

each group. The children in the control group received routine preschool bridging education, and the children in the study group received improved preschool bridging education based on health psychology; The time of educational intervention is set as two months. Every half a month, the two groups of children are evaluated and analyzed with the Children's Mental Health Assessment Scale (CMHA-80). By comparing and analyzing the CMHA-80 scores before and after the educational intervention, the accurate evaluation of children's mental health can be realized. The CMHA-80 score is negatively correlated with the level of children's mental health.

Results: Table 1 shows the changes of CMHA-80 scores of the children in the control group and the research group before and after the educational intervention, so as to objectively judge and evaluate their mental health status, and then take corresponding education measures for the connection between childhood and childhood. Before the educational intervention, the CMHA-80 scores of the two groups of children were at a high level, indicating that they had two psychological problems: extreme anxiety and difficulty in concentrating; After the intervention, the CMHA-80 score of children in the study group decreased significantly, indicating that their psychological problems had been effectively alleviated

Table 1. CMHA-80 scores and mental health status of two groups of children before and after education intervention

Group	Before educational intervention	After educational intervention
Control group	127.02±26.413	128.65±24.724
Research group	129.15±27.59	106.62±30.552*
<i>t</i>	0.483	4.854
<i>P</i>	0.630	0.000

Note: Compare with CMHA-80 score before educational intervention, * $P < 0.05$.

Conclusions: Health psychology is a basic psychological discipline that uses psychological knowledge and technology to explore and solve problems related to maintaining or promoting human health, preventing and treating physical diseases. The main research object of health psychology is the special function that psychology related theories should play in correcting some bad behaviors that affect human health or lead to diseases. Focusing on the perspective of health psychology, the early childhood bridging education based on the cultivation of children's healthy psychology was used as an intervention measure to successfully reduce the CMHA-80 score of children in the study group and achieve a significant improvement in their mental health level.

Acknowledgement: The research is supported by: The 14th Five-year Planning Project of Education Science in Shanxi Province: Study on the Evaluation and Cultivation of the Learning Quality of Large-class Children from the Perspective of the Two-way Connection between the Pre-school Children and the Elementary School Children (No. PJ-21059).

* * * * *

RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION COMBINED WITH INNOVATION AND ENTREPRENEURSHIP EDUCATION ON STUDENTS' MENTAL HEALTH

Zhu Zhu & Xiaocen Li*

School of Economics and Management, Shijiazhuang University, Shijiazhuang 050035, China

Background: With the development of economy and society, the connotation of ideological and political education has been continuously deepened and enriched, which has promoted the sustainable development of ideological and political education in colleges and universities to a certain extent. As far as the ideological and political education in colleges and universities is concerned, its main purpose is to cultivate high-quality all-round development talents. The ideological and political education always implements the guideline of building morality and cultivating people, and runs through the ideological and political education in the whole process of education and teaching. In addition, ideological and political education has put forward certain requirements for other courses in colleges and universities, requiring them to go hand in hand with ideological and political education to form a strong synergy and promote the effective training of college talents. Innovation and entrepreneurship education is characterized by exploration and uncertainty. It emphasizes that we should actively adapt to the new normal of economic development, take

the promotion of quality education as the theme, and improve the quality of talent training as the core, and establish and improve an innovation and entrepreneurship education system in colleges and universities that integrates classroom teaching, autonomous learning, combining practice, guidance and assistance, and cultural guidance. In the new era, innovation and entrepreneurship education is a lifelong open-loop education, which runs through the whole process of individual career development. Its goal is to effectively improve individual innovation spirit, entrepreneurship awareness and innovation and entrepreneurship ability. From the perspective of educational psychology, the organic combination of ideological and political education and innovation and entrepreneurship education can promote the mutual unity and function of educational objects and educational functions with its strong educational logic, practical logic and political logic. Educational psychology focuses on integrating the theoretical knowledge of psychology into the actual teaching process, which can have a significant positive impact on the stability of students' mental health on the basis of cultivating their comprehensive quality and ability. In other words, ideological and political education in colleges and universities should take the initiative to combine innovation and entrepreneurship education to achieve the purpose of improving and enriching the connotation of innovation and entrepreneurship, so as to ensure that college students can actively practice the core values of socialism with Chinese characteristics in the specific process of innovation and entrepreneurship, and finally achieve the purpose of building morality and cultivating people in colleges and universities, so as to provide more excellent talents for all walks of life.

Objective: This paper probes into the combination and mechanism of ideological and political education and innovation and entrepreneurship education, and then knows the impact of the optimized education mode of the combination of the two on students' mental health, hoping to make college students always maintain a normal level of mental health.

Subjects and methods: Using the simple random sampling method, 85 college students were randomly selected from a certain university as the research objects. Combining ideological and political education with innovation and entrepreneurship education, and using it as an intervention means, a three-month intervention experiment was conducted on 85 college students. The evaluation time was set as T0, T1, T2 and T3 before the intervention experiment, 1 month after the intervention experiment, 2 months after the intervention experiment and 3 months after the intervention experiment. At different time points before and after the intervention experiment, the self-designed college students' mental health evaluation scale was used to evaluate and analyze the subjects. The scale mainly includes six dimensions of evaluation indicators, namely, emotional regulation, interpersonal harmony, happy experience, courage to challenge, positive learning and goal pursuit. The total score of the scale is set as 60 points, and each dimension accounts for 10 points respectively. The score of the self-designed scale is positively correlated with the level of mental health of the subjects.

Results: Table 1 shows the scores of each dimension of the self-designed scale of 85 college students before and after the intervention experiment. According to Table 1, before the intervention experiment, the scores of the sub scales of college students in emotion regulation, interpersonal harmony, happy experience, courage to challenge, active learning and goal pursuit were all at a low level, indicating that they bear a large psychological pressure in their daily study and life, and their mental health status is not very optimistic. At T1, the scores of each subscale of the college students increased slightly, but the increase was small due to the short intervention time; At T2, the score of the sub scale of college students showed a trend of continuous growth, which showed that with the intervention experiment of ideological and political education combined with innovation and entrepreneurship education, the mental health level of college students continued to improve; At T3, the subscale scores of college students have been at a high level, indicating that their mental health level has been significantly improved.

Table 1. Scores of each dimension of the self-designed scale of college students under different evaluation time nodes before and after the intervention experiment

Time	T0	T1	T2	T3
Emotion regulation	2.57	2.98	4.81	9.16
Interpersonal harmony	2.41	3.03	4.92	9.05
Happy experience	1.98	2.56	5.02	8.92
Dare to challenge	2.19	2.67	4.74	8.54
Active learning	1.85	2.47	4.35	7.91
Goal pursuit	2.28	2.73	5.11	8.72

Conclusions: From the perspective of educational psychology, the organic combination of Ideological and political education and innovation and entrepreneurship education in colleges and universities can

promote the quality training of college students to a certain extent. The self-designed scale was used to evaluate the mental health status of college students before and after the intervention experiment. The results show that the combination of Ideological and political education and innovation and entrepreneurship education can significantly improve the scores of each sub scale and the mental health level of college students.

* * * * *

THE INFLUENCE OF THE CONSTRUCTION OF ECOLOGICAL RESOURCES SYSTEM OF FOREST HEALTH TOURISM BASE ON ALLEVIATING TOURISTS' PSYCHOLOGICAL ANXIETY

Liwei An

Agricultural College, Inner Mongolia Minzu University, Tongliao 028000, China

Background: With the increasing social competition and life pressure, anxiety disorder has become a common psychological and emotional disorder. Psychological anxiety is usually manifested as motor agitation and hyperactivity of sympathetic, often accompanied by anxiety, tension, shame, disappointment, fear and other negative emotions. Appropriate anxiety can make patients with anxiety disorder in a more positive working, learning and living state, have a more positive attitude towards themselves and the environment, and hope to improve the current situation through their own efforts. However, excessive anxiety will cause the resistance of patients with anxiety disorder, which will have a great negative impact on their mental health and seriously reduce the quality of their work, study and daily life. With the increase of social competition pressure and the limitation of individual psychological adjustment ability, most people are prone to produce psychological anxiety and negative emotions, which makes it difficult to adjust their emotions and maintain their mental health, causing great losses to their lives and work. Psychological anxiety refers to the negative and complex emotional states, such as tension, anxiety, worry, and worry, caused by possible future dangers, losses, and threats. Anxiety is the main emotion, and its main clinical manifestations include panic disorder and somatic symptoms of panic attacks. Anxiety is only a form of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles, but excessive anxiety response will lead to anxiety disorder. More intuitive visual stimulation can make the emotion of individuals with psychological anxiety fluctuate. Positive psychological intervention can effectively reduce psychological anxiety and negative emotions. Forest health tourism is gradually favored and pursued by tourists. The main reason is that forest health tourism can effectively use forest resources, integrate forest recreation, leisure and entertainment, vacation and recuperation, health care and elderly care into tourism, provide people with natural experience opportunities, promote public health, can become an important business form in healthy China, and provide an effective way to meet people's release of psychological pressure and improve physical function. At present, China's forest health tourism is in the primary stage of development and construction. Although it has received widespread attention and certain attention from the public, the relevant research still lags behind the development of reality. Most of the research focuses on the concept, mechanism and development mode of forest health tourism, and most of the theories and models draw on the established achievements of foreign countries. However, there is still a large gap in the construction of the ecological resource system of the forest health tourism base, which is difficult to meet the requirements of China for the development and planning of forest tourism resources at this stage, let alone the easing effect on tourists' psychological anxiety.

Objective: Construct the ecological resource system of forest health tourism base, and explore its role in alleviating tourists' psychological anxiety, in order to eliminate tourists' psychological anxiety to the greatest extent.

Subjects and methods: 74 tourists with psychological anxiety were randomly selected from a forest health scenic spot as the research objects. Subsequently, 74 anxious tourists were psychologically intervened by constructing the ecological resource system of the forest health tourism base. Their psychological anxiety level was evaluated by using the Liebowitz Social Anxiety Scale (LSAS), and their social anxiety level was judged by measuring their fear and avoidance in social interaction. The total score of LSAS ranges from 15 points to 75 points. The higher the score, the higher the anxiety level of the subjects. 60 points is used as the standard to judge whether the subjects have social anxiety. The reliability and validity of LSAS are at a high level, which shows that the scale can objectively evaluate and analyze the psychological anxiety level of subjects.

Results: According to Table 1, before the implementation of the intervention of constructing the