. Social life factors include social culture, knowledge, wealth, social competition, interpersonal relationships and so on. When individuals are in mental health, they can actively adapt to social life and natural environment through psychological activities and mental state. Mental health is easy to be affected by social life factors. The influence of social culture on individual mental health mainly has two ways: one is standardized social culture; the other is non standardized social culture. Standardized social culture is the objective compulsion of social culture and the consciousness of individual self-regulation. In the process of social survival, individuals will consciously restrict their behavior according to social norms and make individuals gradually socialized. However, due to the particularity of individuals, in the process of socialization, their social culture will collide with their emotions, resulting in individual mental health problems. Personality is the sum of people's psychological characteristics. Different time and place have different effects on people's thought, emotion and behavior. Personality tendency and psychological characteristics are two main aspects of personality, which have a great impact on people's mental health. Personality tendency is the driving force of personality. Research shows that personality tendency is the most active factor in personality. Personality tendency determines people's attitude towards reality and the tendency and choice of social cognitive objects. In short, mental health problems, also known as psychological imbalance, are a series of problems different from physiological diseases caused by the central nervous system. In recent years, China has paid more and more attention to mental health problems. Relevant scholars and experts continue to analyze the influencing factors of adult mental health problems from all aspects, and put forward corresponding solutions. Among them, personality and social psychology have a great impact on people's mental health. Through the study of it, we can find many ways to improve people's mental health level, so as to improve the mental health level of our people.

The development of human resources in colleges and universities refers to a series of planned activities and processes with the main content of exploring, cultivating, utilizing and developing human resources in colleges and universities. It takes human capital investment as the premise, including the education, training and management of human resources, as well as the discovery, training, use and adjustment of talents. Through the use of policies, laws, systems and scientific methods, improve the quality and ability of teachers, tap the potential of teachers, strive to give full play to people's intelligence and wisdom, and strive to promote the development of higher education. It can be seen that teacher training plays an important role in the development of human resources in colleges and universities. Teacher training means that college teachers receive special training in educational science and higher-level professional knowledge. As an important form of human resources development in colleges and universities, teacher training is mainly to help college teachers understand the characteristics and requirements of the teacher profession, master the latest development trend of the teacher profession, master the basic educational scientific knowledge, teaching technology and methods, establish a correct concept of education and teaching, and improve the level of professional ethics. The higher the starting point of college teachers, the greater the theoretical development potential and the stronger the theoretical adaptability. Therefore,