

**Conclusions:** The development of modernization is influenced by multiculturalism, and the personality psychology of modern people is affected by adverse factors. Personality, as a unique quality, plays an important role in people's mental health and development. However, the role of multiculturalism and the influence of external environment have an impact on the formation of students' positive personality psychology. This paper studies the concept and content of personality psychology, the influence of physical education reform on people's personality, and trains students' positive personality psychology by reforming physical education teaching. The experimental results show that the six-month physical education reform teaching model has a positive effect on the formation of students' positive personality, and students' psychological indicators have been significantly improved, which is conducive to accelerating the development of modern education.

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## RESEARCH ON THE POSITIVE INFLUENCE OF MODERN AND CONTEMPORARY LITERATURE TEACHING ON COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** In the research of modern psychology, mental health is a very important psychological state. The research of psychology is mainly through the excavation of various psychological influencing factors of people, and summarizes the disciplines that conform to the laws of human development. In psychological research, psychology is not only a state of human expression, but also a process or result of emotional flow in human development. Psychological expression is a subjective response to objective things. At the same time, the form of psychological expression is also called psychological representation. The research of psychology is to further refine the research on the process of human psychological development, and reflect the process of human development from all aspects of human emotion, thought and life. In human activities and thinking, the presentation of psychological activities has a direct causal relationship with human brain thinking problems, such as human emotions, joys and sorrows, which are important psychological emotional experiences, and reflect the psychological representation in the process of human development. Mental health is the most intuitive reflection of people's positive psychological state. Healthy psychology is conducive to the achievement of people's various activities and the realization of personal development. Therefore, in modern education, it is of great significance to ensure that students have healthy psychology for the reform and development of modern education. However, with the development of modern society, more and more students are affected by bad culture, environment and academic pressure, and students' mental health has problems, which have an adverse impact on the development of education and personal development. Therefore, modern education should pay high attention to students' mental health, so as to ensure students' positive and healthy development.

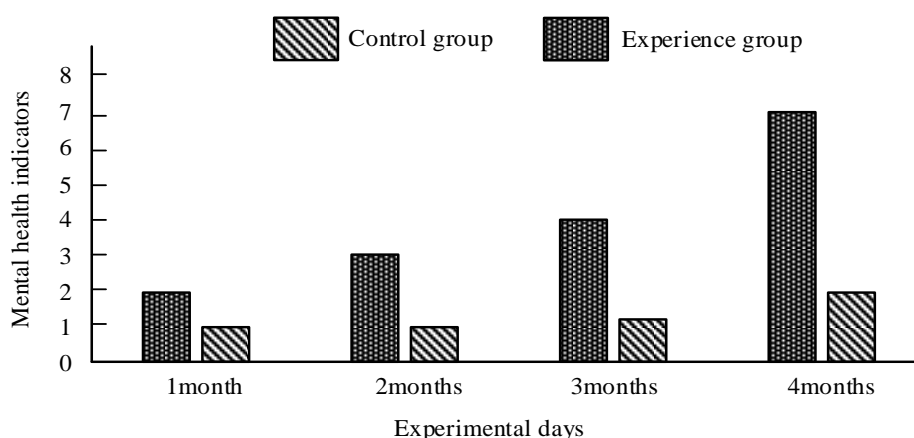
In higher education, students' mental health affects the development of education and students' physical and mental health. Therefore, effective measures should be taken to deal with it. Contemporary literature education is an important subject of higher education and a characteristic subject of Chinese language and literature major in colleges and universities. It mainly improves students' literary literacy and has a positive impact on students' thoughts and emotions by understanding, reading and appreciating modern and representative literary works. In modern higher education, more and more students have mental health problems because of the influence of multicultural thinking, academic pressure, work pressure, interpersonal communication and other factors. Mental health has become one of the important factors restricting the development of modern education. Colleges and universities attach great importance to students' mental health in the development. Such as mental health education, ideological and political education, physical education, etc., have an important impact on students' mental health. Modern literature education has strong literary and artistic characteristics. At the same time, the appreciation of content and the understanding of articles are conducive to relieving students' spiritual pressure, helping students establish a positive and healthy state of mind, and is conducive to the development of students' mental health. Therefore, this paper studies the current situation of modern college students' mental health, analyzes the impact of mental health on students' development, and then discusses the positive impact of modern and contemporary literature teaching on students' mental health, in order to promote the healthy and scientific development of modern college education.

**Objective:** This paper discusses the concept and connotation of healthy psychology, analyzes the characteristics of modern and contemporary literary works and their impact on human development, and

also analyzes the current situation of college students' mental health. Then it discusses the positive impact of modern and contemporary literature teaching on students' mental health, and provides theoretical support for the development of teaching in colleges and universities.

**Subjects and methods:** In the study, 100 students majoring in Chinese language and literature in a university were selected as the research objects, and 100 students were divided into experimental group and control group, with 50 students in each group. Among them, the experimental group will carry out special modern and contemporary literature teaching. The specific teaching measures include reading and appreciating the works of classical masters, deeply excavating the background of works, improving teaching methods, and taking online and offline teaching measures; The control group did not participate in the teaching of modern literature. The teaching experiment lasted for a total of 4 months. PASW18.0 software package and Excel 2007 were used to process all the data. The mental health scale was used to evaluate the students' mental health.

**Results:** As shown in Table 1, it shows the changes of students' mental health activities after 4 months. It can be seen that after four months of teaching experiment test, the mental health indicators of the students in the experimental group have been significantly improved, while the students in the control group have little change, indicating that the use of modern and contemporary literature teaching has a positive impact on students' mental health.



**Figure 1.** Shows the changes of students' mental health activities after 4 months

**Conclusions:** In the context of higher education reform, students' mental health will be one of the important factors affecting the development of education. Modern higher education needs to take necessary measures to intervene students' mental health problems, and take necessary measures to help students establish a healthy mentality and healthy psychology, which is more conducive to the development of students. This paper analyzes the current situation of college students' mental health, and studies the concept and function of mental health. Then it discusses the influence of modern and contemporary literature teaching on students' mental health. The experimental results show that the use of modern and contemporary literature teaching has a positive impact on students' development, and can effectively improve students' mental health indicators and speed up students' development.

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## THE INFLUENCE OF INFORMATIZATION CONSTRUCTION OF PARTY BUILDING IN COLLEGES AND UNIVERSITIES ON THE POSITIVE PSYCHOLOGY OF PARTY MEMBERS AND TEACHERS

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**Background:** Positive psychology is a psychological state that has a positive impact on people's development. In the research of modern psychology, some psychologists believe that positive psychology focuses more on people's development and social well-being. Studying people's positive psychology is conducive to understanding people's development motivation and mastering the impact of people's psychological changes on personal development. Positive psychology is a kind of psychological state that is