

Table 1. Statistical results of the final feedback of the expert group on the research topic

The role of red music	No effect	Slight impact	General impact	Obvious influence	Full impact
Enhance positive psychology	0	5	10	26	12
Change cognition	2	11	22	13	5
Enhance patriotism	0	4	12	21	16

Conclusions: At present, the activities of foreign bad media and intelligence agencies in China are becoming more and more frequent, and the necessity and urgency of correctly guiding college students' thinking, psychology and values are becoming more and more prominent. As the crystallization of China's excellent history and culture, red music can play a unique role in guiding students' emotion and psychology. This study designed and carried out a social experiment with expert inquiry as the core. The inquiry results show that the expert group believes that appreciating red music can mainly produce three effects: enhancing positive psychology, changing cognition and improving patriotic emotion. The members of the expert group believe that these effects will have a general impact on students' psychology and emotion. The number of people above grade are 38, 18 and 37 respectively. It shows that red music is indeed helpful to stimulate and enhance the positive psychology of college students and enhance their patriotic feelings.

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ON THE WAYS TO ALLEVIATE STUDENTS' CONSCIOUSNESS OBSTACLES IN THE REFORM OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: Disturbance of consciousness refers to the disturbance of people's perception of themselves and the environment, or the mental activity that people rely on to perceive the environment. The etiology of consciousness disorders can be divided into intracranial diseases and extracranial diseases. The former mainly includes localized diseases, diffuse brain diseases, epilepsy, etc. The latter mainly includes acute infectious diseases, endocrine diseases, exogenous poisoning, physical damage, etc. On the one hand, the current mainstream treatment of consciousness disorders is drug treatment and surgical treatment. The specific treatment scheme needs to be comprehensively judged according to the causes of disease and the severity of symptoms. On the other hand, psychological intervention and other treatment methods have attracted more and more attention in recent years. Therefore, college ideological and political courses, as a few general courses including psychological education in various majors in colleges and universities, have great application value in treating and alleviating students' psychological and mental diseases.

Objective: To study the effect of the reform of ideological and political education in colleges and universities based on the principle of paying more attention to students' psychological and mental status on alleviating college students' consciousness barriers. According to the research results, this paper puts forward some constructive suggestions that can help alleviate the consciousness barrier of college students.

Subjects and methods: A representative and influential university in science and engineering, demonstration, medicine, art and sports were selected from China, and then 40 undergraduate full-time college students with varying degrees of consciousness disorders were selected from the core majors of each university as the research objects. The selected students were randomly divided into experimental group and control group, with 100 students in each group. Before the experiment, the general demographic information statistics of the two groups of students were carried out, and the difference significance of various characteristics was tested. Then the ideological and political education teaching was carried out for the two groups of students. The teaching content of the control group was not interfered by the research team, but the teachers in the experimental group were asked to introduce the operation law and development law of human society and the psychological change law of individuals in the society to the students as much as possible. The teaching experiment lasts for one semester. Before and after the experiment, MMSE (Mini Mental State Examination) test is required for all students to understand the

changes of consciousness disorder symptoms of students before and after the experiment. All measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test. Counting type features are displayed in the form of number or proportion of number for chi square test. The significance level of difference is taken as 0.05. After the experiment, all the invalid samples were removed, and the remaining valid samples were entered into the computer and SPSS23.0 for statistical analysis.

Results: After the ideological and political teaching experiment and scale survey, the statistical effective sample size was obtained in Table 1.

Table 1. MMSE score statistics of subjects before and after the experiment

Investigation time	Experience group	Control group	<i>P</i>
Before teaching experiment	22.6 \pm 1.8	22.8 \pm 2.0	0.826
After teaching experiment	26.5 \pm 2.1	22.9 \pm 2.4	0.005
<i>P</i>	0.003	1.351	-

As shown in Table 1, the output value of MMSE score data difference significance test of the two groups of students before the experiment is 0.826, which is far greater than the difference significance level index of 0.05. It is considered that the data difference is not significant, which also proves that the grouping of the two groups of students is reasonable and the subsequent experimental data are sufficiently comparable. After the experiment, the MMSE score data of the experimental group and the control group were significantly different, and the average scores were 26.5 and 22.9 respectively, and the absolute value of the former was 3.6% higher than that of the latter

Conclusions: In view of the problems that some college students suffer from consciousness disorders, which affect their studies and employment, this study attempts to investigate the role of ideological and political education in colleges and universities in alleviating the symptoms of students' consciousness disorders, and design and carry out a group ideological and political course teaching experiment. The experimental results show that before the experiment, the MMSE score data of the two groups of students are significantly different. The output value of the test is 0.826, which is far greater than the difference significance level, and the data difference is not significant. After the experiment, the MMSE score data of the experimental group and the control group were significantly different, and the average scores were 26.5 and 22.9 respectively. The absolute value of the former was 3.6 higher than that of the latter. After the experiment, from the average score in the group, the overall degree of consciousness disorder in the control group was slight, while the experimental group was already in the asymptomatic level. The experimental data show that paying more attention to students' psychological and mental status in the reform of Ideological and political education in colleges and universities will help to alleviate the severity of students' consciousness disorders and disease symptoms. Therefore, the research team suggests that college ideological and political teachers should pay more attention to the situation of students with psychological and mental diseases in the teaching process, so as to improve the teaching quality.

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RESEARCH ON THE INFLUENCE OF COLLEGE SOCIAL SPORTS PRACTICE INNOVATION ON STUDENTS' POSITIVE PSYCHOLOGY

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Background: Positive psychology is a new science that studies the psychological state and psychological change law of human beings under various environments and conditions from a positive perspective. It adopts scientific principles and methods to study happiness, advocates the positive orientation of psychology, studies human positive psychological quality, and pays attention to human health, happiness and harmonious development. Specifically, positive psychology absorbs most of the research methods and research means of traditional mainstream psychology, such as scale method, questionnaire method, interview method and experimental method, and organically combines these research methods and research means with humanistic phenomenological method and empirical analysis method. At the same time, positive psychology takes a more inclusive attitude. It focuses on empirical research methods and does not reject non empirical research methods, which is also its superior to humanistic psychology. In other words, positive psychology inherits the reasonable core of humanistic and scientific psychology and modifies