

difference  $P$  is taken as 0.05.

**Results:** The experts' evaluation on the proposed measures to improve teachers' teaching ability is shown in Table 1:

**Table 1.** Statistical table of expert evaluation

Measures	Score value	Impact level	$P$
Perfect and innovative teachers	3.25±0.23	General impact	0.03
Training system	2.76±0.19	Minor impact	0.04
Hold salon style symposium	4.27±0.16	Significant impact	0.02
Arrange psychology lectures	4.02±0.14	Significant impact	0.03
Integrating scientific research into teaching	3.36±0.28	General impact	0.04

It can be seen from Table 1 that experts believe that the two measures of “arranging psychology lectures” and “integrating scientific research into teaching and promoting teaching through competition” can significantly reduce teachers' psychological pressure; The two measures of “perfecting and innovating the teacher training system” and “strengthening the contact with parents and understanding students' learning and psychological status” can reduce teachers' psychological pressure to a certain extent. “Holding salon style Symposium” has little effect on reducing teachers' psychological pressure. The standard deviation of the scoring values is lower than 0.3, indicating that the members of the expert group are in agreement;  $P < 0.05$ , indicating statistically significant.

**Conclusions:** Due to the impact of the epidemic, teachers' teaching methods need to be changed accordingly, and their teaching ability should be improved to meet the teaching requirements in special circumstances, which will increase teachers' psychological pressure. “Integrating scientific research into teaching, promoting teaching through competition”, “arranging psychological lectures”, perfecting and innovating teacher training system “and” strengthening contact with parents and understanding students' learning and psychological status “can improve teachers' teaching ability and reduce teachers' psychological pressure, which can provide some reference for the improvement of college teachers' teaching ability in the post epidemic era.

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## RESEARCH ON THE REFORM AND INNOVATION OF HIGHER EDUCATION TEACHING MODE AND MANAGEMENT METHOD FROM THE PERSPECTIVE OF COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** Mental health education is an important part of quality education and an important link in the training of high-quality talents in the new era. Educators' mental health education for college students, combined with relevant psychological knowledge, educational methods and means, can enable students to form good psychological quality and cultivate sound personality. At present, college students are facing more and more social pressure and employment pressure, which is easy to have a bad impact on their mental health. The development of mental health education in colleges and universities can help college students correctly solve the contradictions between interpersonal relationships, alleviate the pressure of college students' study and employment, and so on. Traditional education and teaching modes and management methods mostly restrict students' behavior. In terms of methods, they are too single, backward and lack of effectiveness. Under this teaching mode and management method, students' practical ability is weak, and students' original innovation ability and learning enthusiasm are suppressed. It is difficult to achieve the training of comprehensive talents, which is not conducive to the healthy development of college students' body and mind. In order to improve the teaching and management level of higher education, achieve the innovative purpose and effect of education, promote the progress of teaching and management, and promote the mental health development of college students, it is necessary to reform and innovate the traditional education mode and management method. At present, colleges and universities pay more and more attention to the reform and innovation of education and teaching modes and management methods. How to improve the teaching level of colleges and universities and promote the all-round development of

college students has become the top priority of college education. Therefore, this time, we will reform and innovate the education and teaching modes and management methods of colleges and universities from the perspective of college students' mental health.

**Objective:** Through questionnaires, telephone consultation, field interviews and other means to understand the views of college students on the current education and teaching in a school, and put forward targeted educational reform suggestions; The experts will judge whether the suggestions can promote the mental health development of college students.

**Subjects and methods:** The random survey method is used to investigate and communicate with the students of all majors in a school, understand the current educational content of the school, and consult the college students about the shortcomings of education and teaching. Based on these materials, the reform measures of education and teaching modes and management methods are put forward pertinently, and the reform measures are summarized to an expert group composed of experts from pedagogy and psychology to evaluate the reform measures. The experts evaluate the positive impact of the reform and innovation measures on the mental health of college students. The impact degree is divided into no impact, slight impact, general impact, obvious impact five categories are fully affected for evaluation. The assignment interval is [1, 5]. The higher the degree of influence, the higher the score. In the experiment, the scoring value is displayed in the form of mean  $\pm$  standard deviation, and t-test is performed. The significance level of difference *P* is taken as 0.05.

**Results:** Table 1 shows the evaluation of the expert group on the proposed measures for the reform and innovation of college education and teaching modes and management methods:

**Table 1.** Statistical table of expert evaluation

Measures	Score value	Impact level	<i>P</i>
Reforming and innovating the mode of mental health education	3.57 $\pm$ 0.16	General impact	0.04
Reforming and innovating the ideological and political health education model	2.51 $\pm$ 0.23	Minor impact	0.02
Reforming and innovating the mode of physical health education	2.34 $\pm$ 0.11	Minor impact	0.03
Cultivate positive and all-round teachers	4.13 $\pm$ 0.26	Significant impact	0.01
Using multiple methods to identify	2.37 $\pm$ 0.13	Minor impact	0.04
Really assess candidates	4.37 $\pm$ 0.15	Significant impact	0.05
Guide and encourage teachers to implement innovative education and establish a platform for teachers to communicate	4.03 $\pm$ 0.29	Significant impact	0.03

It can be seen from Table 1 that the expert group believes that the three reform measures of “cultivating positive and comprehensive teachers”, “launching different types of campus culture competitions” and “guiding and encouraging teachers to implement innovative education and establishing a platform for teachers to communicate” have a significant impact on the mental health of college students; The reform measure of “reforming and innovating mental health education model” has a general impact on college students' mental health; The reform measures of “reforming and innovating the ideological and political health education mode”, “reforming and innovating the physical health education mode” and “carefully assessing candidates by using various methods” have little impact on the mental health of college students. The standard deviation of the scoring values is lower than 0.3, indicating that the members of the expert group are in agreement; *P* < 0.05, indicating statistically significant.

**Conclusions:** In order to promote the good development of college students' mental health, colleges and universities should reform and innovate the teaching mode and management methods. First, they should cultivate positive and all-round teachers, so as to better promote the innovative education in colleges and universities. Secondly, we should guide and encourage teachers to implement innovative education, establish a platform for teachers to communicate, promote the common progress of teachers, and provide better education for students; We also need to carry out different types of campus culture competitions to provide students with a loose campus environment, improve their innovation ability, increase their self-confidence, and promote the mental health development of college students.

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## REFINEMENT AND VULGARITY IDEAS IN MO YAN'S LITERARY WORKS

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**Background:** Mo Yan's novels, regardless of the relationship between the characters and the plot, the language of the novel has a unique artistic charm and strong attraction. As for his representative work *Red Sorghum*, the language of the novel differs from that of other writers obviously.

**Subjects and methods:** Refinement and vulgarity ideas in Mo Yan's literary works *red sorghum*.

**Results:** The linguistic features of Mo Yan's novels are very distinct, which is reflected in the various rhetorical devices used in his works. The humorous language, sensory, alienated and naturalized lyrical skills in *Red Sorghum* reflect the refinement and vulgarity ideas in Mo Yan's literary works.

**Conclusions:** Mo Yan's *Red Sorghum* embodies the artistic charm of literary works in full swing. First of all, the language of *red sorghum* has a unique style. The work integrates local colloquialisms and proverbs, which makes the finishing touch for Mo Yan's novels (Li 2017), and also forms the aesthetic style of great refinement and great vulgarity. Secondly, the rise of *Red Sorghum* has formed a style with various skills and unique artistic charm in the literary world. It forms a special aesthetic of novel language with subjective feelings, oral, bewilderment and breaking the conventions of language. Finally, in *Red Sorghum*, it reveals the simple and earthy fresh power between the lines, closer to the original ecology of rural life.

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## ANALYSIS ON THE PROBLEMS AND COUNTERMEASURES OF PSYCHOLOGICAL EDUCATION FOR THE ELDERLY UNDER THE BACKGROUND OF ARTIFICIAL INTELLIGENCE

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**Background:** At present, population aging is gradually developing into a global problem. According to the relevant United Nations population statistics report, about 9% of the world's population is over 65 years old, and this proportion is expected to reach 12% in 2030 and 16% in 2050. At the same time, the prevalence of mental illness and the burden of treatment are getting higher and higher. The relevant statistics of the WHO show that the prevalence of mental disorders in the global elderly population exceeds 20%. Compared with young people, the elderly are more likely to experience negative events such as widowhood, living alone, and the loss of their only one in their lives, which will cause psychological problems such as loneliness and depression. The mental health problems of the elderly in my country are particularly prominent. According to statistics, more than 80% of the elderly in my country have different degrees of psychological problems, and nearly 30% have obvious mental diseases. However, the development of the psychological counseling industry in my country is slow, the public's awareness of professional psychological counseling is not high, and few elderly people actively seek professional psychological counseling, and only less than a quarter of elderly suicides seek professional counseling before death. Therefore, how to effectively carry out psychological education for the elderly is an urgent problem to be solved. The rise of artificial intelligence has provided new ideas for this. The intelligent old-age care model is gradually improving, and products such as intelligent wearable devices, nursing robots, and intelligent psychological expert systems for the elderly are becoming more and more popular. Technology continues to develop and mature. The introduction of artificial intelligence technology for intelligent elderly care services can effectively solve the elderly care problems in my country and promote the effective development of mental health education for the elderly. Intelligent wearable devices have developed rapidly in recent years. Such devices can obtain accurate data by being close to the human body. Combined with emotional computing theory and emotional psychology, they can reflect the mental state of the elderly and provide psychological support for the elderly.

Affective computing is a new field of artificial intelligence. Its theoretical purpose is to build a computer system that can recognize, understand, express and adapt to human emotions, and can give intelligent and reasonable feedback to human emotions. Emotional psychology is a scientific theory developed on the basis