

Conclusions: As a new creative art therapy, drama literature therapy has a very solid foundation in healing ideas and practical curative effects. It is an effective means for people to know themselves and explore themselves. It plays a very important role in college students who are at the turning point of their lives. It can not only help students control their emotions, but also enlighten their future career development and even their attitude towards life. For colleges and universities with increasingly prominent emotional problems, drama literature therapy is an effective auxiliary way of psychotherapy. Colleges and universities can try to extend the dramatic literature therapy to college education in the form of public elective courses, high-quality general education courses, career planning courses and so on.

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THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN IDEOLOGICAL AND POLITICAL TEACHING

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Background: In fact, educational psychology is a kind of teaching means. It can fundamentally eradicate students' old thinking and properly adjust students' bad emotions. It is an effective means to carry out ideological and political education in colleges and universities. It can analyze the importance and key of receiving ideological and political education from students' psychology. The effective application of emotional educational psychology in ideological and political education in colleges and universities requires the cooperation and communication between students and teachers to create a good emotional communication and harmonious educational atmosphere, which can improve students' enthusiasm and achieve the goal of ideological and political education. By improving the efficiency of ideological and political education, students' enthusiasm and initiative can be properly stimulated. The most noteworthy thing is the students' psychological status and changes. If students' psychological status is poor, teachers need to enlighten them in time and find ways to solve students' ideological problems, so that students can have a healthy psychological status at any time before they can learn actively. Therefore, teachers need to constantly improve themselves, fully form and develop their own personal charm, and let students live a positive life. With the continuous development of educational reform, people pay more and more attention to ideological education in colleges and universities. Properly carrying out emotional education psychology in ideological and political education in colleges and universities can stimulate students' learning initiative and enthusiasm, and then make the communication between teachers and students more and more close, thus achieving the purpose of ideological and political education. Generally, ideological and political education refers to a product of ideological and political workers' self-conscious and spontaneous learning, which integrates subjective and objective educational concepts, promotes and restricts each other. We call this the law of ideological and political education. To be exact, ideological and political education is mainly divided into two forms: dynamic and static. Static education refers to the ideological and political line known by the political educators themselves. Dynamic education refers to the concrete measures to realize political education. Therefore, ideological and political education essentially refers to the combination of the content and form of political thought. Ideological and political education in colleges and universities is to further deal with the relationship between students, improve students' interest in learning, so as to promote the sustainable development of ideological and political education. Carrying out ideological and political education in colleges and universities is not just a form of shouting slogans, but needs to package students' thoughts, and strive to realize the new mode of ideological education by adopting scientific educational methods.

Objective: In recent years, China's ideological and political education has been in the initial stage of continuous innovation. At the same time, the national education system pays more and more attention to the ideological and political education in colleges and universities, and emotional education psychology is an important teaching point in the ideological and political education teaching in colleges and universities. This study starts from the connotation of ideological and political education, analyzes the significance of emotional education psychology, and discusses how to correctly apply emotional education psychology to political education in colleges and universities at this stage.

Subjects and methods: Using the method of random selection, 100 college students in a university were randomly divided into experimental group and control group, with 50 students in each group. The experimental group was given educational psychology combined with ideological and political education, while the control group received routine education. Before and after teaching, Symptom Checklist 90

(SCL-90) was used to investigate the anxiety 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, and 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, and the difference was statistically significant ($P < 0.001$). See Figure 1.

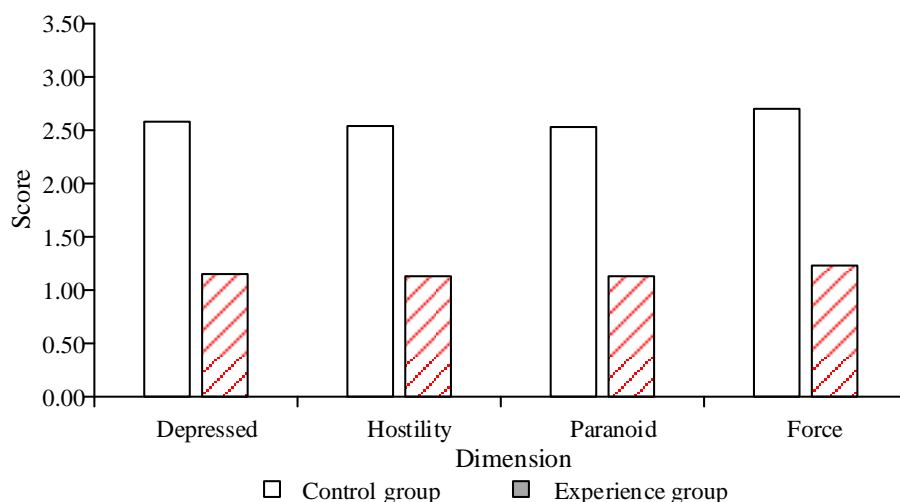


Figure 1. Comparison of SCL-90 self-test scores between the two groups after teaching

Conclusions: Emotional educational psychology is a very important method in the teaching of ideological and political education in colleges and universities, which is very effective in strengthening students' political and ideological learning. Using the psychology of emotional education, improve the teaching methods of ideological and political education in colleges and universities, promote the construction of good teacher-student relationship, enhance the students' initiative and enthusiasm in learning ideological and political education, achieve the goal of ideological and political education in colleges and universities, and promote the sustainable development of ideological and political education in colleges and universities. The results showed that after teaching, the SCL-90 indexes of the experimental group were significantly lower than those of the control group, and the difference was statistically significant ($P < 0.001$), indicating that educational psychology combined with ideological and political education can effectively alleviate the anxiety, depression and other bad emotions of college students.

Acknowledgement: The research is supported by: Research Topics in Higher Education in 2021 in the 14th Five-Year Plan of Guangdong Institute of Higher Education (NO. 21GYB40).

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ANALYSIS ON THE INFLUENCE OF COLLEGE FOOTBALL TRAINING ON THE CULTIVATION OF COLLEGE STUDENTS' PERSONALITY AND PSYCHOLOGICAL QUALITY

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Background: With the continuous development of the football cause in China, the football cause in colleges and universities shows a vigorous development trend. Within the scope of colleges and universities, football is widely sought after, and there are a large number of college students who love and participate in football. Therefore, it is very important to effectively complete the football training in colleges and universities, which is conducive to the transportation of more high-quality football talents for China's football cause, so as to promote the sustainable development of China's football cause. In the current process of college football training, we mainly focus on the physical and technical training of college students, while ignoring the shaping of their personality and the cultivation of their psychological quality, which makes it difficult for college football training to obtain satisfactory training results. As a