

awareness and ability to carry out ideological and political construction of curriculum, and ensure the basic strength of innovation and integration of ideological and political education; Systematically carry out education on socialism with Chinese characteristics and the Chinese dream, core socialist values, mental health, etc. As one of the main branches of psychology, personality psychology can show excellent application effects in the process of studying individual specific behavior patterns. Personality not only refers to an individual's personality, but also includes his beliefs, self-concept and other aspects. Personality refers to a cluster of individual behavioral characteristics, whose constituent characteristics have certain individual differences and uniqueness, which can lead to different psychological or behavioral responses when different individuals face the same situation or event. The characteristics of personality can be divided into five types: extroversion, neuroticism, kindness, strict self-discipline and openness.

**Objective:** Analyze the application effect of Ideological and political education innovation and integration in the construction of students' personality and psychology under the digital media, and then excavate the most appropriate and reasonable ideological and political education innovation and integration measures combined with the digital media, so as to promote the smooth construction of students' personality and psychology, and ensure the integrity of students' personality and mental health.

**Subjects and methods:** In the two universities, 52 college students, a total of 104, were randomly selected as the research objects of students' personality and psychological construction. The research takes the concept and technology of digital media as an auxiliary force, applies it to the innovation and integration of ideological and political education, and then uses it to intervene college students, to explore the impact of the innovation and integration of ideological and political education under digital media on their personality and psychological construction. In order to quantify the actual influence of the influence, the research specially designed and adopted the evaluation scale for the integrity and effectiveness of college students' personality and psychological construction. The total score of the self-designed scale is set at 80 points, and the five personality characteristics are the evaluation indicators of the subscale, with a score of 16 points. The higher the score of the subscale and the total score, the higher the integrity and effectiveness of the students' personality and psychological construction.

**Results:** According to Table 1, before the innovation and integration of ideological and political education under the digital media, 104 college students scored low on the self-designed scale, and their scores on the five subscales of extroversion, neuroticism, kindness, strict self-discipline and openness were relatively consistent, all at a low level. After the intervention, the scores of each dimension of the self-designed scale and the total scale of college students showed different degrees of improvement, both at the qualified level. This shows that under the influence of the innovation and integration of ideological and political education under the digital media, the integrity and effectiveness of students' personality and psychological construction have been reliably guaranteed. See Table 1 for details.

**Table 1.** Self-designed scale scores of college students before and after the innovation and integration of ideological and political education under digital media

Subscale indicators	Before intervention	After 1 week of intervention	1 month after intervention	3 months after intervention
Extraversion	4.67	5.29	7.92	13.52
Nervous	3.25	3.88	5.98	12.99
Agreeableness	4.91	5.43	7.21	14.02
Strict self-discipline	2.98	3.58	6.73	13.86
Openness	3.14	3.77	6.01	14.15

**Conclusions:** After the innovation and integration of ideological and political education under the digital media, the scores of all dimensions of the self-designed scale of college students showed a significant upward trend, of which the largest increase was openness, with an increase of 350.64%. The innovative integration of ideological and political education under digital media can achieve good application results in the construction of students' personality and psychology.

\* \* \* \* \*

## THE UTOPIAN SPIRIT OF ENGLISH LITERATURE IN THE CONTEMPORARY CONTEXT

H Xu

*Yunnan Normal University, Kunming 650000, China*

**Background:** Utopian spirit is one of the common themes in English literature. *News from Nowhere* by William Morris who is British writer, is a famous long political fantasy novel. The utopia in the novel is the future society with high human civilization in the author's fantasy, which reflects the author's thought on human civilization and the end of human nature.

**Subjects and methods:** Interpreting and analyzing the utopian spirit in *News from Nowhere*.

**Results:** *News from Nowhere* is a long political fantasy novel full of utopian spirit. The utopia in the work is the author's ideal modern society with high human civilization. In the world of utopia, there is no disparity and oppression between the rich and the poor, no private property and currency, everyone is free and equal, and people live an ideal life of plenty. The author expresses his longing for the ideal world and criticizes the capitalist economic system in Britain in the 19th century.

**Conclusions:** Interpreting and analyzing the utopian spirit in *News from Nowhere* is of great significance to deeply understand the connotation of English literature.

\* \* \* \* \*

## **A STUDY ON THE CONNECTION EDUCATION BETWEEN CHILDHOOD AND PRIMARY SCHOOL BASED ON THE CULTIVATION OF CHILDREN'S HEALTHY PSYCHOLOGY**

**Caixia Zhang**

*Yuncheng Preschool Teachers College, Yuncheng 044000, China*

**Background:** In recent years, the social economy has shown a vigorous development trend, and the social competition has intensified. In this environment, psychological stress has gradually become a hot topic and personal experience mentioned by people. The object of psychological stress is not only limited to adults, but also can act on children. The problem of children's psychological stress in China has gradually emerged, which has a great negative impact on the cultivation of children's healthy psychology. At present, the importance of preschool education is becoming more and more obvious. From the perspective of teachers, the so-called preschool transition period mainly refers to the primary school educators' helping children smoothly and smoothly complete the transition of the education stage from the physical, psychological and life aspects to the greatest extent from the perspective of children's physical and mental health development, based on their physical and mental characteristics, so as to achieve the goal of ensuring children's physical and mental health and all-round development. For parents, it is their basic responsibility to help their children successfully complete the transition from childhood to childhood. Focusing on the family level, the connection between childhood and childhood refers to that every member of the family should more carefully observe the children's every move in daily life, pay attention to their various performances in the early stage of primary school, and give them corresponding strong help at an appropriate time to ensure the overall quality and timeliness of logistics work. At the same time, both parents and schools need to take the initiative to dredge children's psychology to varying degrees, so as to enable children to quickly integrate into the new environment of primary school and maintain high learning enthusiasm and positive learning attitude. There are two main types of psychological problems in children during the transition period, namely, extreme anxiety and difficulty in concentrating. Children's inner anxiety can be divided into life anxiety, emotional anxiety and learning anxiety. In detail, when learning and living in kindergartens, the comprehensive education management model leads to children's serious dependence psychology, and they are unable to independently complete life activities such as eating, dressing, going to the toilet, going to bed, etc., resulting in life anxiety. When entering primary school for the first time, it is difficult for children to accept leaving the familiar environment, teachers and playmates, and they are easy to fall into emotional anxiety. At the learning level, kindergartens mainly focus on playing, and there is no learning pressure, while primary schools are prone to learning difficulties and learning anxiety. Health psychology is a basic discipline in the field of psychological research. Its research purpose is to effectively maintain people's physical and mental health through the relevant means of psychology and health promotion, and finally improve their adaptability and transformation ability to social life.

**Objective:** Explore the application effect of children's healthy psychological training in the connection education between childhood and primary school, and then excavate a reasonable and effective model of children's healthy psychological training to ensure that children's mental health is always at a normal level.

**Subjects and methods:** Using the random number table method, 150 children in the transition period between childhood and childhood in a certain area were selected as the research objects, and then they were randomly divided into groups to obtain the control group and the research group with 75 people in