

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

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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.

Objective: The purpose of this study is to cultivate compound educational talents, strengthen the construction of collaborative courses and create an environment for collaborative education, in order to solve the physiological needs of college students and help college students cultivate a positive and healthy psychological state.

Subjects and methods: 100 college students with a certain degree of anxiety were selected from each of the four colleges and universities as the research object, and 400 of them participated in the practical experiment of collaborative education on college students' mental health. The transformation of mental state is a long-term process. Therefore, the length of the experimental period is 4 months. The experiment is divided into four groups with 100 people in each group. The first group is the control group of traditional mental health education. The second group is the impact of compound talent teachers on college students' mental health, the third group is to strengthen the impact of collaborative education curriculum construction on college students' mental health, and the fourth group is to create the impact of collaborative education environment on college students' mental health. The experiment evaluated the anxiety degree of each group of college students through Self-rating Anxiety Scale (SAS). The anxiety scale contains 20 evaluation indexes, each index has a corresponding score, the total score is obtained by adding the scores of each index, and the final score is obtained by multiplying the total score by 1.25. SAS is set as a four-level scoring system. The evaluation of symptoms is mainly based on the frequency of symptoms, "1" indicates little or no frequency, "2" means less frequency, "3" means more frequency, "4" means more frequency. The critical value of SAS score is 50. A score below 50 indicates that the tester does not have anxiety symptoms, a score of 50 to 60 indicates that the tester has mild anxiety symptoms, a score of 60 to 70 indicates that the tester has moderate anxiety symptoms, and a score above 70 indicates that the tester has moderate anxiety symptoms. In order to ensure the reliability of the experimental results, the score shall be subject to the change of the average score of each group.

Results: The results of the impact of collaborative education on college students' mental health are shown in Table 1. It can be seen from Table 1 that in the first group, the anxiety level of college students did not improve during the experiment, and even tended to aggravate anxiety symptoms. In the later stage of the experiment, the psychological anxiety symptoms of the remaining three groups of college students were significantly improved.

Table 1. Effects of different collaborative education methods on college students' mental health

Number of experimental groups	Time			
	First month score	Score in the second month	Score in the third month	Score in the fourth month
Control group	62	62	64	65
Experimental group 1	63	59	51	45
Experimental group 2	68	65	44	28
Experimental group 3	65	62	37	13

Conclusions: By cultivating compound education talents, building courses and creating a collaborative education environment, the ideological and political education and mental health education are coordinated, and the collaborative education can effectively improve the psychological state of college students and alleviate the symptoms of psychological anxiety of college students. Therefore, collaborative education is the only way for colleges and universities to establish high-quality mental health education.

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RESEARCH ON THE IMPACT OF HIGH-QUALITY DEVELOPMENT OF RED TOURISM ON TOURISTS' PSYCHOLOGY FROM THE PERSPECTIVE OF NEW DEVELOPMENT PATTERN

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Background: Tourists' psychology refers to the psychological state produced by tourists in the process of tourism. This psychological state affects tourists' behavior to a certain extent. Tourists' behavior is a variety of reactions to realize tourism activities, including tourism perception, tourism motivation, tourism attitude,