

foreign friends and the development trend of internationalization, such as regional places of modern tea culture. The combination of traditional tea culture in modern environmental art design is not only the main form to improve artistic taste at this stage, but also needs to be harmonious with the streets under the influence of art thinking, so as to maintain the unity of visual experience and the whole.

Table 1. The effect of traditional tea culture on students' positive psychology

Group	College 1	College 2	College 3
Blank group	82.0	81.0	82.0
Experimental group L	83.0	82.0	83.0
Experimental group M	84.0	81.0	84.0
Experimental group N	81.0	83.0	85.0

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INFLUENCE OF COLLEGE IDEOLOGICAL AND POLITICAL EDUCATION BASED ON BIG DATA POSITIVE PSYCHOLOGY ON STUDENTS' MENTAL HEALTH

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Background: The theory of positive psychology is an important branch of psychological theory. Its development prospects in education, medical treatment, health care, finance and many other fields are highly valued by people. In 2022, the psychological trend report of the American psychological association pointed out that psychological science represented by positive psychology is playing an increasingly important role in a challenging field in the world. Positive psychology theory plays a very important role in solving human behavior and influence, especially in health, work and other issues. With the continuous development and maturity of big data technology, the construction of big data positive psychology system is of great significance, which can help school teachers intervene and prevent the mental health problems of college students. Psychological big data technology provides tool chain and data chain support for school teachers through comprehensive, accurate and diversified data dimensions. Sukhomlinsky educational scholars of the former Soviet Union believe that an excellent teacher needs not only an excellent educator, but also a professional psychologist.

Under the situation that students' anxiety, negativity and other psychological problems continue to appear, college ideological and political education under big data technology, as an important course, should be paid attention to. It not only serves as a platform for providing teaching resources, but also needs to give full play to the role of big data technology in improving teaching quality, promoting educational fairness and innovating teaching methods. Ideological and political education should take serving students, caring for students and centering on students as the fundamental task, and the realization path includes innovating according to the situation, advancing according to the times and changing according to the events. The significance of ideological and political education in colleges and universities under the theory of big data positive psychology is mainly reflected in the following four aspects: understanding students' ideological trends and leading ideological progress. Carry out preventive education to get the first chance of education. Deepen educational achievements and increase the period of validity of education. The problems of ideological and political education in the era of big data at this stage are as follows, ignoring the negative impact of ideological and political education and moral loss on psychological development in the era of big data. To solve these problems, the innovation paths of ideological and political education in colleges and universities combined with big data positive psychology are as follows, including team building innovation, working method innovation, data thinking innovation, and work carrier innovation.

Objective: Analyze the role of the innovative path of ideological and political education in colleges and universities combined with big data positive psychology on students' mental health, aiming to improve students' mental health and help them adapt to the complex and changeable society.

Subjects and methods: The study selected 500 students as the research objects, and divided them into blank group and observation group according to whether the new ideological and political education mode is adopted. The observation group is divided into four groups: team building innovation group, working method innovation group, data thinking innovation group and work carrier innovation group. The number of students in each group is 100, and the test period is 3 months. The evaluation indicators of the effect of the innovation path of ideological and political education in colleges and universities combined with the positive psychology of big data on students' mental health are anxiety and fear, which are evaluated through the 0-10 grade score. The higher the score, the more obvious the improvement effect. The research gives the corresponding weights to the two indicators according to the expert grading method, and takes the final calculation result as the final result.

Results: Table 1 refers to the improvement of mental health problems of the five groups of students three months after the implementation of ideological and political education. The mental health problems of students in the blank group were slightly relieved, while the mental health problems of students in different observation groups were greatly improved. Therefore, the innovative path of ideological and political education in colleges and universities combined with big data positive psychology can intervene the psychological problems of students.

Table 1. Three months after the implementation of ideological and political education, the improvement of mental health problems of five groups of students

Group	Anxious	Fear
Blank group	3	2
Observation group A	7	8
Observation group B	6	8
Observation group C	7	8
Observation group D	7	9

Conclusions: College students are facing more and more social pressure, school pressure and family pressure. They are prone to anxiety, tension and other negative emotions, which is extremely detrimental to their healthy growth. The four innovative paths of ideological and political education in colleges and universities combined with big data positive psychology can improve students' anxiety and fear. Teachers can use the corresponding innovative ways to carry out teaching work and help students overcome their own psychological problems.

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DISCUSSION ON THE APPLICATION OF POSITIVE PSYCHOLOGY THEORY IN PHYSICAL EDUCATION TEACHING

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Background: As one of the important branches of psychology, positive psychology is essentially a science dedicated to the study of the vitality and virtue of ordinary people. It advocates the study of human positive qualities, fully tap the inherent potential constructive power of people, promote the development of individuals and society, and make people happy. Positive psychology believes that people should develop and live under good conditions, in which people's emotional nature has a good correlation with individual psychological state to a certain extent. It believes that the research focus should be on stimulating people's internal positive strength and excellent quality. The study and intervention of positive psychology can effectively help individuals to adjust their negative emotions and guide their internal psychological value, so that they can be confident and positive about life and themselves. Individual differences and the variability of psychological characteristics make individuals show different emotional characteristics when they suffer from external stimulation and interference. Among them, college students' psychological status and emotional adjustment ability are vulnerable to fluctuations caused by the influence of external things and objective incorrect evaluation. The increase of psychological pressure and the difference of their own cognitive ability aggravate students' negative emotions. In serious cases, it can also cause psychological problems and negative emotional states. This negative emotional state will have a bad psychological implication on the individual's psychological status, and then have a great impact on their life and learning,