

audience is with the current visual aesthetic design.

Table 1. Aesthetic psychological changes of the audience under the control of gender, age, educational background and other factors

Project	Time			
	1 week	2 weeks	3 weeks	4 weeks
Gender control	3.75	4.69	6.13	8.22
Age control	3.17	4.83	6.92	8.97
Degree control	3.06	4.18	5.93	7.97

Conclusions: Design psychology is a psychological subject that takes personal experience as a starting point to analyze the psychological changes of the audience under the aesthetic design. It is also a psychological subject that gradually improves the design with the help of audience psychology. The research takes the Asian Games dynamic sports icon design as the research object, realizes the customized generation of the Asian Games dynamic sports icon inside the game through the game engine, and uses the design psychology to understand the audience's feelings on the game aesthetic design, so as to improve the customized generation scheme of the Asian Games dynamic sports icon. Finally, it analyzes the impact of the customization of the Asian Games' dynamic sports icons on the audience's aesthetic psychology under the design psychology. The results show that the audience can be satisfied with the customization of the Asian Games' dynamic sports icons under the design psychology. The above results show that design psychology can reflect significant application value in practical application, and is of great significance to social development.

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RESEARCH ON THE CONSTRUCTION AND SUSTAINABLE DEVELOPMENT OF ONLINE TEACHING MODE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF COLLEGE STUDENTS' MENTAL HEALTH

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Background: In psychological research, mental health belongs to a positive mental state. In the current field of mental health and psychology, there is no clear definition of mental health, but it can be explained from two perspectives. First of all, mental health mainly means that people have a good mental state. In the 1946 international mental health conference, some experts pointed out that healthy mental state mainly includes people's physical and mental health, intellectual health and emotional health. At the same time, there is no contradiction between mental health and the mental health of others. From this, we can see that mental health does not mean simple psychological positivity, but a psychological state of coordinated development of body and mind from the inside out. In addition, good mental health also includes accurate judgment of thinking and cognition. People with mental health can rationally understand themselves, objectively evaluate others and themselves, and effectively deal with interpersonal communication and various problems in life and work. At the same time, in the indicators of will and health, people with mental health have more vitality, and their inner world can also be in a balanced and coordinated state. The balance of human beings mainly means that both the internal and external human beings can show the positive performance of coordinated development, and can adapt to the environment. Deal with all kinds of complex and difficult feelings in the environment, and ensure that people get positive and effective development in the environment. In a word, mental health is a kind of psychological state that modern people need to actively pursue. However, influenced by various life factors, more and more students' mental health has been affected, which has a negative impact on their personal development.

In recent years, the mental health problems of college students have been concerned by the society, especially by various complex factors and various bad cultures. The mental health problems of modern college students show a high incidence trend, which has a great impact on the current educational development and social progress of colleges and universities. As a higher education institution, universities need to pay close attention to the mental health problems of college students. Therefore, more and more colleges and universities add psychological health counseling subjects to education. At the same time,

according to the factors of College Students' psychological health, they adjust teaching and improve the educational environment to improve students' learning and life quality, so as to ensure that students have a benign mental health state. Considering that many students are affected by academic pressure, anxiety, panic and other negative emotions have an impact on their mental health, so colleges and universities try to build an online teaching platform in the innovative development. Through the implementation of the online teaching mode, they can more accurately help students customize courses and arrange academic tasks, so as to reduce students' academic pressure, relieve students' psychological burden, and help students develop a good mental health mentality. The construction of the online platform includes four measures: improving teaching content, carrying out interesting teaching, reasonably customizing teaching plans, and online assessment and evaluation. Through the improvement of current teaching, we can relieve students' pressure and help students build a good psychological state.

Objective: This paper analyzes the related concepts and standards of mental health, studies the current development status of college students, and then discusses the research on the construction and sustainable development of College Online Teaching Mode Based on the perspective of College Students' mental health, aiming to improve students' mental health through the innovation of education and teaching, and further promote the healthy development of modern education.

Subjects and methods: Taking 100 students with mental health problems in a university as the research object, we carried out online education and teaching for students for 4 months, including improving teaching content, carrying out interesting teaching, reasonably customizing teaching plan, online assessment and evaluation, etc. At the same time, PASW 18.0 software package and Excel 2007 were used to process all the data, and mental health scale was used to record the changes of students' mental activities before and after the experiment. So as to judge whether the adopted educational program has a positive impact on students' mental health.

Results: Table 1 shows the results of the changes in the mental health of the student party after four months of the teaching experiment. The evaluation indicators include five indicators: learning status, goal expectation, physical and mental status, emotional status and communication. After adopting the online innovative teaching mode, students' psychological indicators have been significantly improved. Therefore, the online teaching mode can improve students' mental health problems and promote students' healthy development.

Table 1. The results of psychological health changes of students' party after 4 months of teaching experiment

Positive psychology	Before teaching	After teaching	<i>P</i>
Learning status	2	4	<0.05
Objective expectation	1	4	<0.05
Psychosomatic state	2	5	<0.05
Emotional situation	1	4	<0.05
Communication	3	5	<0.05

Conclusions: With the rapid development of society, more and more people have mental health problems. Mental health problems have become one of the most important health problems affecting human development. Colleges and universities are the most important part of social development. More and more students have mental health problems, which has been paid universal attention by the society. However, there are many factors for students' mental health problems. Therefore, in combination with students' development factors, online teaching links should be carried out to reduce students' pressure. The experimental results show that four months after the adoption of online teaching, the indicators of students' mental health scale have been greatly improved, and their learning has been greatly improved. It shows that the online teaching mode has a positive impact on the healthy development of students and promotes the positive development of modern education.

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INFLUENCE OF PLC TECHNOLOGY IN ELECTRICAL AUTOMATION CONTROL ON COGNITIVE ABILITY OF STUDENTS WITH ANXIETY DISORDERS IN COLLEGES AND UNIVERSITIES

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Background: University is an important educational place in our country. College students are the focus of college education. Students' mental health has always been the main content of college management. Compared with the ordinary high school environment, the university environment has a higher degree of freedom, but with it comes the greater academic and social pressure that students face. Under the influence of this environment, students' psychological emotions will have very obvious changes, of which the most common is students' anxiety. The generation of students' anxiety hinders the development of students' normal studies, and the generation of anxiety will also affect the cultivation of students' psychological quality, making it difficult for students to get timely treatment after the generation of anxiety, thus causing students to have more negative psychological emotions. In psychological research, it is believed that the treatment of anxiety needs to take patients as the main body for psychological counseling. In the university environment, for anxiety students, innovative teaching programs need to be adopted to induce students to think creatively, change the current psychological state, and finally help students build a perfect psychological defense line. Electrical automation control is a common subject teaching in colleges and universities, and its students' anxiety status is very significant. Therefore, how to treat the anxiety disorder of electrical automation control students is of great significance.

The major of electrical automation control covers a wide range of fields, including a series of science and engineering subjects such as electronic technology and electrical technology. In the education of electrical automation control, the emphasis is on cultivating students' practical ability, which has great requirements for students' practical ability. Most college students are used to theoretical learning in high school education, and they often fail to achieve the desired results in practice, which makes it difficult for most students to improve their professional performance, and then there is learning anxiety. With the increase of teaching time, students' anxiety is difficult to be relieved, and will eventually evolve into anxiety disorder. It has been considered that the introduction of PLC technology into electrical automation control can help to improve teaching quality, enhance students' classroom practical ability, improve students' academic performance and alleviate students' anxiety. A large number of studies believe that the relief of students' anxiety symptoms will also affect their cognitive ability to a certain extent. However, in the known studies, the impact of the introduction of PLC technology into electrical automation control on students' cognitive ability has not been deeply analyzed. In view of this, the research deeply analyzes the anxiety relief phenomenon of students after the introduction of PLC technology in electrical automation control, and analyzes the changes of students' cognitive ability, in order to provide theoretical support for the cultivation of college students' psychological quality.

Objective: Explore the current teaching situation of electrical automation control, analyze the application of PLC technology in the teaching process, analyze the anxiety status of middle school students in this major, and evaluate the changes of students' psychological anxiety and cognitive ability after the introduction of PLC technology.

Subjects and methods: Taking the students majoring in electrical automation control in a university as the research object, 120 students with anxiety disorder were randomly selected and randomly divided into the research group and the blank group. The students in the research group introduced PLC technology into the teaching of electrical automation control, and the students in the blank group used conventional electrical automation control teaching for 6 months. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, and Mini Mental State Examination scale (MMSE) was used to evaluate students' cognitive ability.

Results: See Table 1 for the anxiety scores and cognitive ability evaluation of the two groups of students. From Table 1, it can be seen that the changes in the anxiety scores and cognitive ability scores of the students in the research group are more significant than those in the blank group, and the difference is statistically significant ($P < 0.05$).

Conclusions: The mental health of college students is a problem that cannot be ignored in college