

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

Guilan Liu

Department of Tourism Management, Henan Normal University, Xinxiang 453000, China

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,

emotion in tourism, tourists' personality, tourism aesthetic psychology, etc., among them, emotion plays a decisive role in tourists' behavior. Tourist behavior restricts tourists' emotion, and there is a close relationship between them. Tourism psychology provides a theoretical basis for studying the emotional changes to meet the needs of tourists and analyzing the relationship between tourists' behavior and emotional changes.

Red tourism is the product of the combination of red culture and tourism industry. It is a new way of tourism to stimulate the power of cultural industry and tourism industry. Red tourism requires to coordinate the cultural heritage with historical significance and time value and the resources of revolutionary holy places, vigorously promote the development of tourism, and play a positive guiding role in the development of tourists' ideology and morality. At present, although the development of red tourism is in the ascendant, it has no unique brand image and has a weak radiation effect on people. The development of red tourism stays at the surface stage and can only spread red culture through words and explanations. The connotation of red culture cannot go deep into the hearts of tourists. The infrastructure construction of red tourism is not perfect, resulting in inconvenient transportation, difficult accommodation, poor environment and other problems. There is no obvious difference in the development of local red tourism, and it lacks its own regional characteristics, which brings serious homogenization to the psychology of tourists. These problems make it difficult for tourists to be interested in red tourism and seriously slow down the high-quality development of red tourism. Improve the high-quality development of red tourism by improving the brand effect, improving infrastructure and strengthening the innovation of red tourism, give full play to the functions of red tourism patriotism education and ideological and political education, make the people deeply feel the red culture, inherit the red cause, cultivate the people to improve their character quality, enhance their self-confidence and establish a positive and healthy psychological condition.

Objective: From the perspective of China's new development pattern, red tourism is the upgrading direction of tourism industry in the new era. By improving the development quality of red tourism and providing tourists with good tourism experience, it aims to help the people cultivate perfect personality and establish a positive and healthy psychology.

Subjects and methods: 40 tourists were randomly selected from five tour groups to participate in the psychological impact experiment of high-quality red tourism on tourists. The experiment was divided into two groups, with 100 people in each group. The first group was the control group of traditional tourism and the second group was the experimental group of high-quality red tourism. The experimental period was set as two weeks. In order to ensure the reliability of the experimental results, the obtained data are evaluated by professionals. The experiment was evaluated by Positive Affect and Negative Affect Schedule (PANAS). PANAS contains 20 evaluation items, of which 10 items evaluate positive emotions and the remaining 10 items evaluate negative emotions. Each item adopts 5-level scoring indicators, which are "no", "less", "medium", "more" and "many". The score value of positive emotion corresponds to "0", "1", "2", "3" and "4" respectively according to the evaluation index, and the score value of negative emotion corresponds to "4", "3", "2", "1" and "0" respectively. Sum up the scores of each index and multiply by 1.25 to get the final result. The final score in the range of 0-25 indicates that tourists are accompanied by serious negative psychology, 25-50 indicates that tourists are accompanied by mild negative emotion, 50-75 indicates that tourists' psychological state is relatively positive, and 75-100 indicates that tourists' psychological state is very positive. The experiment reflects the excellent effect of the experiment through the change of the number of scores.

Table 1. Results of the psychological impact of high-quality red tourism on tourists

Number of experimental groups		Number (pcs.)				
		Day 1	Day 3	Day 5	Day 7	Day 14
Control group	[0, 25]	0	0	2	12	32
	[26, 50]	1	3	17	38	57
	[51, 75]	46	47	39	22	11
	[76, 100]	53	50	42	28	0
Experience group	[0, 25]	0	0	0	0	0
	[26, 50]	8	5	2	0	0
	[51, 75]	45	30	25	18	6
	[76, 100]	47	65	73	82	94

Results: The psychological impact of high-quality red tourism on tourists is shown in Table 1. It can be seen from Table 1 that the number of people with emotional scores did not change significantly on the first

and third days of the first group, but the emotional scores gradually fluctuated from the fifth day, and the number of people with low scores showed an increasing trend. In the second group, the number of high emotional scores increased significantly from the third day.

Conclusions: As a new tourism mode under the new development pattern, the development quality of red tourism affects the changes of tourists' psychological quality. The high-quality development of red tourism shapes and improves the personality quality of tourists, deeply feels the connotation of red culture, enhances national cultural self-confidence, and guides the cultivation of positive and healthy psychology.

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ANALYSIS OF THE INFLUENCE OF RED CULTURE ON CONTEMPORARY COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

Kangqing Lv*, Huijuan Xue & Chuanlei Feng

Shaanxi Railway Institute, Weinan 714000, China

Background: Educational psychology is a branch of psychology, which mainly studies people's learning, the effect of intervention, teaching psychology and school organization under the educational environment. Educational psychology mainly applies the theory of psychology to education. Therefore, educational psychology is closely related to the basic theories of pedagogy and general psychology. Under the background of education and teaching, educational psychology studies students' psychological phenomena and development laws, guides students' psychological changes with the help of psychology, and provides psychological basis for the education and training objectives of a certain stage, so as to make students develop in moral, intellectual and physical aspects and realize the educational purpose quickly and effectively. Therefore, educational psychology does not simply explain educational phenomena with psychological knowledge, but studies the process of students' external information and internal information exchange and the law of psychological change under the educational background. For example, students' psychological laws such as the skills of mastering knowledge, moral norms and the formation of their personality.

With the deepening of China's reform and opening up and the process of foreign exchanges, cultural input has seriously penetrated into colleges and universities. As a high-quality group, college students have strong adaptability and acceptance ability to new things. Due to the differences of individual ideological and political literacy, the input of foreign culture has affected college students' outlook on life, values and world outlook to varying degrees. In view of this phenomenon, the ideological and political education in colleges and universities should take Chinese red culture as the core, and promote the deep integration of red culture and ideological and political education under the guidance of educational psychology. Red culture is an advanced culture with Chinese characteristics. It has educational values such as leading by example, shaping personality, establishing self-confidence and cultivating positive mental health. It helps college students establish a correct outlook on life, values and world outlook, improves college students' ability to endure setbacks, and helps college students cultivate the psychological quality of national self-confidence, cultural self-confidence and personal self-confidence. At present, most of the ideological and political education is based on traditional education methods, which leads to the low enthusiasm and initiative of college students in the study of ideological and political education. In the context of educational psychology, the integration of the value of red culture and ideological and political education distracts college students from their psychological changes, making college students more active in this mode of Ideological and political education.

Objective: Under the guidance of educational psychology, we should integrate the red culture into the ideological and political education of contemporary college students and explore the psychological status of college students in order to help college students establish self-confidence, establish correct values and cultivate a positive and healthy psychological state.

Subjects and methods: 75 college students were selected from each of the four higher vocational colleges, and 300 of them participated in the experiment of college students' ideological and political education integrated into the red culture. The experiment was divided into two groups, with 150 people in each group. The first group was the control group of traditional ideological and political education, and the