

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.

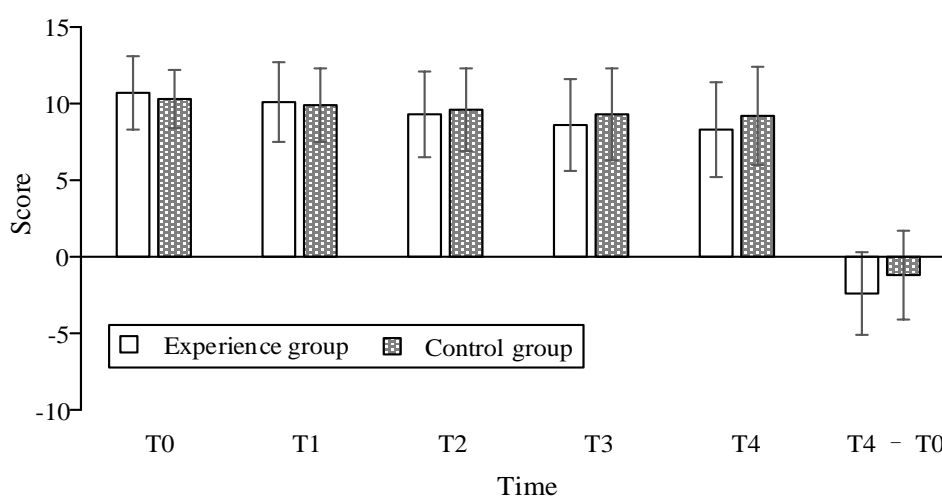
From the perspective of ideological and political education in the curriculum, colleges and universities should gradually integrate the content of Ideological and political education into their teaching, promote positive energy, gradually strengthen the integration of theoretical knowledge and practical 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

Ideological and political construction on college students' mental health under the mixed teaching mode.

**Subjects and methods:** This study selected 200 students with negative psychological emotions in a domestic university, regardless of age, gender and major. The students were randomly divided into control group and experimental group. The experimental group used mixed teaching combined with ideological and political construction mode of college courses, and the experimental group used conventional teaching mode. Before and after teaching, the self-designed anxiety and depression scale was used to evaluate the students. The evaluation time points were at the beginning of teaching (T0), 4 weeks (T1), 8 weeks (T2), 12 weeks (T3) and 16 weeks (T4). Among them, the anxiety scale includes 7 items. The scores of each item range from 0 to 3, totaling 21 points. The final scores of 0 to 7, 8 to 10, 11 to 14, and 15 to 21 indicate no anxiety, mild anxiety, moderate anxiety, and severe anxiety respectively. The depression scale includes 20 items, which mainly reflects the subjective feelings of patients with depression. According to the frequency of symptoms, the scale is scored at four levels (1-4 points), with 10 positive and 10 negative scores, and the full score is 100 points.

**Results:** The results showed that there was no significant difference in the anxiety scores of T0, T1 and T2 between the two groups. The anxiety scores of T3 and T4 and T4-T0 values of the experimental group were significantly lower than those of the control group ( $P < 0.05$ ). See Figure 1.



**Figure 1.** Comparison of anxiety scores between the two groups at different time points

**Conclusions:** In the process of cultivating talents, colleges and universities should organically integrate the relevant contents of Ideological and political courses, enrich the contents of mental health education courses through project-based teaching, enrich teaching methods, and strengthen the innovation of teaching models. The results of this study showed that there was no significant difference in the anxiety scores of T0, T1 and T2 between the two groups. The anxiety scores of T3 and T4 and T4-T0 in the experimental group were significantly lower than those in the control group ( $P < 0.05$ ). It shows that the application of hybrid teaching combined with the ideological and political construction model in colleges and universities makes the relief direction of college students' anxiety and depression clearer and more targeted.

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## RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' BEHAVIOR PSYCHOLOGY UNDER THE NEW MEDIA ENVIRONMENT

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**Background:** The change of individual behavior is a continuous process rather than a single event. Before