

content is not closely connected with the industry background, and there is no systematic explanation and practice. Students have no way to start in the practical application of relevant knowledge, and the teaching quality cannot meet the practical requirements. On the basis of mastering the market demand and combining the characteristics of students, innovate the teaching contents and methods, so that students can improve their learning enthusiasm, deepen their understanding of the teaching contents, and practice in a warm learning atmosphere, so as to realize the unity of theory and practice.

**Table 1.** Students of different majors get positive psychological scores

Major	Enthusiasm	Self-confidence
Electronic Information engineering	3.86	4.75
Electronic Science and technology	4.67	4.16
Communication Engineering	4.35	4.65

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## RESEARCH ON THE LIMITATION OF CONFUCIAN TOLERANCE THOUGHT BASED ON PSYCHOLOGICAL PERSPECTIVE

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**Background:** Mental health refers to that all aspects of the psychological and activity process are in a good or normal state. The ideal state of mental health is to maintain good personality, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive attitude, appropriate behavior and good adaptability. Influenced by heredity and environment, especially the rearing style of primitive family in childhood, has a great impact on the development of mental health. Mental health problems are very prominent. It can maintain good communication or cooperation with others in society, production and life, and deal with all kinds of situations in life. Individuals can adapt to the development environment and have perfect personality characteristics. Its cognition, emotional response, will and behavior are in a positive state, and can maintain normal regulation ability. In life practice, if we can correctly understand ourselves, consciously control ourselves, correctly deal with external influences, and maintain psychological balance and coordination, we will have the basic characteristics of mental health. The basic meaning of mental health is that all aspects of psychology and activity process are in a good or normal state. The ideal state of mental health is to maintain a sound personality, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive attitude, appropriate behavior and good adaptability. Corresponding to mental health are mental sub-health and mental illness. Mental health has different meanings and measurement standards from different angles. However, people’s mental health standards are not as specific and objective as people’s physical health standards. Understanding and mastering the definition of mental health is of great significance to improve and maintain people’s health. When people master the standard of measuring people’s mental health, they can self-diagnose their mental health according to their own situation. If you find that one or several aspects of your mental state are at a certain distance from the mental health standard, you can strengthen mental exercise and reach the level of mental health. If you find that your mental state seriously deviates from the standard of mental health, you should seek medical treatment in time for early diagnosis and treatment. Mental health refers to the psychological state of continuous and positive development. In this state, the subjects can adapt well and give full play to their physical and mental potential.

Confucianism is the treasure of Chinese traditional culture, which contains rich content. This ancient and great Chinese traditional ethical thought contains tolerance, integrity and friendliness. The Confucian traditional thought of “benevolence” and the doctrine of the mean contain the thought of tolerance. Among

them, tolerance is an important moral norm actively advocated by Confucianism. It is the main content of Confucian benevolence thought, including rich spiritual quality and content. Integrating Confucianism into the content of mental health treatment is conducive to cultivate a harmonious doctor-patient relationship and promote the positive development of modern people's psychology. Therefore, it is necessary to create a good environment for learning Confucian tolerance, strive to improve the understanding of Confucian tolerance, and strengthen the practice of combining Confucian tolerance with mental health treatment.

**Objective:** In order to effectively improve the mental health problems of modern people, this paper studies the impact of Confucian tolerance on modern people's psychology, aiming to give modern people good psychological construction through Confucian tolerance, so as to comprehensively ensure the healthy development of modern people's psychology.

**Subjects and methods:** 300 citizens in our city were randomly divided into control group and experimental group, with 150 in each group. Combined with the Symptom Checklist 90 (SCL-90), the mental health status of citizens was measured. The higher the score of the scale, the more serious the psychological problems of residents. The control group did not take intervention measures, and the experimental group was intervened by Confucian tolerance. Then, the mental health changes of the two groups of citizens were compared and analyzed.

**Methods:** Use Excel software and SPSS22.0 software for data statistics and analysis.

**Results:** Table 1 shows the changes of mental health of the two groups of citizens. As shown in Table 1, compared with the control group, the SCL-90 score of the experimental group with Confucian intervention is lower, and the mental health status of the two groups is statistically different ( $P < 0.05$ ).

**Table 1.** Mental health changes of citizens in the two groups

Project	Control group (n=150)	Experience group (n=150)	P
Somatization	3.44	1.01	<0.05
Obsession	2.26	1.10	<0.05
Sensitive	2.18	1.15	<0.05
Depressed	3.63	1.12	<0.05
Anxious	2.59	1.03	<0.05
Hostile	3.39	1.01	<0.05
Fear	3.44	1.10	<0.05
Paranoid	2.26	1.15	<0.05
Psychotic	2.18	1.12	<0.05
Ad-items	3.63	1.03	<0.05

**Conclusions:** In order to effectively improve the mental health of modern people, this paper studies the impact of Confucian tolerance on modern people's psychology. The results showed that compared with the control group, the experimental group with Confucian intervention had a lower SCL-90 score. This shows that Confucian tolerance can give modern people good psychological construction, so as to comprehensively ensure the healthy development of modern people's psychology.

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## RESEARCH ON THE INFLUENCING FACTORS OF SOCIAL MEDIA USERS' ANXIETY ON ONLINE SHOPPING EMOTION

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**Background:** According to the abnormal situation of anxiety, it can be divided into realistic anxiety and pathological anxiety. The former can be produced by everyone, and the latter belongs to the clinical manifestation of mental illness. Individual realistic anxiety is a response to real potential threats. It will become more anxious according to the increase of the degree of real threats, and this anxiety will gradually disappear with the disappearance of real potential threats. However, individuals with pathological anxiety have no reason for anxiety. This anxiety state usually lasts for a long time and is not easy to eliminate, and will follow other clinical characteristics, such as autonomic nerve dysfunction, impairment of social function and so on. Some scholars have pointed out that as a negative emotion, anxiety can progress from