



Figure 1. Scores of the two groups of students' anxiety rating scale

Conclusions: In colleges and universities, students are prone to anxiety. Moderate anxiety can help students face up to pressure, but excessive anxiety will harm students' physical and mental health. Based on the psychological theory, this paper analyzes the anxiety factors of college students, and puts forward that calligraphy art appreciation in the Wei and Jin Dynasties should be used to alleviate the anxiety of students. The results showed that after the experiment, the score of the anxiety rating scale of the students in the research group was significantly lower than that of the students in the control group. The above results show that calligraphy art appreciation in the Wei and Jin dynasties can effectively release students' negative emotions, alleviate students' anxiety, and promote students' mental health development.

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RATIONAL AND AESTHETIC RESEARCH ON THE APPLICATION OF COLOR PATTERNS OF NORTHERN MINORITIES FROM THE PERSPECTIVE OF COLOR PSYCHOLOGY

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Background: In the process of social and economic development, the pace of life is speeding up and social competition is fierce. Most modern people have too much psychological pressure and have psychological diseases of varying degrees. To relieve the psychological pressure of modern people and improve their psychological quality and mental health has become a hot topic in the current society and also a hot research topic in the academic circles. In order to find an economic, convenient and effective way to relieve psychological stress, some scholars have proposed the intervention of art visual therapy. This method is based on art design works, and interacts with the audience through the shape, color, structure and expression of art design works, so as to have a certain impact on the physiology and psychology of the audience and alleviate the psychological pressure of the audience. Color psychology is a branch of psychology, which mainly studies the influence of color on individual perception, emotion and thought in natural appreciation and social activities. In color psychology, each color can produce different psychological effects on the audience in different designs. For example, green represents life and hope, red represents enthusiasm and passion, blue represents melancholy, purple represents elegance, yellow represents dignity, etc. Therefore, through the color design of the works, we can give the audience different psychological experience. In addition to the research on the mechanism and effect of color on audience psychology, color psychology also discusses the reactions of different audiences to color. For example: the psychological feelings of people of different occupations on a certain color design, the psychological feelings of people of different ages on a certain color design, etc. Through the in-depth research and analysis of color psychology, it can help designers to create

targeted works for specific audience groups, and form a spiritual resonance with the audience through the works, so as to help the audience release emotional and psychological pressure and alleviate the negative psychology of the audience. In the application of color patterns of northern ethnic minorities, color is an important way to express national culture, humanistic atmosphere and customs. It can more directly and warmly express the emotions contained in the works, give the audience a stronger visual impact, and release the psychological pressure of the audience. Therefore, based on the color psychology, the study analyzes the rationality and aesthetics of the application of the color patterns of the northern ethnic minorities, and according to the analysis results, applies the color patterns of the northern ethnic minorities to relieve the psychological pressure of modern people, hoping to find an economic, convenient and effective method to relieve the psychological pressure.

Objective: In the process of social and economic development, the pace of life is speeding up and social competition is fierce. Most modern people have too much psychological pressure and have psychological diseases of varying degrees. Based on color psychology, the study analyzes the rationality and aesthetics of the application of color patterns of northern ethnic minorities, and according to the analysis results, applies the color patterns of northern ethnic minorities to the relief of modern people's psychological pressure, hoping to find an economic, convenient and effective psychological pressure relief method.

Subjects and methods: 120 urban residents who thought they were under great psychological pressure were selected as the research objects. After obtaining the consent of all subjects, 120 subjects were divided into two groups by drawing lots, namely group 1 and group 2. After their work and study, the subjects in group 1 appreciated and understood ten groups of color patterns of northern minorities, and recorded their feelings about the color patterns of northern minorities. The subjects in group 2 did not intervene. The psychological stress assessment scale for modern people (PSAs) was used to measure the changes of psychological stress in the two groups. The modern psychological stress assessment scale includes anxiety, depression, irritability, fatigue and other items, and the score of each item is between 1 and 5. The higher the score, the greater the psychological pressure of the subjects.

Results: At the end of the experiment, the changes of psychological stress of the two groups were measured by the modern psychological stress assessment scale. The results were as follows: before the experiment, there was no significant difference in the scores of the two groups. After the experiment, the scores of the modern people's psychological stress assessment scale of the subjects in group 1 decreased significantly, while the scores of the modern people's psychological stress assessment scale of the subjects in group 2 did not change significantly. After the experiment, the scores of the modern psychological stress assessment scale of the subjects in group 1 were significantly lower than those in group 2. Table 1 shows the changes of psychological stress of the two groups of subjects.

Table 1. Changes in psychological stress of subjects in the two groups

Project	Project score		P	
	Group 1	Group 2		
Before experiment	Anxiety	4.0	4.2	>0.05
	Depression	3.9	3.8	>0.05
	Fidgety	4.7	4.2	>0.05
	Tired out	3.6	3.9	>0.05
After experiment	Anxiety	1.4	4.3	<0.05
	Depression	2.1	3.7	<0.05
	Fidgety	1.7	3.8	<0.05
	Tired out	1.2	4.0	<0.05

Conclusions: To relieve the psychological pressure of modern people and improve their psychological quality and mental health has become a hot topic in the current society and also a hot research topic in the academic circles. Based on color psychology, the study analyzes the rationality and aesthetics of the application of color patterns of northern ethnic minorities, and according to the analysis results, applies the color patterns of northern ethnic minorities to the relief of modern people's psychological pressure, hoping to find an economic, convenient and effective psychological pressure relief method. The results showed that there was no significant difference between the two groups before the experiment. After the experiment, the scores of the modern people's psychological stress assessment scale of the subjects in group 1 decreased significantly, while the scores of the modern people's psychological stress assessment scale of the subjects in group 2 did not change significantly. After the experiment, the scores of the modern psychological stress assessment scale of the subjects in group 1 were significantly lower than those in group 2. The results show

that the color patterns of northern minorities can effectively alleviate the psychological pressure of modern people.

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

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Background: In recent years, China has paid more and more attention to the development of higher education, the number of college students is also gradually increasing, and students' mental health problems are also gradually paid attention to. The psychological problems of college students are not only the students' own problems, but also the problems existing in the process of psychological teaching curriculum, which has also attracted the attention of all walks of life. Taking general courses and professional courses as the carrier, the course ideological politics gradually strengthens the design of teaching scenes and teaching activities, imperceptibly integrates the ideological education work and discipline construction in colleges and universities, so as to gradually achieve the goal of teaching and educating people. The most prominent feature of the course is its integration, that is, it can organically combine the contents of Ideological and political education and subject education, so as to fully reflect the significance of life education and value guidance in the teaching process. By strengthening the reform of mental health education and Integrating Ideological and political education into general courses and professional courses, college students can receive social positive energy in the process of learning psychological knowledge. The course of Ideological and political education is to carry out ideological and political education in the process of professional teaching, so as to cultivate modern professionals with sound personality and high ideological and moral level.

From the perspective of ideological and political education in the curriculum, colleges and universities should gradually integrate the content of Ideological and political education into their teaching, promote positive energy, gradually strengthen the integration of theoretical knowledge and practical teaching through the mixed teaching mode, so that students can learn by doing while learning, so that students can understand the relevant knowledge of mental health, cultivate students' professional ability, and pay more attention to the optimization of teaching objectives in the mixed teaching mode of general education. In particular, from the perspective of Ideological and political education, the general education course should integrate Marxist thought, integrate morality and occupation, legal quality, socialist core values and other contents into the teaching, and reform and innovate the existing teaching contents. The mixed teaching mode of mental health education course under the ideological and political concept of the curriculum needs to be consistent with the living conditions of college students. Through the task driven way, based on the subjective thoughts of college students, it is necessary to cultivate the psychological knowledge and practical ability of college students, so as to improve the psychological quality of college students and realize the unity of theory and practice. In the specific operation, teachers should set up reasonable projects and scenarios, organize college students to complete tasks based on teams, make them truly understand mental health knowledge in this process, and deepen their understanding through practical operation, so as to achieve the goal of integrating knowledge and quality training, and improve the application ability of college students' mental health knowledge.

Objective: At present, strengthening the ideological and political education in the curriculum is the general direction of the ideological and political construction in colleges and universities. Domestic colleges and universities have begun to try to integrate the psychological curriculum teaching of the ideological and political education in the curriculum, so as to improve the teaching effect and implement the fundamental task of building morality and cultivating people. Therefore, this study aims to explore the impact of