

development of social psychological health education, make the psychological health education become a life oriented and life-oriented education, and become a real education that goes into the hearts of the audience. In the future practical work, according to the actual characteristics of the audience, it is necessary to further study the connotation, mechanism and form of the expansion of traditional film aesthetics, and try to explore a more scientific treatment mode through the comprehensive use of the expansion of traditional film aesthetics and other psychological counseling technologies, so as to add to the psychological health education of the audience.

**Table 1.** Scores of anxieties and depression of college students before and after teaching

Scoring method	Intervention time	Score
SAS	Before	54.79
	After	43.51
SDS	Before	56.62
	After	42.64

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## INVESTIGATION AND ANALYSIS ON THE DEMAND OF COLLEGE STUDENTS' READERS FOR LIBRARY MENTAL HEALTH RESOURCES – A CASE STUDY OF HAINAN UNIVERSITY LIBRARY

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**Background:** At present, college students are facing more and more employment pressure and social pressure, as well as more and more challenges and difficulties. As a result, college students are very easy to encounter various setbacks in the university, resulting in certain psychological diseases. In order to relieve the pressure in their hearts, college students will choose the principle of proximity and self-help psychology to find relevant psychological books in the university library for reading, so as to relieve and release the pressure. In order to reduce and relieve the pressure on students, colleges and universities should actively carry out mental health education, and establish a mental health education system with multi department participation, multi-channel guidance, multi-form education, multi-faceted consultation and multi-method self-help. As the information center of campus culture, university library has the advantage of rich collection resources. It can help college students conduct psychological counseling and improve their personality from the perspective of reader psychology. In order to understand the university students' utilization of the library, the students' current main psychological puzzles, the students' demand for mental health resources and the effect of the library in serving the readers, this time, a survey was conducted on the students' demand for mental health resources in a university to master the students' demand tendency for mental resources. It provides reference for the library to formulate collection strategies on mental health resources and further improve mental health education.

**Objective:** In the circulation department, journal department and students' dormitory of a university library in Hainan, the paper questionnaire and random sampling survey were used to investigate and analyze the library mental health resource needs of students of each major.

**Subjects and methods:** A total of 5000 questionnaires were distributed to students of 63 majors in the University by random sampling survey, and 4865 questionnaires were recovered, with a recovery rate of 97.3%. There were 4796 valid questionnaires, and the effective recovery rate was 98.6%. The survey objects involved in each major of the University, and the survey results are representative. The contents of the questionnaire include students' utilization of the library and their psychological puzzles. The focus of the survey is the reading tendency of college students' psychological resources books and the proportion of existing psychological resources books in the library. The survey used Excel software for data statistics and processing.

**Results:** Studying the reading tendency of college students' psychological resources books can analyze their demand tendency. Combined with the proportion of existing psychological resources books in the school library, the collection structure of the library can be improved to meet the reading needs of students. Statistics are shown in Table 1.

**Table 1.** Types of college students' psychological books and the proportion of books showing psychological resources

Book type	Literature (%)	Overview of social sciences (%)	Philosophy (%)	Medical (%)	Culture, science and education (%)	Others (%)
College students tend to book types	46.1	19.3	19.8	8.5	6.1	0.2
Existing psychological resources	54.2	6.3	11.8	14.5	13.1	0.1

It can be seen from Table 1 that the books on mental health resources read by readers mainly include five types: literature, general social sciences, philosophy, medicine, culture, science, education and sports. Among them, literature books are chosen by the majority of students, because students can release their psychology from excellent literary works, so as to reduce their psychological pressure. There are many useful life philosophies in philosophy books, which can solve some psychological problems of students, and are also very popular with college students. General social books include many books on gender issues, love and family, marriage, and how to deal with interpersonal relationships, job interviews, etc. they are highly applicable to students and have become the main choice for college students. Medical books contain a lot of health care knowledge, and cultural, scientific and educational books involve some knowledge about studies, graduation thesis design, etc., so they are also popular with college students. At present, among the psychological resource's books in the university, literature accounts for the highest proportion, followed by medicine, culture, science and education books account for the third, philosophy books account for the fourth, and social sciences general comments are the least, which is different from the actual tendency of college students. The proportion of the existing books of philosophy and social sciences is too low, and the proportion of the existing books of medicine and culture, science and education are slightly high, resulting in the imbalance of demand and resource distribution and the waste of resources.

**Conclusions:** According to the type of books that college students tend to read and the proportion of books with existing psychological resources, we should maintain the number of psychological resources of literature, and increase the proportion of books with philosophical and social sciences to meet the needs of college students for these three kinds of psychological resources. To screen the books of medicine and culture, science and education, so as to reduce their proportion, promote the optimization of collection resources and improve the utilization of collection resources. At the same time, it provides a reasonable Book environment for students to reduce pressure, and promotes the development of mental health education in colleges and universities.

**Acknowledgement:** The research is supported by: Research on the Development of Hainan Library, Supported by National Social Science Foundation of China in 2019 (1044-2018) (No. 19BTQ015).

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## RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM ON COLLEGE STUDENTS' POSITIVE PSYCHOLOGICAL DEVELOPMENT BASED ON THE INFLUENCING FACTORS OF COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** Mental health education refers to a kind of educational activities that educators use the theories and technologies of psychology, pedagogy and related disciplines to help students solve their psychological problems and promote the improvement of all students' psychological quality and the healthy development of their mental functions in accordance with the characteristics of students' physiological and psychological development laws, combined with mental health education courses, mental health education activities and other ways and methods related to mental health education. Mental health education in colleges and universities is not only the main front for popularizing mental health knowledge, but also an important part of ideological and political education in colleges and universities. Different from the traditional ideological and political education, ideological and political education is a new type of ideological and political education, which gathers various educational forces and promotes the integration