

Objective: Taking the psychological problems of foreign students as the starting point, this study analyzes the importance of carrying out mental health education for foreign students in higher education, discusses the intervention effect of college mental health education on the psychological problems of foreign students under the cross-cultural background, and analyzes the necessity and value of mental health education for foreign students in the higher education system. The research deeply analyzes the significance of college mental health education to the healthy growth of foreign students, and puts forward the ways and paths for the mental health work of foreign students, hoping to provide help to improve the mental health level and mental endurance of foreign students in China.

Subjects and methods: The research make statistical analysis on the psychological status of foreign students in China, understands the difficulties faced by foreign students in cross-cultural life and learning, and analyzes the causes of foreign students' psychological problems, so as to provide reference for solving foreign students' psychological problems. The study adopts the method of stratified cluster random sampling, and randomly selects 10 foreign students from each of the four grades of a university for a comparative experiment to verify the counseling effect of college mental health education on the psychological problems of foreign students. The foreign students were randomly divided into experimental group and control group. The students in the experimental group used the way of mental health education to intervene in psychological problems, while the control group maintained the original life mode and rhythm, and maintained the original teaching arrangement and progress. The experiment lasted for 3 months.

Results: The changes of mental health level of foreign students before and after the experiment are shown in Table 1.

Table 1. Changes of mental health level of foreign students before and after the experiment

	Object	Mental health level
Before experiment	Experience group	1.25
	Control group	1.27
After the experiment	Experience group	3.41
	Control group	1.34

Conclusions: After coming to China, foreign students face strange social environment and different cultural customs, which will inevitably lead to psychological problems such as psychological anxiety and depression, which will reduce the level and quality of mental health of foreign students in China and affect their daily life and study. As a means of psychological intervention, mental health education in colleges and universities can effectively help foreign students dredge their inner depressed negative emotions and promote the relief and treatment of foreign students' psychological problems.

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ANALYSIS ON THE ALLEVIATING EFFECT OF SOCIAL HOT ISSUES OF IDEOLOGICAL AND POLITICAL EDUCATION INTEGRATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' PERSONALITY DISORDER

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Background: Personality disorder is a kind of psychological disease. Personality disorder often originates from childhood or adolescence and continues to adulthood. Personality disorder is formed on the basis of biological genetic factors due to the influence of patients' early traumatic experience. Personality disorder is mainly a continuous feeling of depression, unhappiness, worthlessness, listlessness, guilt or chagrin. Patients maintain a negative and critical attitude towards themselves and others. Some studies have shown that personality disorders stem from patients' disappointment with their guardians in childhood, so patients have high expectations of others or tend to pursue perfection. The early risk factors related to personality disorder mainly include early traumatic experience, bad parental rearing behavior and bad parent-child relationship. Adolescence is the key period of personality formation and development. Personality disorder not only deeply affects and restricts the physical and mental health of teenagers, but also a huge hidden danger of campus safety and social stability and harmony. Therefore, the problem of students' personality disorder has become an urgent social psychological and behavioral problem to be solved.

At present, colleges and universities mainly dredge the mental health problems of college students through ideological and political education. Ideological and political education is mainly to help college students establish correct values and guide college students to the right path of life. However, the traditional ideological and political education is too limited to book theory and cannot guide students in life. Therefore, the research fully considers students' daily life, combines social hot spots with students' life, and constructs a collaborative education system, in order to provide reference value for the mitigation and treatment of college students' personality disorders. At present, the ideological and political education in colleges and universities mostly inculcates theoretical knowledge unilaterally, gradually cutting off the connection between life and ideological and political education. However, it is worth noting that the purpose of ideological and political education is to cultivate students' correct life values. Therefore, in the reform of ideological and political education in colleges and universities, it should be closely connected with life. In the collaborative education system, it is emphasized to intervene students' psychological problems with the help of personal and group events in life, so as to enlighten students and achieve the purpose of treating students' personality disorders.

Objective: The research analyzes the current teaching situation of ideological and political education in colleges and universities, explores the problems existing in ideological and political education in colleges and universities, analyzes the teaching effect of ideological and political education in colleges and universities combined with social hot issues, and analyzes the mitigation effect of ideological and political education in colleges and universities integrating social hot issues on students' personality disorder, hoping to provide reference for improving the quality of ideological and political education in colleges and universities. Help students use the intervention of ideological and political education to alleviate personality disorders.

Subjects and methods: Taking 200 college students with personality disorders in a city as the research object, 200 students with psychological disorders were selected from four grades by stratified cluster random sampling. The students were randomly divided into experimental group and control group. There were 100 students in the experimental group and 100 students in the control group. There was no significant difference in the level of personality disorder between the two groups ($P > 0.05$). The control group carried out traditional ideological and political education, and the experimental group introduced the analysis of social hot issues on the basis of traditional ideological and political education. The experiment lasted for one month. The relevant research data before and after the intervention were recorded by personality diagnosis questionnaire (PDQ-4) and international personality disorder scale, and SPSS22.0 statistical software for statistical analysis of relevant data.

Results: The personality disorder test of the experimental group and the control group is shown in Table 1. The incidence of six personality deviations between the experimental group and the control group is statistically significant, and there are significant differences between the two groups in four personality deviations: paranoia, division, performance and dependence ($P < 0.01$).

Table 1. Personality disorder test of experimental group and control group

Personality shift type	Control group	Experience group	P
	Prevalence rate (%)	Prevalence rate (%)	
Paranoid	5.44	2.96	<0.01
Split type	4.12	2.53	<0.01
Performance type	7.86	5.94	<0.01
Narcissistic	3.78	2.92	<0.05
Marginal type	5.04	3.78	<0.05
Dependent type	6.16	4.31	<0.01

Conclusions: Ideological and political education in colleges and universities is not only the main course to cultivate students' values, but also the main channel to help students solve mental health problems. In the research, we add social hot issues on the basis of traditional teaching schemes, build a collaborative education teaching system, and analyze its role in alleviating college students' personality obstacles. The results show that college students have a high evaluation of the collaborative education teaching system. In the practical application of the teaching system, it can be found that the number of students with personality disorders has decreased significantly, and a large number of students' personality disorders have been significantly alleviated in a short time. Therefore, it is imperative to reform the traditional ideological and political education. Only by breaking through the shackles of the traditional teaching mode and combining students' life with social hot issues into teaching, can we improve the teaching quality to the greatest extent and promote the all-round growth of students.

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RESEARCH ON THE INFLUENCE OF TOURISTS' AFFECTIVE DISORDER ON THE MANAGEMENT OF CULTURAL SCENIC SPOTS

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Background: Patients with affective disorders have certain obstacles in the processing and expression of emotions. There are emotional disorders, which are manifested in anxiety, depression, indifference and other emotional symptoms. The emotional symptoms of patients with affective disorders are shown in Figure 1. Patients with affective disorders often have different degrees of cognitive impairment, which makes their cognition and expectation of the surrounding environment inaccurate, prone to loss and anxiety, resulting in anxiety and tension in patients with affective disorders. Depression is a common emotional symptom in patients with affective disorders. Patients with affective disorders often have a variety of depressive states, such as stagnation, upset, loss of appetite and so on. Patients with affective disorders often lead to the regression of physiological functions such as vision, hearing and so on, which makes patients with affective disorders have problems such as sleep disorders and language disorders, resulting in physical discomfort symptoms such as depression and fatigue. Patients with affective disorder are also prone to emotional agitation. Because patients with affective disorder have obstacles in emotional processing and expression, their ability of emotional regulation and control is reduced, and the emotional transition reflection of some situations is not handled properly. Therefore, when patients with affective disorder have contradictions with others, patients with affective disorder often show great hostility and trigger the phenomenon of intense emotion. Patients with emotional disorders may also have euphoric symptoms. Patients with emotional disorders often get a sense of satisfaction due to their own imagination, and there is an increase in self-pleasurable words. Their facial and physical expressions give people a feeling of stupidity and childishness. Patients with affective disorder may also have indifferent emotional symptoms. Due to the impairment of vision, hearing and language ability of patients with affective disorder, their perceptual reflex response is slow and there is the problem of sensory blocking, which makes patients with affective disorder often show the symptoms of indifference.

Traveling is a common way to relieve psychological stress. People often choose traveling as a means to relax themselves and relieve their emotions. In recent years, cultural tourism has gradually become a new way of tourism healing. It can relieve the inner pressure and emotions in the cultural heritage and beautiful scenery of cultural scenic spots, sort out their own emotions and psychological emotions, and alleviate their own emotional obstacles under the dual action of natural scenery and humanistic background. In the process of cultural tourism, tourists can intuitively feel the natural beauty of scenic spots and appreciate different geographical environment customs. The environment of scenic spots is beautiful, and its vegetation coverage is much higher than that of urban areas. Therefore, when tourists living in cities travel to scenic spots, they can experience completely different ecological environment beauty. Moreover, tourists can touch historical and cultural feelings through cultural buildings and scenery in cultural scenic spots, alleviate their anxiety, loss and other emotions under the influence of cultural scenic spots, and improve their mental health level in the tourism of cultural scenic spots.

Objective: The research analyzes the psychological characteristics of patients with affective disorder, starts from the psychological and cultural needs of patients with affective disorder, explores the impact of cultural scenic spot tourism on psychotherapy of patients with affective disorder, and puts forward the management strategy of cultural scenic spots for patients with affective disorder. Through the optimization of the management mechanism and strategy of cultural scenic spots, the research hopes to provide new ideas and references for the mitigation treatment of patients with affective disorders, promote the efficiency of cultural scenic spot management, and help patients with affective disorders release their emotions in cultural tourism.

Subjects and methods: The research adopt the way of reform pilot and comparative analysis to explore the impact of cultural scenic spot management optimization on tourists' emotional disorder, pilot the implementation of the cultural scenic spot management optimization strategy proposed by the research, and analyze the changes of tourists' emotional disorder under the optimization of cultural scenic spot management. The research takes a cultural scenic spot in a city as the pilot site of the reform, and takes the scenic spot tourists in three days as the research object. There are 3621 tourists in total. The emotional disorders of tourists are statistically analyzed. It also reviews and analyzes the emotional disorders of tourists under the traditional management mode, compares and analyzes the emotional disorders of tourists