

psychological quality by referring to the learning objectives and teaching principles of psychological quality education.

Conclusions: The development of market economy and the demand for comprehensive quality talents are only one external reason for the improvement of college students' psychological quality and ability. As far as people's own life needs are concerned, the healthy growth of spiritual level is also inseparable from the construction of psychological quality education. Because the music curriculum in colleges and universities is consistent with the goal of psychological quality education, it is feasible to optimize and reform the teaching contents and teaching methods of music curriculum in colleges and universities in order to improve students' psychological quality. The study investigated the subjects in groups, which proved that the curriculum reform can promote the learning of students' emotion management ability, actively guide the construction of students' interpersonal relationship, and improve students' self-awareness and social cognitive ability.

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RESEARCH ON THE INFLUENCE OF NEWS COMMUNICATION ENTERTAINMENT ON AUDIENCE PSYCHOLOGY UNDER THE BACKGROUND OF NEW MEDIA

Qiang Zhang

Sichuan Vocational College of Cultural Industries, Chengdu 610213, China

Background: News media is closely related to the psychology of the media. For the audience of news, it is mainly divided into eight kinds of psychology, namely, seeking proximity, seeking novelty, seeking truth, laziness, seeking interest, seeking beauty, pastime and conformity. In the current environment of the prevalence of new media, the psychology of news audience mainly tends to three kinds: novelty seeking psychology, truth seeking psychology and recreation psychology. These three kinds of psychology will continuously affect the psychological state of news audience with the different changes of news content. Novelty seeking psychology is the psychological direction of the audience for new news information, which is mainly reflected in the new content of news communication and the new way of news reporting. New information content can meet the acceptance needs of the audience, and new reporting methods can attract the attention of the audience. Truth seeking psychology refers to the psychological orientation of the audience to the true and credible report. The audience tends to obtain real information from the news to adjust their thoughts and behaviors. Recreation psychology refers to the audience's natural entertainment tendency towards things including news communication. For the audience, news communication is also one of the important ways to relax their body and mind and relieve anxiety and pressure. There is a close relationship between news communication and audience, which needs to be paid attention to.

In the current new media communication environment, news communication gradually tends to be entertainment. The entertainment of news communication means that news tends to soft news, focuses on reporting people and deeds with more entertainment, and hard news tends to soften. Entertainment news is mainly to grasp the entertainment psychology of the audience, that is, the audience's instinctive entertainment needs. In this audience psychology, entertainment news will have a lot of impact on the audience's psychological state and corresponding behavior, which is mainly reflected in the relief of various negative emotions after the audience meets the entertainment needs. At present, there is a certain negative psychology in the news audience, the impact of news communication entertainment on the audience's psychology is a subject worthy of study.

Objective: To analyze and explore the research on the psychological state of news audience by entertainment news communication, in order to alleviate the negative emotion of news audience and improve the overall psychological state.

Subjects and methods: Select 400 news audiences who usually watch non entertainment news, rarely or not watch entertainment news and have a generally healthy basic psychological state. Before the experiment, record the psychological state of the audience through the self-test results, and then ask them to add the same entertainment news to the news content and record the overall behavioral psychological state after an appropriate time interval. The psychological measurement tool used in the study is Symptom Checklist 90 (SCL-90), which is used as the scale of comprehensive psychological state. The lower the value of the result, the better the overall psychological state.

Results: Table 1 describes the SCL-90 test results before and after the experiment. It can be seen from Table 1 that after the experiment, the total score, total average score and the number of positive items of

SCL-90 of the news audience have decreased significantly, and the total average score after the experiment is very close to 1, indicating that the psychological state of the news audience group has changed significantly and shows a healthy state. After statistical analysis, it was found that the three indexes showed significant differences after the experiment ($P < 0.05$).

Table 1. SCL-90 self-test results of news audience

	Before the experiment	After the experiment
Total score	132.15	99.36
Total average	1.47	1.104
Number of positive items	20.64	11.45

Conclusions: Under the current background of the prevalence of new media, the phenomenon of news entertainment is increasing, and the news of partial entertainment is also more popular in daily life. News communication is closely related to the psychology of the audience, so the entertainment of news communication also has a corresponding impact on the psychology of the audience, and the psychology of the audience will affect its mental health at the individual level. At the group level, due to the large number of individuals of the audience, the group influence needs to be paid attention to, and the psychology of the audience can also be fed back to the news itself and have an impact on it. Aiming at the audience psychology of entertainment news, the experiment tested the influence of watching entertainment news on their psychological state in the same audience group at the time level. The experimental results show that entertainment news has a significant positive impact on the news audience, and can effectively improve the overall psychological state.

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RESEARCH ON THE INFLUENCE OF COLLABORATIVE EDUCATION PRACTICE IN HIGHER VOCATIONAL COLLEGES ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Haiyan Gu

Yangzhou Polytechnic Institute, Yangzhou 225127, China

Background: Mental health education is an educational method to cultivate students' physiological and psychological development law by using psychology. The main part of this discipline is students, which is mainly used for the maintenance of students' mental health and the correction of students' psychological and behavioral problems. Mental health maintenance is mainly to cultivate students' basic quality and improve students' psychological quality through routine education, including psychological counseling, emotional guidance, interpersonal guidance, sound personality training and so on. The correction of students' psychological and behavioral problems is to carry out psychological consultation and correction for a small number of students with psychological and behavioral problems. At the learning level, there are mainly problems such as exam anxiety, learning difficulties and school phobia, and at the emotional level, there are negative emotions such as depression, anxiety, fear, tension and worry. How to help students cultivate healthy psychology is a key task that needs to be solved urgently in cultivating high-quality talents. Therefore, effective health education for students is a heavy burden for educators.

The psychological status of college students is closely related to the ideological and political education in colleges and universities. The coordinated education of mental health and ideological and political education in colleges and universities is the inevitable trend of the development of moral education. At present, there are many deficiencies in college mental health and ideological and political education. College central health educators lack professional mental health knowledge, and it is difficult to solve students' psychological needs in the face of students' complex psychological emotions. Moreover, there is a lack of professional talents with both ideological and political education and psychological education in colleges and universities, which makes it difficult for mental health education and ideological and political education to play a synergistic effect. College students have wrong cognition of mental health education and have symptoms of anxiety and depression. Students who do not feel the effect in a short time think it is invalid, so they lose confidence in mental health education. In order to meet the needs of college students' physical health, this study explores the effect of collaborative education on college students' mental health by strengthening the coordination of Ideological and political education and mental health education.