

impact of foreign language teaching reform on students' mental health. In the research, firstly, it constructs a correlation model between teaching reform and college students' mental health, and analyzes the impact of foreign language teaching reform on students' mental health based on the correlation model. The results show that the positive psychology and anxiety of vocational college students can be significantly improved in the foreign language teaching reform. In college education, it is not only necessary to improve students' professional performance, but also to help students establish good mental health. Therefore, in college teaching reform, we need to focus on students' psychological problems and take mitigation measures.

**Table 1.** Changes of students' mental health

Project	First month	The second month	The third month
Learning positive psychology	3.79±1.33	5.12±1.08	7.94±1.15
Positive psychology of life	2.15±1.69	5.01±1.11	7.84±1.36
Anxiety	64.18±5.45	57.62±5.03	44.77±5.19

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## RESEARCH ON THE EVALUATION SYSTEM CONSTRUCTION OF IDEOLOGICAL AND POLITICAL EDUCATION OF VOCATIONAL UNDERGRADUATE COURSES FROM THE PERSPECTIVE OF EDUCATIONAL MANAGEMENT PSYCHOLOGY

Jingkang Yang

*Nanjing Vocational University of Industry Technology, Nanjing 210000, China*

**Background:** Educational management psychology takes the teaching management subject in teaching practice as the object, analyzes the characteristics of students' and teachers' psychological activities in teaching management activities, comprehensively analyzes the work of students' and teachers' management, and discusses the psychological phenomena and internal psychological laws behind teaching management. Educational management psychology is a new interdisciplinary product under the background of the new era. Through the organic integration of pedagogy, management and psychology, it can realize the comprehensive psychological research on the management problems in teaching activities. In the daily work of teaching management, colleges and universities should actively apply educational management psychology to promote the coordinated development of students' psychological construction intervention, teaching activities and educational management, and form a systematic educational management system in colleges and universities. Educational management psychology analyzes the psychological and behavioral performance of students in daily teaching management. Based on psychological theory and from the perspective of psychological analysis, it explores the effective paths and Strategies of educational management in colleges and universities. The development of higher education management needs to take the psychological factors of students and teachers as an important consideration. Through the analysis and research of students' psychological conditions, we can understand the psychological laws of students' management, put the construction and management of students' psychological quality at the core of higher education management, fully consider students' psychological emotions, and carry out higher education management with students as the main body, Enhance students' sense of participation in educational management.

In order to strengthen the psychological quality construction and ideological and moral cultivation of college students, and help contemporary college students shape correct values, colleges and universities actively promote the ideological and political education of college students, and organically integrate the ideological and political education with daily professional teaching through the way of curriculum ideological and political education. The curriculum ideological and political education mode combines the traditional independent ideological and political education curriculum with professional learning, effectively connects students' psychological intervention in professional courses, and actively connects students' actual needs. The course Ideological and political education imperceptibly cultivates students' psychological values in their daily study and life, and combines direct skill education with indirect psychological education to achieve the simultaneous improvement of students' psychological and professional skills. Under the ideological and political education mode of the curriculum, while teaching professional skills and knowledge, teachers deeply excavate the ideological and political elements in the curriculum in the teaching situation, and promote the comprehensive improvement of students' moral cultivation, psychological quality and knowledge and skills through the ingenious combination of professional teaching and psychological

intervention, so as to realize the organic combination of preaching and teaching. The practice of curriculum ideological and political education also needs to be supported by a scientific and reasonable teaching evaluation system to help teachers and students understand the teaching effect of curriculum ideological and political education in time, actively diagnose the problems existing in the existing teaching mode, ensure the smooth development and implementation of curriculum ideological and political education, and provide help for colleges and universities to challenge educational management measures in time.

**Subjects and methods:** The research carried out a new curriculum ideological and political education evaluation system in a university, with 5 university teaching managers, 17 professional course teachers and 200 university students as the research objects. 200 college students came from 4 classes of different grades and majors. The research is to try out the new curriculum ideological and political education evaluation system in these four classes for one academic year. By comparing the students' mental health level and the changes of professional curriculum scores under the new education evaluation system, it analyzes the feasibility and effectiveness of the new curriculum ideological and political education evaluation system, and understands the psychological impact of the new evaluation mechanism on students. From the perspective of college teaching managers and professional course teachers, this study analyzes the practicality of the new evaluation system in college education management, and explores the impact of the new curriculum ideological and political education model on students' psychological laws from the perspective of educational management psychology.

**Results:** Table 1 shows the changes of students' psychological and professional learning scores before and after the reform.

**Table 1.** Changes in students' psychology and professional academic performance before and after the reform

Test dimension	Before reform	After reform
Mental health level	1.75±0.26	3.52±0.34
Professional course scores	71.06±3.68	82.37±4.39
Psychological enthusiasm	1.03±1.77	3.14±0.85

**Conclusions:** The promotion of the ideological and political education mode of the curriculum has broken the traditional isolated ideological and political education, and promoted the idea development and method innovation of Ideological and political education in colleges and universities by using the synergistic teaching effect of various professional courses and ideological and political intervention. The self-improvement and development of students is of great value. A scientific and reasonable evaluation system of Ideological and political education in the curriculum can help colleges and students timely understand the problems existing in the curriculum, provide positive feedback to students, help colleges and universities timely optimize and adjust the model of Ideological and political education in the curriculum, and promote the comprehensive improvement of students' mental health and professional skills.

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## APPLICATION OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION IN IDEOLOGICAL AND POLITICAL WORK IN COLLEGES AND UNIVERSITIES

Dong Cao & Ting Lv

*Xinyang Normal University, Huangchuan 464000, China*

**Background:** With the acceleration of the pace of modern life and the intensification of social competition, great pressure has been brought to people. These social pressures are projected on college students, which makes them fall into worry about the prospects of future self-development at the stage of campus learning. Certain life and competitive pressure can help college students seize the opportunity to study actively, and virtually urge college students to actively improve their skills, so as to enhance their social core competitiveness. However, some college students are difficult to adjust their own state in time in the strong mental pressure, which makes them fall into deep anxiety and tension, and cannot convert the stress emotion into development power, which makes some college students have serious mental anxiety