

characteristics and teaching rules. In the future vocal music education, teachers should make full use of multiple technical means and teaching methods to realize the correct guidance of students' emotional value, help them reduce emotional barriers and improve their mental health.

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RESEARCH ON THE INFLUENCE OF EDUCATIONAL REFORM BASED ON THE INFLUENCING FACTORS OF COLLEGE STUDENTS' MENTAL HEALTH ON THE DEVELOPMENT OF COLLEGE STUDENTS' POSITIVE PSYCHOLOGY

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Background: With the development of China's education and the deepening of the state's attention to students' quality education, the proportion of mental health education courses in colleges and universities has increased. Under the guidance of educational psychology theory, mental health education is based on the law of students' physical and mental development, through setting up mental health education courses or combining psychological education with other courses to achieve the intervention effect on students' mental health. The establishment and combination of mental health courses can effectively take into account the students' learning needs and psychological laws. There are many factors that affect students' individual mental health, including age structure, cognitive level, psychological endurance, educational environment and teaching activities. Good mental health can effectively guide students' positive psychology, help them face difficulties and setbacks in life and learning with a positive attitude, and improve their psychological quality and pressure resistance. Individual differences and the variability of psychological characteristics make the emotional characteristics of individuals different when they suffer from external stimulation and interference, so the positive psychology is slightly different. Positive psychology can be guided and cultivated through the intervention of acquired environmental conditions and external stimulation, so as to realize the exercise of individual psychological quality. At present, the educational courses in colleges and universities cover the content of mental health education better or the integration depth is not obvious enough, so it is difficult to play a positive role in the mental health quality of college students. Mental health education in colleges and universities is not only the main position for popularizing mental health knowledge, but also an important part of ideological and political education in colleges and universities. Giving full play to the guiding role of colleges and universities on students' psychological value can effectively help them establish positive psychology and reduce the generation of negative emotions and psychological problems.

Subjects and methods: First of all, collect information about the mental health status of students in a university and investigate and analyze the factors that affect their mental health. Then, select the students with negative emotions and mental health problems as the research objects. In the process of the experiment, we use statistical methods to extract the education influencing factors that affect the mental health of college students, and reform the teaching content to better meet the psychological needs of students, and design an education and teaching model that can reform the positive psychology of students. The research objects were randomly divided into two groups: the teaching improvement group and the teaching routine group. Both groups carried out teaching experiments at the same time and taught by the same teachers. The difference is that the teaching improvement group also includes mental health education for students, such as mental health lectures, opening psychological counseling windows and providing free psychological counseling services for students, increasing psychological courses and distributing educational books or learning materials related to mental health, etc. The experiment lasted for three weeks. During the experiment, the mental health status and positive psychology of middle school students were collected with the help of the mental health self-test questionnaire and the emotion scale, and the data were imported into the statistical analysis tool SPSS software to realize the data processing and differential analysis.

Results: SPSS software was used for data statistics and analysis, and *t*-test was performed on counting data and measurement data. $P < 0.05$ indicates that the difference is statistically significant. The mental health scores of the two groups of students are shown in Table 1.

The scores of depressions, anxiety, inferiority complex, interpersonal sensitivity and obsessive-compulsive symptoms of the students in the teaching improvement group were significantly lower than those of the students in the teaching routine group. The symptoms of the two groups were statistically significant ($P < 0.05$). The above results show that mental health education can improve students'

psychological problems to a certain extent, reduce the generation of negative emotions and negative psychology, and then achieve the improvement of college students' psychological quality and mental health level.

Table 1. Mental health scores of two groups of students

Group	Depressed	Anxious	Inferiority	Interpersonal sensitivity	Obsessive compulsive symptoms
Teaching improvement group	1.02±0.04	1.18±0.23	1.09±0.36	1.29±0.196	0.17±0.16
Teaching routine group	1.54±0.34	1.47±0.23	1.72±0.15	2.44±0.15	1.86±0.08
<i>t</i>	14.278	5.288	3.659	13.421	12.142
<i>P</i>	0.000	0.002	0.004	0.001	0.000

Conclusions: As one of the important contents to measure individual health, mental health is closely related to individual growth and development and future planning. Strengthening the educational reform in colleges and universities and actively incorporating mental health education can effectively guide students' psychological status, reduce their negative emotions and psychological pressure, and keep them in a stable and positive state of mind to study and live.

Acknowledgement: The research is supported by: Fund Project: 2021 Jiangxi University of Chinese Medicine Student Financial Aid and Education Special Project (Exploration and Research on Promoting College Students' Employment under the New Financial Aid Model Combining "Help" and "Education" - Take Jiangxi University of Chinese Medicine College of Acupuncture, Moxibustion and Tuina as an Example)

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ANALYSIS ON THE ROLE OF THE INTEGRATION OF IDEOLOGICAL AND POLITICAL EDUCATION INTO SOCIAL HOT ISSUES IN ALLEVIATING COLLEGE STUDENTS' PERSONALITY DISORDERS

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Background: Personality disorder is a kind of mental illness which is easy to be ignored. Personality disorder is also commonly known as morbid personality. The patients are common in young people, and the young people with the disease have persistent behavior disorder for a long time. Especially in interpersonal communication and communication, it will show obvious differences from ordinary people. At present, there are many types of personality disorders, including dependent personality disorder and borderline personality disorder. Personality disorders are closely related to depression. In dependent personality disorder, the patient is lack of independence, needs to be cared for and concerned by others, and is helpless emotionally, eager to be understood, and prone to passive, obedient and dependent behavior. If the patients with dependent personality disorder do not receive attention for a long time, they are likely to have extreme and negative emotions in their hearts, resulting in serious impact on their life and learning. For borderline personality disorder, the main characteristics are unstable factors in self-image, emotion and relationship. The main clinical manifestations are that it is difficult to control their own emotions, prone to impulsive behavior, and extreme emotions will occur when things are not going well. Affected by their own unstable emotions in the process of interpersonal communication, they will show good and bad emotions, which will lead to the obstruction of interpersonal communication. At the same time, the sick also have unreasonable behaviors and thoughts, and there are obvious differences with ordinary people. At present, influenced by the pressure of life and educational environment, more and more college students suffer from personality disorders, which not only affects the life of patients, but also adversely affects the development of education.

Ideological and political education is a compulsory subject in modern colleges and universities. Ideological and political education has an important impact on human development, thought and personality. In the modern higher education system, ideological and political education has been integrated into all