

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.

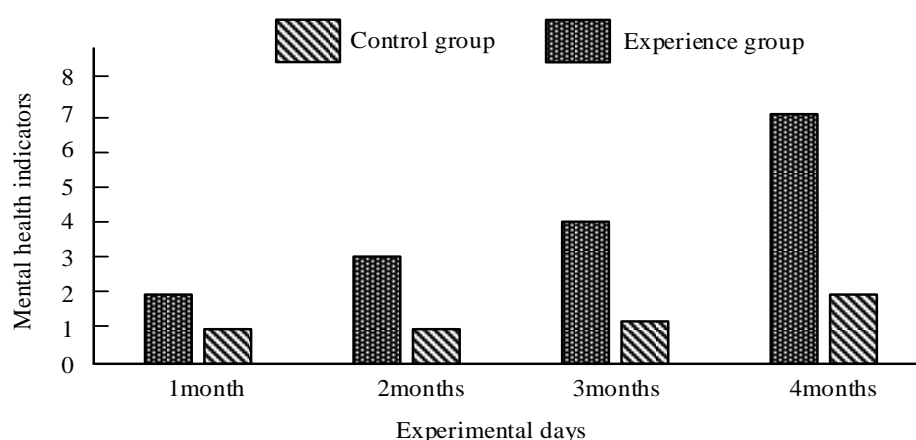


Figure 1. Shows the changes of students' mental health activities after 4 months

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

beneficial to people's development. In psychological research, we will pay more attention to people's happiness and satisfaction factors, so as to explore the root causes that affect people's positive psychology. As far as the current research on positive psychology is concerned, it can be divided into three overlapping research areas, including the research on happy life, a better life and the value of life. In the study of happy life, people's experience and prediction will have an important impact on people's health and quality of life. For example, people's interests, entertainment and interpersonal relationships are conducive to the formation of happy life and affect people's health and development. In the study of a better life, participation experience and immersion experience are important factors to realize a better life. When a person's ability and his work can fit well, and show a positive state, and can complete the task within an effective time, there will be a positive psychology. In the study of the value of life, it discusses the belonging of life, which is a more sustainable and broader research topic, in which people can get a sense of belonging and happiness. In the work of Party building in colleges and universities, the positive psychological state is conducive to the development of Party building, to the self-identity of Party members and teachers, and to promoting the development of Party building in colleges and universities.

Party building in colleges and universities has always been an important part of the development of colleges and universities, including the training, management of Party members, publicity of Party information, and assisting colleges and universities to complete educational tasks. It can be said that the work of Party building in colleges and universities is of great significance to the construction and development of colleges and universities. However, in the work of Party building in colleges and universities, due to the complexity of the work content, the increase of work tasks and the thought of being eager for quick success and instant benefit, the mentality of many Party members and teachers has changed. Many Party members' teachers deal with their work with a negative attitude in the work of Party building, and many Party members' teachers have mental health problems, showing anxiety, tension, heavy work pressure and other states, which have an adverse impact on the development of higher education and the smooth implementation of Party building. Therefore, in the face of the current negative psychological state of Party building teachers in colleges and universities, we need to take effective measures to deal with it, so as to promote the development of educational reform. Therefore, in order to reduce the work burden and pressure of Party members and teachers in colleges and universities, information construction means will be adopted to alleviate the pressure on teachers and promote the smooth development of Party building in colleges and universities.

Objective: It analyzes the relevant concepts and research contents of positive psychology, and studies the psychological status of teachers in the Party building work in colleges and universities. Then it discusses the impact of the informatization construction of Party building on the positive psychology of the work of Party members and teachers in colleges and universities, in order to promote the smooth development of the work of Party building in colleges and universities and provide theoretical support for the development of teaching in colleges and universities.

Subjects and methods: The research selected 100 Party members and teachers from different colleges of a university as the research object, and carried out the informatization office content of Party building in colleges and universities for 6 months. All data were processed using PASW18.0 software package and Excel 2007. The positive psychology scale data is used as the evaluation index to evaluate the index scores of Party member teachers before and after the experiment. The score is 1-10, the higher the better. Thus discusses the university Party constructs the information construction to the teacher positive psychology function.

Results: As shown in Table 1, it is the psychological change process of Party members and teachers in colleges and universities six months after the experiment. It can be seen that after six months of information office, teachers' psychological indicators have changed greatly, and their scores have been greatly improved. It shows that the information-based Party building work can reduce teachers' work tasks, relieve teachers' work pressure, and have a positive impact on the formation of teachers' positive psychology.

Table 1. Shows the psychological changes of college Party members and teachers after the experiment for 6 months

Project	1 month	2 months	3 months	4 months	5 months	6 months
Creative ability	2	3	4	5	7	9
Curiosity impairment	1	2	4	6	7	8
Happiness	2	3	4	6	8	9
Initiative	1	2	5	6	7	8

Conclusions: Party building in colleges and universities has always been an important part of the

development of modern colleges and universities in China. The quality of Party building in colleges and universities not only affects the management and selection of Party members and cadres, but also has an adverse impact on the development of higher education. Due to the heavy teaching tasks of Party member teachers in colleges and universities, many teachers have negative psychology, which not only has an impact on personal health, but also is not conducive to the development of Party building in colleges and universities. In order to reduce the pressure on teachers, it is proposed to adopt the information-based Party building office strategy. The experimental results show that after a six-month experimental test, the psychological indicators of Party members and teachers have been improved. The information office strategy adopted is conducive to easing the pressure on teachers' work, forming teachers' positive psychology, and more effectively promoting the development of Party building in colleges and universities.

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RESEARCH ON THE INFLUENCE OF PE TEACHING REFORM BASED ON BEHAVIORAL PSYCHOLOGY ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: Behavioral psychology is an important branch of psychological research, which mainly studies the relationship between human psychological performance and behavioral development. The main research direction of behavioral psychology is to study the relationship between human behavior development and psychology. In education, we can intervene the development of education through the study of students' behavior psychology to achieve the role of promoting students' development. At present, in modern education, we can improve Canadian education and teaching through the study of students' behavior psychology. If we observe students' classroom behavior, we can constantly improve teaching methods, teaching content, teaching design, and tap students' development motivation to promote teaching development. In the research of behavioral psychology, both students' psychology and teachers' psychology are important research contents of behavioral psychology. Usually, students' psychological changes have a direct impact on teaching, and students' psychological state will be reflected in the classroom in the form of behavior. If the students' psychological attitude is negative, anxious, uneasy, or nervous, the behavior of students in the classroom may be inattentive, wandering in the classroom, looking around, etc., which will not only affect the development of teaching, but also have an adverse impact on the students' physical and mental health. Therefore, in college physical education, some people put forward the theory of behavioral psychology to reform physical education teaching and achieve the goal of students' mental health development.

Mental health belongs to a state of positive psychology. In this state, students' development goals are easy to achieve, and it is also easier to obtain psychological satisfaction. It plays a positive role in the development of students' physical and mental health and the development of teaching courses. Physical education in colleges and universities has always been an important subject of modern quality education, which plays a role in promoting students' physical and mental health, thinking ability and innovation ability. However, in recent years, more and more college students have been affected by learning pressure, development factors and adverse interpersonal communication. Students' mental health problems have become increasingly serious, affecting the development of higher education in China. Therefore, based on the relevant theories of behavioral psychology, this paper studies the students' physical education classroom behavior, and puts forward some suggestions on reforming college physical education, so as to promote college physical education and help students shape a positive and healthy psychology. The strategies of physical education reform in colleges and universities include innovating teaching contents, improving teaching methods, improving teachers' comprehensive quality and carrying out physical psychology teaching. The purpose is to continuously improve teaching conditions and promote students' healthy and scientific development through the research on college students' behavioral psychology.

Objective: This paper discusses the research content and function of behavioral psychology, and analyzes the current situation of college students' healthy psychology. Thus, through the study of students' behavior psychology to reform college physical education, provide important advice for the development of modern college physical education, and promote the physical and mental health development of contemporary college students.