

effectively learned from art education with the scientific positive energy in ideological and political education, and form all elements Multi field ideological and political education for all members.

Objective: This research integrates the ideological and political education into the process of local art teaching, infiltrates the educational psychology theory on the integration path, and constructs the ideological and political education mode of local art curriculum from the perspective of educational psychology.

Subjects and methods: 100 art majors in a university were selected as the research objects, and the students were randomly divided into experimental group and control group, with 50 students in each group. The experimental group was given the ideological and political teaching mode based on educational psychology, while the control group received routine education within 2 months. Symptom Checklist 90 (SCL-90) was used to investigate the psychological status of the two groups of college students before and after teaching. SCL-90 has a total of 90 self-assessment items, and the test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychoticism, etc. through the 5-level scoring method, the higher the score of 0-4, the lower the level of mental health, 0 for asymptomatic, 1 for mild symptoms, 2 for moderate symptoms, 3 points for severe symptoms, extremely serious: 4 points.

Results: After teaching, the SCL-90 indexes of the experimental group were significantly lower than those of the control group ($P < 0.001$).

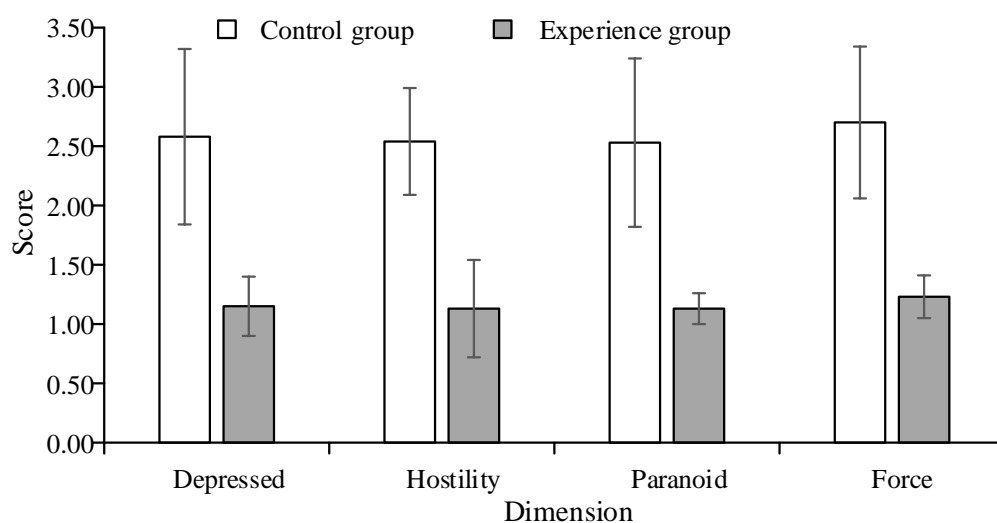


Figure 1. Comparison of SCL-90 scores between the two groups

Conclusions: Curriculum ideological and political education is an important embodiment of the implementation of “ideological and political work throughout the whole process of education and teaching”. The teaching characteristics of art general education courses and the “explicit” and “implicit” ideological and political education resources contained in the teaching content are consistent with the educational objectives of ideological and political education in colleges and universities. The results of this study show that after teaching, the SCL-90 indicators of the experimental group are significantly lower than those of the control group, and the difference is statistically significant, indicating that the ideological and political teaching mode of rural art course from the perspective of educational psychology can effectively alleviate the anxiety, depression and other bad emotions of college students.

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RESEARCH ON THE IMPORTANCE OF SPORTS IN IMPROVING COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

Laihong Wan

Huazhong University of Science and Technology, Wuhan 430000, China

Background: Mental health quality is a local concept that emerged in the process of promoting “case-based education” in China. It is also a new research idea based on the reflection of traditional mental health research at home and abroad. Understanding the concept of “mental health quality” should start

with quality, mental quality and mental health. It is pointed out that quality is formed through the interaction of practical activities, spiritual activities and environmental factors on the basis of heredity, and finally internalized into the relatively stable, basic and implicit quality of individuals. Psychological quality is a subordinate concept based on the concept of quality, and it is also the core and key link of quality education. The psychological quality originates from the local quality education background. Compared with the physiological quality, it refers to a psychological quality with stable, basic and derivative characteristics that is internalized through the continuous strengthening of the psychological aspect when interacting with the external environment. Physical education as an important part of higher education, national policies also emphasize the role of physical exercise in the implementation of quality education and the promotion of young people's healthy physique. School physical education as an educational means, with its special teaching methods in education to play a unique advantage. Some scholars pointed out that physical education can not only promote the physical and mental health of college students, but also positively predict the mental health quality of college students. However, this study did not deeply explore the internal mechanism of physical education affecting the mental health quality of college students, thus limiting the depth of this theory and its significance in practical guidance. In the process of the development of positive psychology, psychologists have gradually shifted their attention from solving psychological problems to preventing psychological barriers. Some positive psychological elements possessed by individuals play a buffer role in psychological barriers, such as optimism, hope, gratitude and tenacity. From the perspective of positive psychology, positive psychological factors such as self-esteem, self-efficacy, emotion, elasticity and tenacity have a positive predictive effect on mental health quality. The above factors have a protective effect on the development of mental health quality and can alleviate mental health problems to some extent. As a psychological advantage with congenital genetic characteristics or acquired development, psychological toughness is of great significance for students to obtain excellent sports performance, improve individual coping ability, so that athletes can effectively alleviate the physical and psychological discomfort caused by subjective factors. Because of the significant correlation between resilience and mental health, researchers gradually pay attention to the relationship between psychological resilience and mental health from the perspective of sports field. In order to improve the mental health quality of college students, the protection and assistance of mental toughness cannot be ignored. Although no research has clearly pointed out the direct connection between mental toughness and mental health quality, it is a possible assumption that mental toughness, as a positive element of mental health, has some connection with mental health quality.

Objective: This study assumes that there may be some relationship between sports, psychological toughness and college students' mental health quality from a theoretical point of view, and analyzes the internal psychological mechanism after this relationship, which has important theoretical significance for enriching college students' mental health education theory, perfecting and developing college students' mental health quality.

Subjects and methods: 300 undergraduate students from several universities in a certain area were selected as the research objects. The psychological quality of students was evaluated by using the sports activity rating scale, the psychological health quality evaluation scale and the psychological toughness evaluation scale. SPSS20.0 and Amos20.0 were used to analyze the relevant data, and exploratory and confirmatory factor analysis were used to test the reliability and validity of the relevant scales. The demographic differences of each variable were analyzed by *t*-test and analysis of variance. Pearson product moment correlation analysis was used to investigate the three-variable correlation.

Table 1. Regression analysis of college students' mental health quality to sports

Variable		Gender	Grade	Years	Amount of exercise	F	R ²
Mental health quality	B	0.31	0.22	0.04	0.16	57.43***	0.24
	T	8.15***	6.64***	1.15	3.75***		
Cognitive quality	B	0.27	0.18	0.05	0.18	44.88	0.18
	T	6.97***	5.12***	0.85	4.14***		
Emotional quality	B	0.28	0.15	0	0.14	33.97***	0.16
	T	6.92***	4.06***	-0.01	3.23***		
Personality quality	B	0.25	0.23	0.09	0.12	45.63***	0.18
	T	6.49***	6.84***	2.47**	2.66***		
Adaptive quality	B	0.28	0.21	0.02	0.12	42.85***	0.17
	T	7.19***	6.51***	0.66	2.69***		

Note: ** $P < 0.01$; *** $P < 0.001$.

Results: Gender, grade and sports duration were included in the regression equation as control variables for analysis. The results show that sports can significantly and positively predict the mental health quality of college students ($P < 0.001$), and can also significantly and positively predict the four dimensions of college students' mental health quality ($P < 0.001$).

Conclusions: The overall situation of college students' participation in sports is not optimistic. The level of psychological toughness is medium to low, and the level of psychological health quality is medium to high. There is a significant positive correlation between sports status and psychological toughness, college students' psychological health quality, cognitive quality dimension, emotional quality dimension, personality quality dimension and adaptive quality dimension, which shows that with the increase of sports volume, college students' psychological toughness will be higher. The higher the psychological tenacity, the stronger the psychological health quality of college students. Sports have a significant positive predictive effect on college students' mental health quality. Among them, mental toughness plays a part of intermediary role between sports and college students' mental health quality, indicating that sports indirectly affect college students' mental health quality by affecting individual mental toughness.

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CORRELATION ANALYSIS BETWEEN COLOR ELEMENTS IN CERAMIC DESIGN AND CONSUMER PSYCHOLOGY

Jing Wang

Xuchang University, Xuchang 461000, China

Background: With the development of modern diversified society, people's consumption demand is becoming more and more diversified. Under the background of modern consumer psychology, new design concepts are used to strive for the multi-dimensional innovation and development of the color design of life ceramics. Modern people's consumption psychology is complex and diverse, such as the pursuit of novelty, classics, retro, personality and so on. According to the consumption concept of modern people and the characteristics of ceramic art, it is also an innovative way to design with the help of antique color elements. On the one hand, it can satisfy modern people's desire to possess classics and their retro mentality. On the other hand, it has embarked on the road of innovation of ceramic color elements that are traditional, traditional and modern, and beyond the traditional. With the continuous development of modern technology, people can reproduce the classic color elements, pursue the symbolism of color, restore people's dreams, and meet the consumption psychology of symbolization of ceramic art color in modern consumers' lives. Art originates from imitation, which is one of the theories of the origin of art. Vivid examples can be seen from different ways of artistic expression. It is human instinct to express all things in nature, and it is also a manifestation of human understanding, understanding, mastering all things and loving life. Compared with the industrial products that face machinery every day, the life pottery products full of vitality and color elements multiply the kindness and warmth for life, and just meet the psychological needs of modern people. The movement of everything in the world unconsciously follows certain laws, as do the art forms such as music, calligraphy, painting and design. The formation and development of these art forms follow the basic principle of unity of opposites. For example, painting, calligraphy and music are the concrete embodiment of the law of unity of opposites. In the process of the development of visual art, although the application of this principle is different due to the changes of people's ideas and lifestyles, it cannot go beyond the limitations of this principle. As a visual art, ceramic art must also follow this principle. "Unity" refers to the repetition of certain elements or characteristics in creation, which will bring a sense of visual coherence and integrity. Unity is the most basic and important requirement of visual art. If a ceramic work loses unity or violates the principle of unity, then the various parts will be in an irregular connection, like a plate of scattered sand, without rhythm, let alone expressing a certain spirit and a certain culture. Such creation cannot bring spiritual enjoyment and pleasure to the viewer. At best, it is just a simple and blind behavior.

Objective: Consumer products in modern society are increasingly showing the characteristics of diversity and multi-level. When consumers choose consumer products, they have complex consumer psychology, such as practicality, aesthetics, novelty, or conformity. It is of practical significance in modern society to explore the correlation between color elements in life ceramic art design and consumer psychology, so as to meet the consumer needs of more consumers.