

college Students under the combination of ideological and political education and English teaching.

**Subjects and methods:** The study randomly selected 100 college students from five colleges and universities as the research objects to participate in the experiment of the psychological impact of the combination of ideological and political education and English teaching on students. The experiment lasted for 4 months. The experiment was divided into two groups, with 250 students in each group. One group was the control group of traditional English teaching, and the other group was the experimental group of the combination of ideological and political education and English teaching. The study evaluated the psychological status of the subjects through the Symptom Checklist 90 (SCL-90) (Reply: verified and confirmed). The scale has a total of 90 evaluation items. It mainly evaluates the psychological symptoms in 10 aspects. According to the score of each evaluation item, the psychological evaluation level is divided into four levels, which are “very negative”, “relatively negative”, “relatively positive” and “very positive”. The research evaluates the effect of the experiment by comparing the results of the experiment.

**Results:** Table 1 shows the changes of the number of people in the control group and the experimental group in the evaluation of psychological symptoms during the experiment. It can be seen from Table 1 that traditional English teaching will cause students to have negative psychological symptoms, and the number of students in the negative two evaluation grades will increase with the experiment. Compared with the experimental group, in the English teaching combined with ideological and political education, the number of negative evaluations showed a decreasing trend, while the number of positive evaluations showed an increasing trend, although there were some fluctuations.

**Table 1.** Changes in the number of people assessed for psychological symptoms

Experimental grouping	Evaluation grade	Number of persons				
		Before experiment	The first month	The second month	The third month	The fourth month
Control group	Very negative	32	40	58	71	84
	More negative	78	84	92	112	132
	More active	72	96	78	51	34
	Very positive	68	30	22	16	0
Experience group	Very negative	52	48	33	12	0
	More negative	98	87	62	46	23
	More active	56	62	55	75	103
	Very positive	44	53	100	117	124

**Conclusions:** The teaching mode of combining ideological and political education with English teaching has solved the shortcomings in English teaching. It not only improves teachers’ teaching level and classroom teaching quality, but also effectively helps students cultivate positive and healthy psychological conditions, which plays an important role in the development of students’ psychological quality.

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## INNOVATION AND DEVELOPMENT OF COLLEGE STUDENTS’ IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF POSITIVE PSYCHOLOGY

Ying Jiang

*Hezhou University, Hezhou 542899, China*

**Background:** Positive psychology is a subject that pays attention to people’s psychological function. This psychology advocates that ordinary people should study how to develop better under good environmental conditions and how to give full play to people’s potential, so as to stimulate people’s own positive strength and excellent quality. Positive psychology emphasizes that everyone has unlimited potential for development, and each person’s talent has a positive effect on their own growth. The political and

ideological education of college students cannot be separated from self-regulation and control. The traditional ideological and political education unilaterally emphasizes the political function and ignores the shaping of students' healthy personality. Students' enthusiasm and initiative have not been brought into full play, which is not conducive to the all-round development of college students. Positivity is one of the inherent basic qualities of human beings. Every individual has a deep pursuit of life and life. In the survey of college students' self-control thoughts, it is found that contemporary college students' thoughts have changed to varying degrees. Colleges and universities should be good at guiding college students to improve their self-awareness, and focus on mining and cultivating their inherent positive qualities. In positive psychology, people's experience is one of the important directions of its research. Positive psychology believes that there is a certain connection between social background and people's positive quality, and people's quality and behavior should be included in the social system for measurement. Social relations, cultural norms and family factors have a great impact on people's development. A good social environment, positive social activities and organizations can promote the establishment of positive qualities. Therefore, we must comprehensively optimize the environment of ideological and political education and form a strong joint force of ideological and political education for college students. Ideological and political education focuses on moral education, so as to improve people's ideological quality and moral consciousness. Mental health education focuses on the education of the mind, so as to improve the psychological quality. The two interact and penetrate each other. It is a powerful force for the all-round development of college students to guide the ideological and political education of college students with the scientific knowledge of positive psychology and make them fit each other.

**Objective:** Apply the research results of positive psychology to the ideological and political education of college students, enhance the positive experience of college students in the ideological and political education, tap the positive qualities of college students, enhance the effectiveness of education, optimize the ideological and political education environment, and promote the combination of the two, with the purpose of improving the all-round development of college students.

**Table 1.** The effect of ideological and political education on college students' psychology under the intervention of positive psychology

Experimental grouping	Evaluation grade	Number of persons			
		The first month	The second month	The third month	The fourth month
Control group	Negative psychology	28	43	57	68
	More positive psychology	32	24	16	7
	Positive psychology	15	8	2	0
Experience group A	Negative psychology	32	28	17	3
	More positive psychology	39	31	25	21
	Positive psychology	4	16	33	51
Experience group B	Negative psychology	37	25	12	5
	More positive psychology	30	33	33	16
	Positive psychology	8	17	30	54
Experience group C	Negative psychology	30	32	15	5
	More positive psychology	38	24	28	10
	Positive psychology	7	19	32	60

**Subjects and methods:** The study randomly selected 75 college students from four universities to participate in the experiment of the psychological impact of ideological and political education on college students under the intervention of positive psychology. The experimental period was 4 months. The experiment was divided into 4 groups, with 75 students in each group. One group was the control group of traditional ideological and political teaching, and the remaining three groups were experimental groups. Group an enhanced positive experience in ideological and political education. Group B focused on exploring the positive qualities of college students in ideological and political education. Group C optimized the ideological and political education system through positive psychology. The study was evaluated by the self-made positive psychological evaluation scale. The self-made positive psychological evaluation scale contains 25 evaluation items. Each evaluation item is set with 1-4 points according to the four ABCD options.

The total evaluation score of the scale is 100 points. The final score is obtained by summing the scores of all items. The evaluation level is divided into three levels according to the scores, of which the range of 25 to 60 points is “negative psychology”, the range of 60 to 80 points is “more positive psychology”, and the range of 80 to 100 points is “positive psychology”. The experimental results were analyzed by SPSS25.0 statistical software.

**Results:** The results of the psychological impact of ideological and political education on college students under the intervention of positive psychology are shown in Table 1. It can be seen from Table 1 that in the control group, after the traditional ideological and political teaching mode, the number of people evaluated as “negative psychology” increased with the progress of the experiment, and the number of people in the positive items showed a decreasing trend. After positive psychological intervention, the proportion of the three experimental groups evaluated as positive psychology showed an increasing trend.

**Conclusions:** The ideological and political education from the perspective of positive psychology can overcome the problems existing in the traditional ideological and political education, promote the innovation of ideological and political education, speed up the development of ideological and political education, effectively help college students cultivate a positive psychological state and improve their psychological quality.

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## THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON THE POSITIVE PSYCHOLOGY OF COLLEGE STUDENTS UNDER THE NEW MEDIA ENVIRONMENT

Yongfu Zhu & Liangyan Lei\*

*Minnan University of Science and Technology, Shishi 362700, China*

**Background:** Educational psychology is one of the branches of psychology. Human learning, teaching psychology and the effect of educational intervention under educational circumstances are the research contents of educational psychology. Educational psychology can be used in curriculum design, improving teaching methods, promoting students’ learning motivation and helping students overcome the difficulties they face in the process of learning and growth. Educational psychology is closely related to the basic theories of general psychology and has its own characteristics. It helps students develop morally, intellectually, physically and aesthetically. With the help of the guidance of educational psychology, it deeply finds out and understands the changes and development laws of students’ physiology and psychology, and provides a scientific psychological basis for the training objectives at a certain stage. Through educational psychology, the new media and ideological and political education in colleges and universities are deeply integrated to realize the sharing of high-quality educational resources, realize personalized teaching for different types of students, and meet the students’ independent choice.

Ideological and political education mainly cultivates students’ correct ideas and noble moral qualities, and plays an important role in cultivating students’ healthy psychology. At present, there are many problems in the classroom teaching of ideological and political education. For example, the teaching mode in the classroom of ideological and political education is too single and the classroom is boring, which cannot improve students’ learning interest and motivation. Therefore, it can make new media intervene in ideological and political education, stimulate students’ interest in ideological and political education, strengthen the reform of ideological and political education system in colleges and universities, and give full play to the value of ideological and political courses. Provide rich teaching models through new media means, and continuously explore the unlimited possibilities of new media in ideological and political education. Collect high-quality ideological and political education resources provided by the society and institutions, integrate them with new media as a link, and build a personalized ideological and political education system. As an innovative element, the new media industry is not perfect in the construction of ideological and political education, and it has not given full play to the social value of ideological education. At the same time, the intervention of new media is also the direction of the development of ideological and political education.

**Objective:** Under the influence of western culture, the ideology and values of most college students in China have changed to a certain extent, and the ideological and political education has been the focus of the society. However, there are many problems in the ideological and political education in colleges and universities, and its value has not been brought into play. The research aims to design a curriculum integrating new media and ideological and political education through the theoretical basis of educational