

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

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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

ideological and political education in colleges or mental health education for college students, both of them are aimed at college students and serve to improve their comprehensive quality. In addition, ideological and political teaching in colleges and universities can meet the development needs of college students at the level of consciousness and help them form correct cognitive services. The importance of college students' mental health education cannot be underestimated. It can effectively solve college students' psychological confusion and help them find a psychological balance. From the perspective of educational psychology, ideological and political teaching in colleges and mental health education for college students are both supplements to the education of basic theoretical knowledge. The purpose of their development is to promote the comprehensive development of college students. Educational psychology is an important subject of social psychology, which can make a detailed and comprehensive analysis of human learning and educational intervention effects, teachers' and students' teaching psychology under different teaching situations. Educational psychology organically integrates the relevant theoretical knowledge of pedagogy and psychology. It is a highly comprehensive interdisciplinary subject. Its focus is to apply the theory or research results of psychology to the process of educational practice. Educational psychology has a wide range of applications. It can usually be applied to the design of teaching courses, the improvement and upgrading of teaching methods or skills, the promotion of students' learning motivation, and the effective solution of various setbacks and difficulties.

Objective: From the perspective of educational psychology, this paper explores the positive impact of Ideological and political teaching on college students' mental health education, so as to ensure the ideological and political level and mental health level of college students.

Subjects and methods: Among the four universities in a certain area, 260 college students were selected by simple random sampling, and were divided into regular education group and ideological and political education group, with 130 students in each group. The time of the intervention experiment was set as 3 months. In the whole experimental stage, the ideological and political teaching was carried out only for the college students in the ideological and political education group. Symptom Checklist 90 (SCL-90) was used to investigate the mental health status of the two groups of college students before and after the intervention. SCL-90 included 90 self-assessment items. The test factors included somatization, obsessive-compulsive symptoms, depression, anxiety, psychoticism, etc. The 5-level scoring standard of 0-4 was adopted. The higher the SCL-90 score, the lower the level of mental health. 0 points for asymptomatic, 1 point for mild symptoms, and 2 points for moderate symptoms. 3 points for severe symptoms. 4 points for extremely serious symptoms.

Results: As shown in Figure 1, after the intervention experiment, there was a significant difference in SCL-90 scores between the conventional education group and the ideological and political education group. The former was significantly higher than the latter, and the difference was statistically significant ($P < 0.05$). It shows that ideological and political education in colleges and universities has a great positive impact on college students' mental health education, can enhance the effectiveness of mental health education, reduce college students' SCL-90 scores, and achieve the educational purpose of improving college students' mental health level.

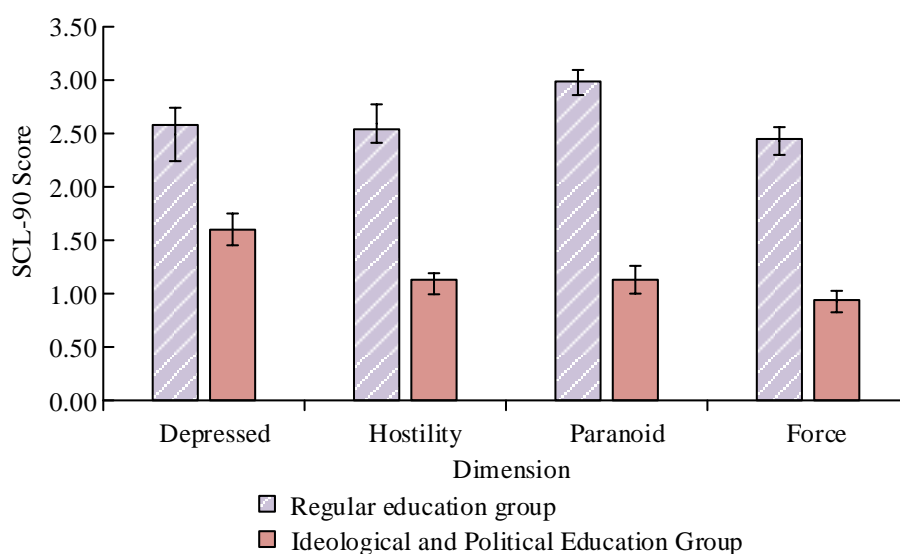


Figure 1. Difference in SCL-90 scores between the two groups of college students after the intervention

Conclusions: From the perspective of educational psychology, we should skillfully combine the ideological and political teaching in colleges and universities with the mental health education of college students, so that the two interact and jointly promote the formation of college students' correct outlook on life, values and world outlook. The results show that the ideological and political teaching in colleges and universities can have a significant positive impact on the mental health education of college students, significantly improve the mental health level of college students, and help them achieve comprehensive development.

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RESEARCH ON THE EFFECT OF MUSIC EDUCATION IN COLLEGES AND UNIVERSITIES ON IMPROVING STUDENTS' PSYCHOLOGICAL AESTHETIC EDUCATION QUALITY

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Background: At present, the social competition is fierce and the employment pressure is increasing. This requires our college graduates to have high ideological quality and good psychological quality while fully mastering rich professional knowledge. As a base for personnel training, colleges and universities are also facing new tasks and challenges. In recent years, various problems caused by college students' mental health have become increasingly prominent. Due to employment pressure, high tuition fees, emotional frustration and other reasons, some students have some psychological barriers to varying degrees, and students' injuries and self-injuries frequently occur. These problems not only seriously affect students' learning and physical and mental development, but also directly affect the stability of family and society. Music has not only educational and aesthetic functions, but also emotional functions. Music education plays a very important role in promoting the all-round development of students' comprehensive quality and promoting the construction of socialist spiritual civilization. Music education in colleges and universities in China is basically carried out in two ways: elective courses and community activities. The coverage is very small and does not play its due role. As one of the important contents and ways to cultivate the comprehensive quality of college students, music education has attracted enough attention in general higher vocational colleges in recent years. A series of measures have been taken and good results have been achieved. At present, higher vocational colleges in China have set up music education courses, which has laid a solid foundation for the development of higher vocational music education in China. However, what we cannot ignore is that, due to the late start and development of music education in colleges and universities in China, the setting of music education courses is not reasonable, and the teaching methods are not advanced enough. Even some music education courses in higher vocational colleges are mere formality, let alone play the due role of music education in improving the comprehensive quality of college students. Due to the increasing employment pressure and the complexity of social factors, college students are overwhelmed by the heavy pressure from all aspects. In this case, how to change the weak status of music education, promote the all-round development of students' comprehensive quality through music education, especially improve students' mental health level, and promote the construction of socialist spiritual civilization will inevitably become the main trend of music education research in the future.

Objective: Based on the theory of mental health and treatment, this paper discusses the effect of music education in colleges and universities on improving students' mental health by using the methods of literature analysis and questionnaire survey. College students are in the late youth of physical and mental development, also known as the early adulthood, which is a transitional period from childishness to maturity and from youth to adults. Facing a series of major life issues, such as the transformation of social economy, the change of learning and living environment, the complexity of interpersonal relations, and the competition between study and employment, college students are bearing the strong expectations of society and parents. Various psychological activities are very active, but their self-regulation ability is not perfect, which often leads to college students' emotional instability, psychological contradictions and psychological conflicts. This study uses music aesthetic appreciation means, designs specific operation schemes, verifies the dry top results through experiments, enriches the means of psychological health education for people and students in theory and practice, and explores new perspectives and approaches for psychological health education in colleges and universities. It has strong theoretical and practical value, and enriches the relevant theories of music education functions, it also plays a certain reference role in improving the mental health level of higher vocational students.