

Conclusions: The interpersonal relationship and psychological quality of college students play a decisive role in their comprehensive development. The integration of sunshine sports culture into the traditional physical education teaching mode in colleges and universities can effectively improve the students' scoring level in each dimension of interpersonal relationship and psychological quality. This shows that the sunshine sports culture in colleges and universities can have a subtle positive impact on college students, so that they can have a strong ability in dealing with interpersonal relationships, improve their pressure resistance and perseverance, and finally achieve the friendly handling of interpersonal relationships and the significant improvement of their psychological quality.

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A STUDY ON THE INFLUENCE OF MENTAL HEALTH EDUCATION ON THE PSYCHOLOGICAL DEVELOPMENT OF PRESCHOOL CHILDREN

Jingmin Qu¹ & Shang Zhang^{2*}

¹*Faculty of Preschool Education, Yuncheng Preschool Teachers College, Yuncheng 044000, China*

²*Faculty of Education, Shaanxi Normal University, Xi'an 710000, China*

Background: As the key period of individual psychological development, mental health education in early childhood is very important for preschool children. In many aspects such as emotion, anti frustration ability, interpersonal relationship and environmental adaptability, preschool children will show different kinds and levels of mental health problems. For preschool children, if they have experienced some setbacks or trauma in their early childhood and have not been solved in a timely and effective manner, they will have a sense of pain. Depression and other negative emotions will be hidden in the hearts of preschool children. Once they encounter setback or trauma again, all kinds of negative emotions will be activated again, causing preschool children to have serious psychological problems or mental diseases, and hindering their normal psychological development. The psychological problems of preschool children have different types of representations, including willful apathy, inferiority complex anxiety, shyness and timidity, self-centered, fear of contact with others or the outside world, aggressive behavior, language disorder, etc. Diversified mental health problems will have a great negative impact on the psychological development of preschool children, making it difficult to achieve their comprehensive and harmonious physical and mental development. From the perspective of psychology, we can see that in order to ensure the normal psychological development of preschool children, we need to make a detailed analysis of their psychological characteristics and take targeted mental health education. In addition, China has continuously issued a number of policies to emphasize the importance and necessity of psychological education and guidance for preschool children. Different from other forms of education, mental health education has strong characteristics. Its focus is on the changes of psychological characteristics. It can be seen that the ways to carry out mental health education are very diverse and rich. By setting up special courses and infiltrating relevant theories of mental health education in daily life and games, the mental health level of preschool children can be improved to a certain extent.

Objective: The purpose of this study is to find out appropriate measures for the implementation of mental health education through the analysis of the characteristics of preschool children's psychological development, and to explore its impact on preschool children's psychological development, in order to maximize the smooth progress of preschool children's psychological development and improve their psychological development level.

Subjects and methods: A total of 142 preschool children were selected from two kindergartens by simple random sampling. They were taken as the research objects and grouped. The control group and observation group with 71 people were obtained. The children in the control group were not given any form of mental health education, and the children in the observation group were given mental health education. The educational intervention time is set to 40 days, and the scale evaluation is conducted every 10 days to obtain the scale evaluation results before and after the intervention, i.e., t₀-t₄ five-time nodes. From the perspective of psychology, the psychological characteristics and behavior of 142 preschool children were observed and compared. The Denver Development Screen Test (DDST) was used to evaluate and analyze the two groups of preschool children. DDST is mainly composed of four dimensions of evaluation indicators, including fine movement, gross movement, language, side processing and social adaptability. For DDST, this study adopts a 4-level evaluation standard of 0-3, which respectively represents four evaluation results: normal, suspicious, abnormal and unexplainable.

Results: It can be seen from Table 1 that at t₀, both groups of preschool children did not receive any

teaching intervention, and their DDST evaluation results were not ideal. In the evaluation of the four-dimensional indicators of fine movement, gross movement, language, side processing and social adaptability, they basically maintained the evaluation results of 2 or 3, indicating that their psychological and behavioral performance was abnormal or unexplained. The DDST evaluation results of preschool children in the control group remained basically unchanged, only occasionally showed fluctuations within the normal range, indicating that their psychological development was not optimistic. With the continuous psychological health education intervention, the DDST score of preschool children in the observation group decreased significantly. At t4, the evaluation results of fine movement, gross movement, language, side processing and social adaptability were all 0, indicating that their psychological characteristics and behavior were in a normal state.

Table 1. Comparison of DDST assessment results of preschool children

Evaluating indicator	Group	Evaluation time				
		T0	T1	T2	T3	T4
Fine motion	Control group	3	3	2	2	2
	Observation group	2	2	1	1	0
Gross motor	Control group	3	2	2	2	2
	Observation group	3	2	2	1	0
Language	Control group	3	2	3	2	2
	Observation group	3	1	1	0	0
Personal handling and social adaptability	Control group	2	2	2	2	1
	Observation group	3	1	1	0	0

Conclusions: In the key stage of preschool children’s psychological development, it is extremely necessary to carry out reasonable mental health education, which can effectively avoid the bad thoughts or behaviors of preschool children and help their psychological development. The research takes mental health education as an intervention means. The results of DDST evaluation show that mental health education has a significant positive impact on the psychological development of preschool children, and can promote the improvement of their mental health level.

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ON THE POSITIVE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS’ MENTAL HEALTH EDUCATION

Cailian Qin & Zhenhua Zeng*

College of Environment and Resources, Guangxi Normal University, Guilin 541004, China

Background: With the continuous development of modern science and technology and the continuous progress of society, the times have put forward higher requirements for college students. All walks of life need high-quality comprehensive talents. College students are facing increasing competitive pressure. In this environment, the difficulty of Ideological and political work in colleges and universities has also increased. In the past, ideological and political teaching mainly refers to the planned, purposeful and directional education and supervision of college students through certain forms of teaching methods, so as to help them establish a correct outlook on life, values and world outlook, and ensure that their ideological and behavioral performance is consistent with the direction required by socialism. With the constant changes of the social situation, the ideological and political teaching in colleges and universities also needs to be innovated and reformed. In order to meet the needs of the development of the times, the ideological and political teaching in colleges and universities should also bear the responsibility of paying attention to and cultivating the healthy mentality of college students. College students’ mental health education mainly refers to the activities that college mental health workers use psychological counseling, psychological counseling and other means to intervene the college students with low psychological quality, have a certain positive impact on their cognition and psychology, and help them develop healthy psychology. Whether it is