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## STUDY ON THE INFLUENCE OF THE INTEGRATION OF IDEOLOGICAL AND POLITICAL PARTY CONSTRUCTION ON THE MENTAL HEALTH OF STUDENT PARTY MEMBERS IN COLLEGES AND UNIVERSITIES

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**Background:** Under the background of continuous education reform, modern education not only pays attention to education and teaching, but also cares about students' physical and mental development. A scientific and healthy education process is not only more in line with the development law of education, but also meet the sustainable development goals of current students. Mental health mainly refers to that people can maintain themselves in a positive and optimistic mental state in all activities. Mental health is an important content in modern education. Good mental health is conducive to the formation of people's good character and habits. At the same time, it will play a positive role in people's emotion, thought, thinking, will and attitude. People are in a healthy psychological state for a long time. Maintaining a positive and optimistic mood will have an important impact on people's development. Mental health belongs to the field of psychological research. In individual development, affected by environmental factors, their own emotions, cognition and will change imperceptibly in the environment. In different environments, people with activism can correctly deal with the influence of different factors and balance and coordinate their own psychological development, which is the basic feature of mental health. On the contrary, people are in a changeable environment for a long time, unable to adapt or adjust their psychological state in time, have large emotional fluctuations, and have a depressed impact on their personal mentality and will, which shows that people do not have a good state of mental health. Good mental health is an important factor affecting people's development. In modern education, we pay great attention to the education of students' mental health. Only in this way, can we ensure the scientific and healthy development of students.

In the construction and development of colleges and universities, mental health education should be included in an important part of the overall development of colleges and universities, and mental health education planning should be done well in the whole process of education to ensure the scientific and healthy development of college education. As an important base for recruiting party members, colleges and universities must meet the standards for the healthy development of talents in China. At the same time, they must have excellent personal ability and the elements of patriotism and love for the party, so as to better serve the society and promote the development of the country. Therefore, in the preparatory selection process of colleges and universities, student party members have high requirements for students' quality in all aspects, especially for mental health. Only by ensuring that students have a positive and healthy mental state, can they contribute to learning, party construction and development. At present, there are many ways to educate students' mental health in colleges and universities. The common ways are mental health education courses, mental health counseling and the establishment of mutual communication mechanism between teachers and students, which are all important ways to cultivate students' healthy psychology. For the cultivation of the mental health of college student party members, we should adopt the integrated education strategy of Ideological and political party construction. Through ideological and political education and party construction and development education, we can help students establish a healthy, positive and upward attitude and promote the development of students scientifically.

**Objective:** To explore the impact and role of mental health on human development, analyze the importance of mental health of college party members, and discuss the impact of the integration of ideological and party building at the grass-roots level on the mental health of student party members, in order to help student party members, build a positive and optimistic attitude and promote the development of modern education.

**Subjects and methods:** 120 student party members in colleges and universities were selected as the research object, using Excel and SPSS22.0 for data statistics and processing. Through the evaluation of the mental health status of 120 student party members in colleges and universities, and the six-month grass-roots ideological and political party construction education, including understanding the party's basic theory and line, adhering to Marxist thought, carrying out grass-roots volunteer activities, organizing special ideological and political education and carrying out special mental health education. After the end of four months, students' mental health status is evaluated. The evaluation psychological indicators include enthusiasm, optimism, learning status and teaching quality. The evaluation score is 1-10. The higher the score, the more positive the impact is, which plays a positive role in students' mental health.

**Results:** Table 1 changes of students' mental health indicators after six months of teaching. Through the changes of indicators in Table 1, it can be seen that the six-month integrated education of ideological, political and party building has effectively improved the students' mental health indicators.

**Table 1.** Changes of students' mental health indicators after six months of teaching

Positive psychology	Before teaching	After teaching	<i>P</i>
Enthusiasm	4	8	<0.05
Optimism	3	7	<0.05
Learning state	2	8	<0.05
Teaching quality	3	7	<0.05

**Conclusions:** The development of modern education and students' mental health indicators have an important impact on education and teaching. Therefore, in college education, we should pay attention to the education of students' mental health, and cultivate students' positive psychology through ideological and political education, psychological counseling and other measures. The results show that in college education, through the six-month integrated education of grass-roots ideological, political and party construction in colleges and universities, it will have a positive impact on the mental health of student party members, and the four psychological indicators have been improved to ensure that students have an optimistic and positive attitude, and speed up the scientific development of modern education in China.

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## INFLUENCE OF TEACHING REFORM OF POLYMER CHEMISTRY ON STUDENTS' LEARNING PSYCHOLOGY UNDER EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is based on the psychology of educational development. Through the research on the psychological activities of all characters in the educational environment, it explores the impact of students' and teachers' psychology on learning development, so as to continuously adjust the teaching content, teaching design and optimize the teaching process, so as to realize the positive impact on education. Under the background of educational psychology, students' learning psychology is an important content of educational psychology research. It belongs to the branch of educational psychology. Taking students as the main research object, it studies students' psychological performance in the process of education and the impact of psychological and behavioral changes on teaching development. In modern education, the study of students' learning psychology is an important factor to promote the development of teaching. Learning psychology is the state of mind of students in the process of learning. The research field covers students' learning habits, learning types, cognition, behavior, thinking style, memory principle and so on. Through the study of students' psychology and behavior in classroom teaching, we can help students resort out the teaching content and adjust their psychological state, so as to have a positive impact on students' development. Therefore, in the context of the current educational reform, excavating the law of students' learning psychological development and constantly adjusting the layout of education and teaching will have a positive impact on the development of students.

With the deepening of China's higher education reform, colleges and universities will pay more attention to the impact of educational psychology on students' development and curriculum teaching in the curriculum teaching reform, so as to carry out the curriculum reform reasonably, ensure that students have a good psychological state and have a positive impact on the development of education. Polymer chemistry is an important subject of chemistry major in colleges and universities. Its professionalism and depth have an important impact on students' career development. However, constrained by traditional educational ideas and ideas, students' response in polymer chemistry is not positive, resulting in general teaching effect and deviation of teaching quality, which has an adverse impact on the development of chemistry students. Therefore, in the context of psychology, it is necessary to analyze the students' learning psychology, constantly reform the curriculum teaching, and bring a positive impact on the students' learning psychology, so as to more effectively promote the development of the teaching process. Therefore, in the current teaching of polymer chemistry in colleges and universities, teachers need to build a teaching reform path suitable for students' development through the understanding of students' learning psychology, and solve