

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.

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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

aspects of higher education, and has played a positive role in promoting students' thought, behavior and health. In ideological and political education in colleges and universities, social hot issues have always been the focus of ideological and political education. Social hot issues have a positive impact on students' ideological dynamics. For example, according to the problems existing in social hot spots, interpreting with the relevant theories of ideological and political education can help students build good ideological and political concepts, and let students clarify their personal views from social hot topics, which is more conducive to the development of teaching. At the same time, the discussion of social hot issues is conducive to the exercise of students' thinking ability and problem-solving ability. Ideological and political education not only requires students to master relevant concepts and theories, but also needs to cultivate students' correct outlook on life and ideology, so as to ensure the development of students' physical and mental health. Facing the personality disorder of modern college students, we will help students establish a healthy state of mind through the discussion of social hot issues of ideological and political education, effectively alleviate students' condition, and accelerate the scientific and healthy development of modern higher education.

Objective: This paper probes into the relevant theories and clinical manifestations of personality disorders, and analyzes the purpose of ideological and political education in colleges and universities and its role in the development of students. Then it discusses the mitigation effect of the integration of ideological and political education and social hot issues on college students' personality disorder, in order to improve the condition of college students with personality disorder and promote the healthy development of college education.

Subjects and methods: The study selected 80 students with personality disorders in a university as the research objects. The patients were all patients with mild borderline personality disorder, which had different degrees of influence in interpersonal communication, learning and life. Therefore, four months of discussion and teaching on social hot issues of ideological and political integration are adopted to reflect the improvement of students' condition. The PASW 18.0 software package and Excel 2007 were used to process all the data. At the same time, the psychological activities of students before and after the teaching experiment were evaluated by the personality disorder psychological scale.

Results: As shown in Table 1, it refers to the changes of students' psychological activities after 4 months of ideological and political teaching experiment. The evaluation score is 1-10. The teaching of Integrating ideological and political education with the discussion of hot social issues can significantly improve students' psychological indicators, alleviate students' personality disorders, and is conducive to the evaluation of students' positive and healthy development.

Table 1. Changes in psychological activities of students after four months' ideological and political teaching experiment

Project	Before study	After learning	P
Interpersonal communication	3.17±1.71	6.15±2.32	<0.05
Self-control	2.28±1.25	7.63±2.13	<0.05
Self-recognition	2.63±1.23	6.45±2.28	<0.05
Self-reproach tendency	2.15±1.32	7.46±1.45	<0.05
Learning thinking	3.42±2.71	7.25±2.58	<0.05
Mental health	2.88±2.23	8.46±1.15	<0.05

Conclusions: Mental health diseases have become the most important diseases that affect the life and development of modern people, and have been highly concerned by the society. In recent years, with the acceleration of the pace of social development, people's various pressures have increased sharply. At the same time, unhealthy eating habits have led to many young people suffering from personality disorders, which has had an adverse impact on their personal life and development. Especially in the educational environment of colleges and universities, many students suffer from personality disorders, which has a negative impact on the development of modern education. The experimental results show that the teaching mode of ideological and political integration and social hot issues discussion can effectively alleviate students' illness, improve students' learning quality, and promote the healthy and scientific development of education in China.

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RESEARCH ON IDEOLOGICAL AND POLITICAL TEACHING AND PRACTICE PATH OF COLLEGE PHYSICAL EDUCATION CURRICULUM FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a branch of psychology between pedagogy and psychology. It is also a bridge between pedagogy and psychology. The subjects of educational psychology research include educators, educatees and other relevant subjects in teaching activities. The research content of this discipline is the psychological process, corresponding emotional state and action taken by these subjects in teaching activities. The development of educational psychology is closely related to the teaching practice activities in the field of education. In the teaching activities, the study driving force, emotional changes, cognitive characteristics of the educated, and the teaching psychology and teaching behavior of the educators cannot be studied independently without teaching practice. At present, relevant studies have explained that the psychological process of each subject in teaching activities and obtained practical results, such as effectively improving students' willingness and efficiency of autonomous learning through curriculum design. From the aspect of practical application, educational psychology has been widely used in teaching method design, curriculum design, textbook compilation and so on. Among the many subjects in higher education, the educational psychology analysis method of physical education teaching is also special because of the particularity of its teaching method and content.

Ideological and political education is an important part of the educational concept of the all-round development of colleges and universities. It is a teaching to cultivate socialist successors according to the needs of the country for talents and students' own needs. Its teaching contents mainly include education of ideals and beliefs, education of patriotism, education of moral norms and education of all-round development. Ideological and political education is not only reflected in the ideological and political class, but also should be integrated into all aspects of college teaching and the learning life of college students in an all-round way. At present, the physical education teaching in colleges and universities and the physical quality of college students have gradually received the attention of the society and the public. The reform of physical education teaching in colleges and universities is the general trend. Under this background, the ideological and political teaching in colleges and universities should also be integrated into the physical education curriculum. At present, the subjectivity of students is less prominent in the teaching practice of colleges and universities, and students are in a state of passive acceptance most of the time. Educational psychology research shows that the stronger the dominant position of students in teaching activities, the stronger their willingness to learn and the better their learning effect. Therefore, college physical education teaching should highlight the dominant position of students while emphasizing the content of Ideological and political teaching.

Objective: This paper studies whether the ideological and political teaching practice mode of college physical education courses combined with the theory of educational psychology has a significant positive impact on students' learning psychology and the learning effect of ideological and political courses.

Subjects and methods: 198 college students were recruited from several universities in a certain area as the research objects of this experiment. Before the experiment, their performance in physical education and ideological and political courses in the previous semester was collected, and their learning enthusiasm, learning anxiety and academic burnout were measured. After the beginning of the experiment, the research objects were put into the ideological and political teaching practice of physical education curriculum designed in combination with the theory of educational psychology. The teaching duration lasted for three months. Their academic performance and related psychological status were measured again during and after the teaching process, and compared and analyzed.

Results: Figure 1 describes the changes in the academic performance of the subjects in physical education and ideological and political education at different stages of the experiment. It can be seen from the figure that the academic performance of the research objects in both aspects has been greatly improved after the beginning of the experiment, which shows that the ideological and political teaching of college physical education plays a positive role in students' academic performance in physical education and ideological and political education.

Conclusions: Ideological and political education in colleges and universities should involve all aspects of college students' school life. From the perspective of educational psychology, ideological and political education should be integrated into students' life in an all-round way to achieve the best teaching effect. On the other hand, the current physical education in colleges and universities is facing reform and optimization. Under this background, based on the research and the theory of educational psychology, a