

positive psychological experience of school students has been significantly improved. The improvement rate of happiness, happiness, optimism and hope is 81.0%-86.0%. Safety, environmental protection and other issues are receiving more and more attention and research. The school needs to constantly integrate national current affairs cases into the professional teaching process, enrich the teaching resource pool, and stimulate students' interest in learning, pride and recognition of professional practicality.

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

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Background: As more and more college students drop out of school due to psychological problems, and even suicide, murder and other abnormal or malignant events continue to occur frequently, students' psychology needs to be highly concerned by experts and scholars. Experts believe that there are many reasons for the mental health problems of college students, among which interpersonal communication ranks first, but the harm caused by sex and love is the most serious. First of all, in terms of interpersonal communication, most of today's college students are only children. Their life is reasonably arranged by their parents, and their learning process is also very smooth, so they rarely experience setbacks and exercise, so their ability to live independently is very poor. Because of the gap between school life and dreams, as well as the difference in everyone's life, it is easy to lead to their psychological instability. Then, in terms of sex and love, the open campus makes sex and love an important topic in college life. Some students find it difficult to master themselves. If there are problems, they may go to extremes. Secondly, many college students want to relax a little after entering the university. When the former top students come together, some students do not have the advantages of the past, and the learning pressure increases, which is easy to cause problems in their learning. According to the survey, the learning pressure of science students is more prominent than that of liberal arts students. Finally, the severe employment situation has brought new pressure to college students.

Under the background of widespread psychological problems among college students, the reform mode of financial teaching needs to be adjusted and optimized in time. The key of financial teaching reform mode and innovation lies in the following: on the one hand, it is the integration and innovation of teaching content. First of all, it is necessary to present the latest development trend of accounting standards at home and abroad in the form of course teaching to ensure the frontier of students' knowledge system. Secondly, typical cases with timeliness are added to the teaching content to guide students to complete the teaching case analysis through offline or online communication. Finally, it is necessary to introduce the latest research trends of financial accounting into the teaching of relevant contents of the course, select the appropriate literature to complete the literature review guidance, and cultivate students' own scientific research ability. On the other hand, it is to change the main body and focus of teaching, which is reflected in the extension of the focus of teaching to the formal teaching of the course. The main body of teaching has changed from teachers to students. In teaching, teachers play a role in guiding students' active learning and thinking, creating a good atmosphere conducive to students' learning, guiding and organizing students to complete discussions and take notes. Students become the main body of the whole teaching activities, and the classroom is dominated by discussion and discovery. Students can improve their learning enthusiasm and self-study ability. The third is to enrich and expand students' after-school evaluation procedures, which is specifically reflected in the expansion of course teaching to follow-up evaluation. Enrich the follow-up evaluation methods.

Objective: This paper analyzes the problems of college students' learning mental health, puts forward the financial teaching reform mode under this premise, and explores the new financial teaching reform mode to alleviate the students' mental health problems.

Subjects and method: 100 college students with different degrees of psychological problems in 5 colleges and universities in a province were selected to analyze their psychological problems. According to the digital random grouping method, they were divided into blank group and observation group. The blank group adopted the common financial teaching method, while the observation group adopted the new financial teaching reform mode. The test cycle lasted for 6 months. The mental health status of patients

was analyzed by Particle Swarm Optimization (PSO) single algorithm and evaluated. The evaluation contents of mental health level are anxiety and depression, and the evaluation index is the improvement rate. The score range is 0-50. The higher the score, the more serious the mental health problem. In order to ensure the authenticity and reliability of the research results, the average value of the two psychological problems of all subjects was taken as the final result. After the test, the study completed the data analysis through the latest statistical analysis software of PEMS.

Results: Table 1 refers to the improvement rate of students in the observation group in this experimental cycle. With the increase of the implementation time of the new financial teaching reform mode, students' psychological problems have been greatly relieved, but the degree of anxiety relief in the observation group is more obvious. This shows that the financial reform teaching model can greatly improve the anxiety of college students in the learning process.

Table 1. Improvement rate of students in the observation group in this experimental cycle

Index	Before	After 1month	After 3 months	After 6 months
Anxious	87.0	70.0	52.0	31.0
Depressed	86.0	74.0	68.0	57.0
Average	86.5	72.0	60.0	44.0

Conclusions: The teaching mode of financial reform in colleges and universities has an ideal effect on alleviating college students' psychological anxiety. It can significantly reduce students' learning anxiety and improve students' ability to deal with and solve uncertain problems. The research can apply the proposed teaching mode of financial reform in colleges and universities to the teaching work in other colleges and universities, so as to reduce the anxiety of students of related majors, and promote the improvement of students' professional knowledge, skills and mental health.

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RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL CONSTRUCTION OF SPORTS DANCE COURSE ON COLLEGE STUDENTS' MENTAL HEALTH UNDER THE MIXED TEACHING MODE

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Background: Mental health is a very broad concept, which shows a very good state of internal and external regulation at the macro level. It involves not only the stability of the internal environment, but also the dynamic adaptability of the external environment. For people with different life cycles, mental health standards have certain heterogeneity, but this difference is quite different. As a seemingly relaxed group, college students are actually under great pressure. As more and more college students drop out of school due to psychological problems, even abnormal or malignant events such as suicide and murder are reported in newspapers from time to time. The psychological problems of college students can generally be divided into two categories: one is the general growth psychological problems, which generally have psychological barriers but are not serious, and are the main psychological problems of college students; Second, there are different degrees of psychological barriers. Students' psychological problems in the process of growth involve environmental changes and psychological adaptation, psychological problems caused by improper learning psychological adjustment, psychological and behavioral deviations caused by relatively unreasonable ability of emotion control, self-cognition and self-evaluation, as well as personality development and will quality training in interpersonal communication, love and sexual psychology.

With the increase of students' psychological problems, college physical education curriculum needs to be reformed in the new era. The characteristics of the online and offline mixed teaching mode are as follows: the transformation of teachers' roles and the difference in the division of labor in classroom teaching. The meaning of ideological and political education of sports dance course is as follows. College sports courses need to form a coordination effect with ideological and political peers, and build a new pattern of educating people in the whole course, the whole process and the whole staff. Its essence is to cultivate people by virtue, organically combine education and talent cultivation, pay attention to the learning and inheritance of traditional culture, and shape and influence students' values, outlooks on life and the world, and guide students to form positive cultural, historical, national and national outlooks, and then cultivate