

trend of rating series became more and more obvious, indicating that the effect of lecture training accumulated with the increase of time.

Conclusions: Although music course is not as strict as other major courses, it is an important course that can help students develop in an all-round way. Music can help students maintain a positive psychological state and alleviate their learning anxiety. Music teachers should not belittle themselves, but should establish a sense of professional faith. At the same time, schools and society should pay attention to music education and enhance the attention of students and parents to the course.

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RESEARCH ON THE INFLUENCE OF THE INFORMATIONIZATION MODE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON THE SPORTS MENTAL HEALTH OF COLLEGE STUDENTS

Fei Wang¹, Weiguo Chen^{2*} & Wenting Hao³

¹*Hainan Normal University, Haikou 571158, China*

²*Hainan Vocational University, Haikou 570216, China*

³*Hainan College of Economics and Business, Haikou 571127, China*

Background: Sports psychology is a discipline that focuses on sports-related training, competitions and other sports activities. It studies the psychological characteristics and laws of individuals in these sports states, as well as the factors that affect this psychology. At the same time, sports states also changes will occur due to these psychological influences. Sports psychology is closely related to psychology, sports sociology, exercise physiology and other disciplines, and these disciplines are often closely combined in practical research. The main research content of sports psychology includes three aspects, firstly, the individual's psychological and personality characteristics, the changes and internal laws of thinking, emotion, perception memory, willpower, and endurance in the state of sports. The influence of external environment and individual differences on their sports state and sports psychology, such as gender and personality differences of athletes. Then the relevant subjects of sports, including athletes themselves, coaches, teachers, staff, etc., in competition and training. Mental state and changes. Nowadays, under the requirement of all-round development, sports are an important part of college students' study and life, and many college students themselves have sports-related hobbies. Therefore, college students and their sports mental health can also become the research content of sports psychology.

The development of technology and the trend of informatization are affecting the field of education. Students and teachers are increasingly using information technology and platforms. In response to this trend, many colleges and universities have also begun to try the informatization of educational models. The information-based teaching mode makes teaching have stronger communication power, affinity and new attraction than the traditional model. At the same time, because students have higher subjectivity and initiative in the information-based teaching, they are no longer the party who passively accepts knowledge for a long time, and therefore a higher sense of engagement, achievement, and achievement. For college students who are in the growth stage and immature, ideological and political education has a huge impact on their thinking and way of doing things. Ensuring the healthy growth of college students' physical and mental health is also one of the goals of ideological and political courses. Then, under the trend of informatization, ideological and political education in colleges and universities should also undergo corresponding changes and innovations. Whether this informatized ideological and political education has a better impact on the sport's mental health of college students than the traditional model is the theme of this research.

Objective: From the perspective of sports psychology, study whether the information-based ideological and political education model has a greater impact on the sport's mental health of college students, and explore whether it can bring better sports mentality to college students through ideological and political education.

Subjects and methods: 114 students were recruited in a university as research subjects. Their psychological states and exercise habits should be similar. The subjects were divided into two groups of 57 students, and they were given different ideological and political education. One group is taught in the information-based ideological and political education mode, called the information-based group, and the other group is taught in the traditional ideological and political teaching mode, called the traditional group. The teaching period lasts for 3 months. The research subjects were surveyed on sports mental health, and the trend of changes and differences between groups were observed. The main scales used in the study

included the Sport Competition Anxiety Test (SCAT) and the Symptom Checklist 90 (SCL-90).

Results: Table 1 describes the results of the SCAT test of the two groups of students before and after the teaching of the study. It can be seen that the two groups have similar levels of anxiety in sports competition before the beginning of the teaching, but the information-based group is significantly lower after the teaching ($P < 0.05$).

Conclusions: As an important aspect of the comprehensive development goals of college students, sports need to be paid attention to by students, teachers and schools, and this attention should not only pay attention to the external physical fitness data and exercise results, but also pay attention to the students' participation in sports. sports mental health. On the other hand, ideological and political education has a conscious and ideological impact on college students who are immature in their ideological development. Therefore, it is worth trying to have a positive impact on students' sports mental health through an information-based ideological and political education model. Through comparative experiments, the study found that information-based ideological and political education had a greater impact on students' sports competition anxiety level than traditional teaching, and the value of students who received information-based education was significantly lower than that of traditional group students ($P < 0.05$).

Table 1. Comparison of SCAT results of study subjects

Item	Informational group	Traditional group	<i>P</i>
Before the education	22	23	>0.05
After the education	14	19	<0.05

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ANALYSIS OF THE VOCATIONAL PSYCHOLOGY EDUCATION STRATEGY OF THE INTEGRATION OF UNIVERSITY PRODUCTION AND TEACHING IN THE ENVIRONMENTAL EDUCATION OF COLLEGES AND UNIVERSITIES

Yi Zhuo^{1,2*} & Jiang Xia³

¹Guizhou Normal University, Guiyang 550001, China

²Adamson University, Manila 1000, Philippines

³Northwest Normal University, Lanzhou 730070, China

Background: Occupational psychology is a branch of applied psychology, which studies the psychological phenomena and behaviors of individuals in occupational activities such as work and their influencing factors. When people and occupational activities are combined, there will be interactions between individuals and between individuals and the environment. The resulting convergence and differences in individual psychology and the laws of various group psychological phenomena are the basis of occupational psychology. The current occupational psychology has the following development trends. The first is the improvement of the level of internationalization, which is synchronized with my country's economic and cultural development. The second is the localization of occupational psychology. The localization of occupational psychology is a necessary and correct trend. The next is the diversification and integration of research orientation, which allows the research of occupational psychology to learn from other psychological theories and is conducive to its development. Finally, the embodiment of humanistic spirit, the current development of occupational psychology shows the humanistic spirit of people-oriented, which attaches great importance to people's career and resilience issues. Although college students have not yet been employed, their future employment has always been one of the hotspots in the society, and many universities also implement the mode of integration of production and education. Therefore, the vocational psychology education of college students and the analysis of vocational psychology of this group are of great significance meaningful.

Environmental education in colleges and universities is one of the important teaching contents that college students need to accept. Environmental education involves not only the environment, but also harmonious development, international peace and population. For environmental protection and long-term sustainable development, environmental education for the younger generation is necessary. On the other