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ANALYSIS ON THE INFLUENCE OF INNOVATIVE MANAGEMENT MODE OF HIGHER EDUCATION AND TEACHING ON THE DEVELOPMENT OF COLLEGE STUDENTS' MENTAL HEALTH FROM THE PERSPECTIVE OF SCHOOL ENTERPRISE COOPERATION

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Background: Today's high-quality talents need not only the necessary intelligence and ability, but also the healthy psychological quality. In recent years, some scholars have found that the mental health of college students is not optimistic, such as poor self-discipline, unclear self-awareness, weak sense of responsibility, lack of understanding of life and learning, etc. It is not only the task of psychological workers, but also the bounden duty of ideological and political workers to make college students get rid of psychological difficulties, restore psychological balance, and enhance their ability to adapt to the environment and bear setbacks. The mental health education mode adopted by colleges and universities is mainly to set up mental health courses and psychological counseling for college students. At present, many colleges and universities directly equate mental health courses with mental health education, which leads to a narrow way of innovation in the mode of mental health education in colleges and universities. From the perspective of mental health courses in colleges and universities, the content taught in each school is too single and the form is similar. Without appropriate adjustment according to the differences of college students, the educational purpose cannot be achieved. How to make use of the interrelated characteristics of mental health education and ideological and political work, integrate mental health education and psychological counseling into ideological and political work, and create a new idea and direction of ideological and political work, so as to make the ideological and political work in colleges and universities more scientific, has become an important issue for ideological and political workers to ponder. At present, some domestic colleges and universities implement the "order type" school running mode of school enterprise cooperation, strengthen the education of professional quality and employability, and implement academic education and professional qualification certification education. However, the psychology of college students is not yet fully mature, and they do not fully cooperate with the rules and regulations of enterprises, which also increases the employment risk of enterprises. In addition, the unclear division of responsibilities between enterprises and universities will also lead to insufficient depth of school enterprise cooperation. The teaching and management methods based on this require that college students should have the same professional psychological quality and employment psychological quality. Therefore, the psychological training and strengthening work in this area is bound to become the focus of ideological and political work. The discussion on the psychological health education in ideological and political work theoretically requires us to dig deeper into the causes of the problems. Practical problems require us to explore more targeted and effective solutions and improvement measures, and finally make the psychological status of college students more adapt to the development of society.

Objective: In order to improve the effect of college students' mental health education model, the innovation of college students' mental health education model under the background of school enterprise cooperation was studied. This study puts forward the innovative ways of college students' mental health education mode under the background of school enterprise cooperation. On the premise of giving play to the guiding role of the government, taking broadening the depth of school enterprise cooperation as the means, and taking the use of culture to infiltrate college students' mental health education as the goal, in order to achieve the purpose of innovating college students' mental health education mode, and aims to explore the impact of college education and teaching innovation management mode on the development of college students' mental health from the perspective of school enterprise cooperation.

Subjects and methods: This research adopt the innovative management mode of education and teaching in colleges and universities from the perspective of school enterprise cooperation, adopts the stratified cluster random sampling method, and randomly selects 200 graduating students from 6 colleges and universities in a certain area to analyze the influencing factors of college students' mental health. Before and after the application of the teaching mode, the students' mental health status was evaluated by the Symptom Checklist 90 (SCL-90). The scale has 90 self-assessment items, including feeling, thinking, emotion, will, behavior, interpersonal relationship, diet and other contents. The test factors include 10 subscales, including body, obsessive-compulsive symptoms, depression, anxiety, psychoticism, etc. Through the 5-level

scoring method, 1 point: none; 2 points: mild; 3 points: moderate; 4 points: fairly heavy; 5 points: serious. The higher the score, the lower the level of mental health. The number of positive items and positive items were determined by the reference standard of common screening symptoms (total score ≥ 160 , factor score ≥ 2).

Results: The total average score of college students' SCL-90 is shown in Table 1. It can be seen from Table 1 that all college students and different genders have > 2 points in the total average score of SCL-90, so college students have not reached the grade of mild symptoms. Therefore, the above scores are not used as the indicators to identify whether the subjects may have psychological symptoms, but the detection rate with the total average score and each factor score ≥ 3 as the standard is used to show the proportion of all college students who may have psychological symptoms, that is, the relatively reverse mental health level.

Table 1. SCL-90 scores of college students majoring in physical education ($\bar{x} \pm s$)

Project	Gender		Overall
	Male	Female	
Total average	1.56 \pm 0.43	1.62 \pm 0.45	1.58 \pm 0.44

Conclusions: This paper puts forward the concrete and feasible methods for the innovation of college students' mental health education mode under the background of school enterprise cooperation, and provides a new idea for the mental health education mode in colleges and universities. However, the research on the innovative ways of educational model is not thorough enough, and it will be further studied and improved in the future. The results show that all college students and different genders have > 2 points in the total average score of SCL-90, so college students have not reached the grade of mild symptoms.

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RESEARCH ON THE INFLUENCE OF ART TEACHING REFORM IN COLLEGES AND UNIVERSITIES ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE

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Background: With the rapid development of society, the competition for talents has become more and more fierce, and the psychological confusion and maladjustment of individuals have become increasingly serious. For young college students, mental health has become a global public health problem. College students are a special group. Most of them are between 17 and 20 years old. They are in adolescence, which is a key period in the process of personal growth and development. They have basically reached maturity in physiology and psychology. At this time, their self-awareness is highly developed, and they show a strong demand for autonomy in cognition, behavior, emotion and moral evaluation. However, some students suffer from psychological problems such as anxiety, decadence, inferiority complex, rebellion, weariness of learning, lack of self-confidence, poor self-discipline, high psychological pressure and weak emotional self-control due to poor college entrance examination scores, prominent family contradictions and poor social identity. If they are not properly guided in time, they may fall into a helpless swamp, and even lead to psychological obstacles such as depression, paranoia or autism, what's more, it may lead to illegal, antisocial and suicide consequences. Therefore, how to cultivate high-quality talents with outstanding skills and healthy body and mind, and how to strengthen the mental health education of college students are the urgent issues to be solved in the current college education. With the deepening of educational reform, China's educational system has gradually changed from examination-oriented education to quality education. As we all know, art education is an important part of quality education and one of the disciplines that most respect the nature of students. In many disciplines, art has the characteristics of combining theory with practice. Through the exploration and appreciation of art works, the discipline expresses personal feelings, and feels happy and free in the free painting of individuals or groups, so as to reduce psychological pressure and trouble, show individual achievements and values, and to a certain extent, it can effectively promote students to form a healthy psychological state, exercise their creative thinking ability and shape their sound personality. Based on the art curriculum standards of colleges and universities, based on the core quality of the art discipline, and integrating the technical means of art psychotherapy, the university intervenes the psychology of college students, reverses the passive state of the school as a psychological facilitator, occupies a leading position in guiding students' psychological problems, and plays