

and control effect on mental diseases. Third, it is conducive to the cultivation of psychological quality and will quality. This process can make students deeply experience the true meaning and value of life, cultivate students' good pressure resistance, self-control and rule awareness, and help students establish excellent psychological quality.

Objective: With the rapid development of the global economy, the social demand for talents is becoming more and more diversified and strict, and more and more people gradually have different mental health problems due to the pressure of all aspects of society. In today's society, the demand for talents in all walks of life is growing, and the requirements are also getting higher and higher. It requires not only excellent professional knowledge and skills, but also healthy physical and psychological quality. As the future of the motherland and the foundation of social talents, college students should not only have a healthy physique, but also have a healthy psychological state. Accordingly, this paper analyzes the penetration of mental health education in college physical education, and studies the improvement of students' mental health according to the penetration path.

Subjects and methods: 200 students with negative psychological emotions in many colleges and universities in a city were selected as the research objects, and the psychological Symptom Checklist 90 (SCL-90) was used to investigate the mental health level of college students. According to the statistical results of the questionnaire, the respondents were divided into normal group, mild group, moderate group and severe group. In recent years, SCL-90 has been widely used in the investigation of mental health problems and clinical diagnosis in China, with high reliability and validity. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: With the decline of physical condition or mental health level, except for the score of sports ability cognition, the score of the other four aspects decreased gradually. This shows that the higher the college students' cognitive structure of their own body, the better their physical condition and the higher their mental health level. See Table 1.

Table 1. Analysis of the influence of body cognitive structure on college students' mental health

	Mental health group	Mild disorder group	Moderate disorder group	Severe disorder group
Physical self-worth	16.1±2.39	15.2±2.08	14.5±3.24	14.2±5.71
Athletic ability	14.2±2.17	15.8±1.55	16.3±2.24	17.5±3.52
Physical condition	15.8±4.19	14.6±2.34	14.1±2.41	13.8±4.41
Physical attractiveness	16.4±1.51	15.8±2.59	15.1±2.48	14.8±3.54
Physical quality	16.7±2.94	15.6±1.42	14.9±2.71	14.2±4.12

Conclusions: College students, as the foundation of future talents in China, have a healthy physique and a good mentality, which plays an important role in the future development of the country. At present, college students in China generally have certain mental health problems, and college physical education teaching activities have a very significant impact on the development of students' mental health, especially sports have a positive impact on students' mental health. Therefore, in the process of physical education teaching in colleges and universities, teachers should effectively guide and play an active role in students' mental health education. Teachers can choose different contents, methods and means to carry out students' mental health education purposefully, so as to achieve the dual development of students' physical and mental health.

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THE INFLUENCE OF THE COORDINATED DEVELOPMENT MECHANISM OF DIGITAL CULTURE INDUSTRY IN TOURISM ON ALLEVIATING TOURISTS' PSYCHOLOGICAL ANXIETY

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Background: Anxiety is a kind of abnormal psychological bad mood, which is mainly caused by excessive worry about the future, fate, life safety and other irritability, including anxiety, panic, tension, anxiety and other psychological manifestations. Medical psychologists believe that anxiety usually refers to people's

adverse feelings such as risk, pressure and pain that exceed their acceptable range, and it is difficult for people to face and solve these problems. Generally speaking, anxiety itself is a very reasonable emotional response. However, long-term anxiety will lead to physiological and emotional diseases. According to different types, anxiety can be divided into pathological anxiety and realistic anxiety. Tourists' psychological anxiety is a common psychological problem, which is mainly manifested before, during and after travel. Before going out, the anxiety is mainly about forgetting to close the doors and windows at home, being at a loss after going out, the loneliness of traveling alone, the discrepancy between diet and appetite, worrying about the loss of important items, forgetting things, packing before going out, and worrying about getting sick when going out. The anxiety during the trip is mainly to provide information, hurry and worry about missing transportation, noisy bear children, being treated as children when traveling with elders, taking a taxi in a strange city, always accommodating each other, taking photos, worrying about others' eyes and missing home.

Under the background of more and more serious tourist anxiety and the gradual development of digital culture industry, the coordinated development of digital culture industry and tourism is a trend, which will also have a positive effect on tourist anxiety. The role of digital culture industry in the coordinated development of tourism is mainly reflected in three aspects: digital technology improves the efficiency of tourism industry and helps to promote the formation of new development momentum of tourism. Digital technology can promote the upgrading of industrial structure and promote the innovative development of new tourism formats. Digital technology promotes the innovation of tourism business model. The strategies for the coordinated development of digital culture industry in tourism are as follows: divide. Large scale promotion of digital transformation of tourism industry. Pay attention to the security of the obtained tourism data. Strengthen the supervision of online tourism platforms. Reform and optimize the innovation mode of tourism talents. We will promote institutional innovation and improve mechanisms.

Objective: This paper analyzes the effect of the strategy of coordinated development of digital culture industry in tourism on tourists' anxiety, aiming to improve tourists' anxiety.

Subjects and methods: 100 tourists from different regions with different levels of anxiety were selected as the research objects to analyze the impact of the coordinated development strategy of the digital culture industry in the tourism industry on the anxiety of tourists and staff. The State Trait Anxiety Inventory (ATAI) was used to analyze the anxiety of staff, The algorithm of ordering points to identify the clustering structure (options) is used to classify the improvement effect of tourist anxiety. As a standard of anxiety assessment, ATAI can measure state anxiety and trait anxiety. Set up the strategy of coordinated development of digital culture industry in tourism to reduce the digital divide between urban and rural development. Large scale promotion of digital transformation of tourism industry. Pay attention to the security of the obtained tourism data. Strengthen the supervision of online tourism platforms. Reform and optimize the innovation mode of tourism talents. The six aspects of promoting institutional innovation and mechanism improvement are respectively represented by strategy 1-strategy 6. The improvement degree is divided into obvious improvement, better improvement, improvement, slight improvement and no improvement. In order to avoid the influence of subjective factors on the research results, the data of all subjects were taken for analysis.

Results: Table 1 refers to the effect of the coordinated development strategy of different digital cultural industries in the tourism industry on tourists' psychological anxiety. It can be seen from Table 1 that the six strategies will improve tourists to varying degrees. Subsequent tourism industry practitioners can intervene tourists' psychological anxiety through the strategy of coordinated development of digital culture industry in the tourism industry.

Table 1. The effect of coordinated development strategy of different digital cultural industries in tourism on tourists' psychological anxiety/%

Strategy	State anxiety	Trait anxiety
Strategy 1	86.0	87.0
Strategy 2	87.0	88.0
Strategy 3	88.0	88.0
Strategy 4	89.0	89.0
Strategy 5	89.0	90.0
Strategy 6	90.0	89.0

Conclusions: Six strategies such as reducing the digital divide between urban and rural development will improve tourists to varying degrees. Relevant leaders of the tourism industry need to pay attention to the digital development of the tourism industry, actively promote the digital transformation and upgrading of

the tourism industry, actively cultivate more talents, and integrate innovative thinking and digital thinking into the training process of the talent model, which greatly improves the digital literacy of practitioners in the whole industry, help the long-term development of tourism in the future.

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THE EFFECT OF THE ENGLISH TEACHING MODE INTEGRATING THE IDEOLOGICAL AND POLITICAL EDUCATION ON IMPROVING STUDENTS' POSITIVE PSYCHOLOGY IN LEARNING

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Background: The main research fields of positive psychology are positive experience, positive personal characteristics and positive environment, which provide new research ideas for the development of ideological and political education in colleges and universities. As a kind of humanistic psychology, the development of positive psychology has a great relationship with Asian culture and philosophy. It can help people gain personal happiness through their own advantages. The research purpose of positive psychology is to reduce the occurrence of people's psychological problems. The main content of the research includes three aspects. First, an active organizational environment that plays a decisive role in personal growth and development. Second, positive personal qualities such as optimism and virtue. Third, the positive life experience of the past, present and future. Positive experience includes positive emotional experience and positive emotion. Positive emotions can bring people a short sensory experience. Positive emotion is a kind of stable emotional experience. Through their own strength, they can experience the emotional experience brought by activities, such as achieving goals and ideals and solving problems that perplex them.

Curriculum ideological and political education refers to the form of building a whole course, whole process and all staff education pattern, taking the education of Building Morality and cultivating people as the fundamental task, and forming the educational concept of synergy between ideological and political theory courses and all kinds of courses. The course of ideological and political education is not a simple application of ideological and political education in the classroom, but a new teaching concept. It infiltrates the connotation of ideological and political education into the whole stage of education and teaching, with the purpose of guiding students' positive psychology in the aspects of value emotion and moral thought. The combination of ideological and political education with college English education can not only significantly improve students' humanistic quality and cognition, but also prevent many problems existing in college English, such as the lack of confidence in mother tongue culture and the single input of western culture. The strategies of English teaching mode integrating curriculum ideology and politics are as follows: changing teaching concepts, mining teaching resources and following teaching rules. Teachers need to constantly change their teaching concepts, improve their ideological and moral quality, actively promote the education work in the process of students' ideological and moral construction, help students determine scientific values, outlook on life and world outlook, and cultivate high-quality English talents to adapt to the development of modern society.

Objective: This paper analyzes the role of the English teaching mode integrating ideological and political education in improving students' learning positive psychology, aiming to comprehensively improve students' positive psychology and promote their all-round comprehensive development.

Subjects and methods: The grey comprehensive evaluation method is used to analyze the impact of the English teaching mode integrating ideological and political courses on students' positive psychology. The number of students is 100 and the period is 6 months. The evaluation mode includes changing teaching concepts, mining teaching resources and following teaching rules, which are respectively expressed in pattern 1-3. The evaluation indicators were positive emotion, social ability and cognitive level. The evaluation result quantifies the degree of improvement through the five score ranges of 0-20, 21-40, 41-60, 61-80 and 81-100, indicating no improvement, slight improvement, improvement, significant improvement and serious improvement respectively. In order to avoid the interference of personal subjective influence on the results in the evaluation process, the average value of the research object is selected and the data after rounding is taken as the final result.

Results: Table 1 shows the effect of the English teaching mode integrating ideological and political education on improving students' positive learning psychology six months after its implementation. It can be seen from Table 1 that the English teaching mode integrating ideological and political education has a relatively obvious effect on students' positive psychology, especially in their positive emotions and social