

entering the society in the future.

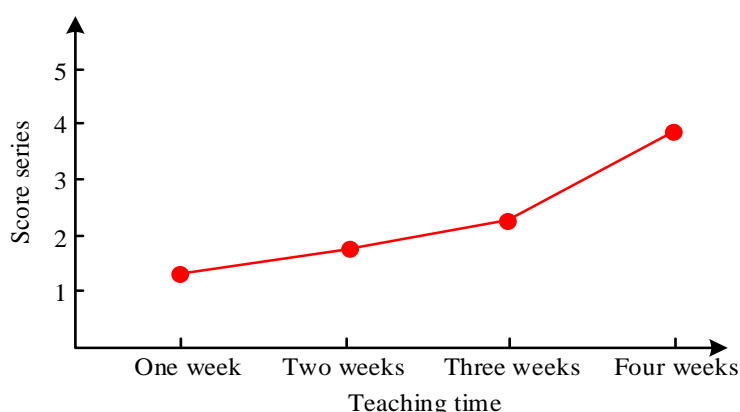


Figure 1. The relationship between the improvement model of cross-cultural education and empathy

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THE PRACTICAL RESEARCH OF IDEOLOGICAL AND POLITICAL COURSES IN COLLEGES AND UNIVERSITIES AND ITS IMPACT ON STUDENTS' PSYCHOLOGICAL OBSTACLES OF COMMUNICATION AND ADAPTATION

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Background: Ideological and political education courses help students build a world outlook of dialectical materialism and historical materialism from the ideological level, and enable students to support the party's leadership and unswervingly take the road of socialism with Chinese characteristics by teaching students the party's line, principles and policies from the political level. With the accelerated development of society, various ideological undercurrents surge in the new media era, the characteristics of students' psychological development are complex, and the educational effect of the traditional ideological and political education curriculum on students is weakened. Based on this, the ideological and political curriculum in colleges and universities should be reformed and innovated, pay attention to students' psychological state, adjust the education and teaching mode, and help students become qualified socialist successors in the new era.

Interpersonal communication disorder refers to the discomfort, autism, evasion, and bad psychological state and behavior that are difficult to reconcile with others in the process of communicating with others. The psychological barrier of students' communication adaptation is a prominent problem in students' mental health problems. Its main manifestations are the communication barrier between parents and children, that is, the parent-child relationship is tense, unwilling or rarely talk to their parents. Communication barriers between peers, i.e., conflicts with classmates, unable to integrate into peer circles, and seem out of place among classmates. Communication barriers between teachers and students, that is, the emotional relationship with teachers is indifferent and alienated. In interpersonal activities, students' psychological obstacles mainly come from negative psychological problems such as inferiority, shyness, suspicion, jealousy, revenge and conceit. As the guide of students' growth, teachers should strengthen communication with students, set up mental health counseling courses, and regularly talk with students suspected of having communication and adaptation psychological barriers. As a subject to cultivate students' ideological health and correct political position, ideological and political course can help students overcome communication and adaptation obstacles and alleviate students' negative emotions in communication through certain reform and innovation.

Objective: Communication ability is related to whether students can adapt to the social living environment. It is an externalization of students' EQ. Ideological and political education in colleges and universities aims to cultivate students to become socialist successors, and the standard of high-quality talents includes the quality of interpersonal communication ability. Based on students' learning psychological characteristics, this paper studies how to improve the education mode of Ideological and

political courses in colleges and universities, hoping to improve students' interpersonal communication ability and help them better adapt to future social life.

Subjects and methods: 300 students in all grades of a university were randomly selected as the research objects, and they were divided into two groups. One group was the experimental group, which received the improved ideological and political course teaching experiment, and the other group was the control group, which received the traditional ideological and political education course experiment, with a teaching cycle of 3 months. The self-test scale of interpersonal communication ability compiled by Ma Jianqing is used to measure students' interpersonal communication ability every month. The higher the score of the scale, the lower the interpersonal communication ability. A total score of more than 120 indicates that there are great problems in interpersonal communication ability.

Results: It can be seen from Figure 1 that there is no significant difference in the scale scores between the control group and the experimental group within one month, and there is little difference in interpersonal communication skills. With the increase of teaching time, the interpersonal communication ability of students in the control group was slightly improved, while the interpersonal communication ability of students in the experimental group was significantly improved. When the teaching time was 2 months, the gap between the scale scores of students in the control group and students in the control group widened, with statistical difference ($P < 0.05$). This shows that the ideological and political course in colleges and universities can help students overcome the obstacles of communication and adaptation from the ideological level and alleviate the negative emotions of students in communication.

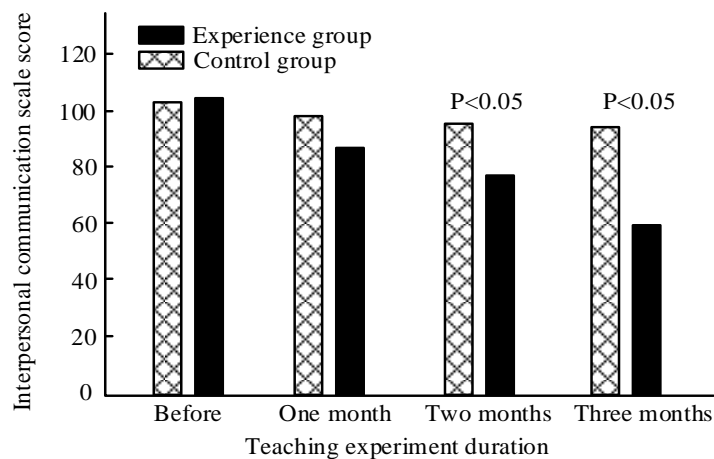


Figure 1. Evaluation results of interpersonal communication ability of students in different groups

Conclusions: Good communication skills can help people establish healthy interpersonal relationships. Talking with people can promote the human body to secrete some special hormones, make people happy and improve their physical quality, so as to reduce the occurrence of some diseases. College students are about to enter social life, and good interpersonal relationship plays a great role in promoting the development of their career. Ideological and political education courses should pay attention to the psychological development of students from the ideological and political level, cultivate their interpersonal skills, and make full preparations for entering social life in the future.

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THE AESTHETIC PSYCHOLOGICAL FUNCTION OF INTERDISCIPLINARY WORKS OF ART AND SCIENCE

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Background: Mankind has entered the era of information technology, and technology is everywhere. The artist's creative vision is also constantly broadening, and began to pay more attention to the development of science and technology, and incorporated it into the content, theme, style, media, carrier and even research methods of artistic creation, which further deepened the deep integration of art and science and technology, and greatly expanded the means and possibilities of artistic expression. Understanding and