

the experiment, and then invites the research object to participate in the training activities of artistic expression. The activities include the learning of art guidance courses, the guidance of professional teachers and the positive affirmation training of psychological value. The experimental time is four weeks. During the experiment, data were collected with the help of mental health test scale.

Results: The improvement of piano performance art expressiveness can show students' affirmation of their own professional ability and level, and the positive feedback they receive will provide positive and positive implications for students' psychological evaluation, which will greatly improve their overall mental health and increase their psychological endurance of external nonobjective evaluation. Table 1 shows the percentage and score statistics of students' anxiety level.

Table 1. The proportion and score statistics of students' anxiety level

Anxiety level	Proportion of total (%)	Anxiety scale score
First degree anxiety	20	3.27
Moderate anxiety	56	3.62
High anxiety	24	3.29

Conclusions: There is a direct relationship between the professional ability of art and the individual's temperament and confidence. The evaluation of external others will directly affect the psychological state and psychological quality of performance majors. Therefore, improving students' performance art ability can effectively help them objectively and comprehensively view their professional ability, reduce the psychological problems and negative emotions caused by wishful thinking, and promote the improvement of their overall quality.

* * * * *

THE INFLUENCE OF TENNIS TRAINING TEACHING BASED ON FLIPPED CLASSROOM ON STUDENTS' POSITIVE PSYCHOLOGY

Siqi Mi

College of Physical Education and Health, Aba Teachers University, Wenchuan 623002, China

Background: Positive psychology is one of the important branches of psychology, which advocates the study of people's positive qualities and their good morality, and is committed to tapping people's inherent potential and creativity. Promote the development and happiness of individual physical and mental health. Most scholars apply positive psychology to other fields, and make a horizontal comparison with psychology, and find that it pays more attention to the value attributes and emotional changes within individuals. The study of positive psychology can effectively intervene the individual's psychological status, help them adjust and alleviate their negative emotions and psychological problems, and enable them to face life and study in a positive psychological state. Different individuals have different psychological states when dealing with and facing unified negative events because of their uniqueness and differences, and the degree of positive psychological intervention that different individuals receive varies from person to person. Positive and positive psychological state can make individuals keep optimistic and hope all the time, and any difficulty cannot attack their enthusiasm. The negative psychological state will make individuals easy to fall into the negative emotional trap, and they are more likely to be affected by external things and non-objective evaluation and doubt their own value. Due to the limitations of physical and mental development, the differences of cognitive structure, the aggravation of psychological pressure and the one-sidedness of self-evaluation, college students are more likely to have negative emotions and psychological problems in their life and study. As the main activity of college students, the health of their mental state is directly related to their learning psychology. Active learning psychology can effectively help students achieve ideal learning results and produce a virtuous cycle of positive feedback. Negative learning psychology will make students lose their enthusiasm and initiative in teaching activities. There is a direct relationship between the quality of classroom teaching and students' psychology. Various and targeted teaching activities of tennis training in colleges and universities can effectively play the intervention role of physical education in students' mental health, but the single solidification of the original tennis teaching activities makes its teaching effect difficult to play. Therefore, the research aims to improve tennis training activities through the introduction of flipped classroom teaching mode, and explore its impact mechanism

on students' positive learning psychology, in order to achieve the adjustment of students' mental health and the positive intervention of learning psychology.

Subjects and methods: The research take the students participating in tennis training in a university as the research object. Firstly, the basic information about the learning psychology and learning difficulties of the research object is collected, and then the flipped classroom teaching mode is added to the original tennis training activities to effectively ensure the students' autonomy in the training activities and realize the improvement of the training and teaching activities. During the four-week experiment, the subjects adopted different teaching and training modes. The psychological data of the subjects during the experiment were collected with the psychological emotion scale and the General Well-Being schedule (GWB), and the data before the experiment were compared and analyzed. With the help of statistical analysis tools, the experimental results were collated and analyzed. The experimental process data were compared by *t*-test, and the difference was statistically significant with $P < 0.05$ or $P < 0.01$, so as to obtain the experimental results.

Results: Positive psychology is one of the most important psychological factors that affect students' participation in classroom teaching activities, and it is also one of the important conditions to ensure good teaching results for a long time. Applying flipped classroom to tennis training activities can give students learning autonomy to the greatest extent. The positive feedback students get in the classroom can enhance their learning confidence and sense of learning efficacy, and then form a positive learning psychology. Table 1 shows the statistics of positive psychological scores of the subjects before and after the experiment.

Table 1. The subjects' positive psychological scores before and after the experiment

Intervention time	Optimistic	Positive
Before experiment	12.25±1.37	23.47±2.07
After experiment	23.47±2.07	24.59±2.62

Conclusions: Positive psychology has an important direct correlation with students' mental health. Flipped classroom has effectively changed the role orientation of the teacher centered teaching classroom, so that students have more opportunities to understand their own intrinsic value and learning ability. Positive teaching positive feedback and results can improve students' learning positive psychology and achieve the improvement of mental health.

Acknowledgement: The research is supported by: National Infant Sports Development Research Center of Chengdu University in 2022: "Research on the Enlightenment Training Mode of Children's Paddle Tennis" (No. YETY2022B08); Sichuan Sports Industry and Public Service Research Center in 2020: "Research on the Offensive of Fashion Sports Industry in Sichuan Province Based on Sociological Analysis" (No. SCTY2020ZC03).

* * * * *

THE ROLE OF THE INHERITANCE PATH OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO RED CULTURE IN THE IMPROVEMENT OF COLLEGE STUDENTS' VALUES

Jing Su

Qujing Normal University, Qujing 655011, China

Background: Red culture refers to an advanced culture guided by Marxism, which was cast by the Chinese people under the leadership of the Communist Party of China in order to achieve national independence, national liberation and people's happiness during the revolutionary war. Red culture is an important resource of ideological and political education for college students. The revolutionary spirit and belief tradition contained in red culture is an important nutrient for cultivating college students' ideological beliefs and guiding life planning. It has important theoretical and practical value for ideological and political education. It is undoubtedly of great theoretical and practical significance to integrate the red culture into the ideological and political education of college students, arm their minds, nourish their spirits, and enrich their lives with the red culture, so as to baptize their thoughts, strengthen their ideals and beliefs, and constantly improve their moral realm, so as to become a new person of the times who is responsible for the rejuvenation of the nation. One of the main teaching objectives of the ideological and political education class is to guide the construction of college students' values and the enrichment of their