

RESEARCH ON THE POSITIVE INFLUENCE OF TRANSLATION AND DISSEMINATION OF RED CULTURE RESOURCES ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: Higher education is the main way to cultivate high-quality talents for the country, society and the market, so it has been widely valued. The mental health of college students is not optimistic. According to relevant research reports, in recent years, there have been more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become a major problem in college teaching management. There are many reasons for college students' psychological problems, the most important of which are academic anxiety, social anxiety and employment anxiety. In colleges and universities, academic performance is the most important indicator. Schools, parents and students themselves are most concerned about students' academic performance, while ignoring students' mental health education. Under the pressure of all aspects, once the students' academic performance fluctuates, and the test results are not ideal, it will lead to great psychological pressure on students. Some of the students' learning ability is insufficient and their academic performance is poor for a long time. They will have inferiority complex and fear of the exam, and then have exam anxiety. In addition to academic pressure, in colleges and universities, there are also great differences in the way students socialize with each other compared with that in high school. Some students with weak social skills are unable to deal with the relationship between their classmates, resulting in estrangement and friction between students, which is easy to produce social anxiety and exclude communication and collective activities with others. Finally, college students are facing the situation of choosing jobs and employment. Some students have not made adequate psychological preparation, had a fear of social life, and worried that they cannot find a suitable job, or the work content and salary cannot meet their expectations, resulting in employment anxiety. Excessive anxiety will affect the mental health construction of college students, cause various mental diseases, and affect the physical and mental health development of students. Ideological and political education in colleges and universities can help students establish correct values, so as to realize the construction of college students' mental health, improve students' psychological quality, enable students to face all kinds of setbacks and difficulties with a positive and optimistic attitude, and avoid falling into anxiety. Red culture is an important part of Chinese traditional culture, which contains rich revolutionary spirit and profound historical and cultural connotation. The research will integrate the red culture resources into the ideological and political education in colleges and universities, give play to the moral guidance and cognitive optimization function of red culture, so as to better cultivate the positive psychological quality of college students, improve the mental health level of college students, and avoid the anxiety of college students.

Objective: In recent years, there are more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become the main problem in college teaching management. The research will integrate the red culture resources into the ideological and political education in colleges and universities, give play to the moral guidance and cognitive optimization function of red culture, so as to better cultivate the positive psychological quality of college students, improve the mental health level of college students, and avoid the anxiety of college students.

Subjects and methods: In the form of voluntary enrollment, 74 students were selected for experimental research. The 74 students were divided into two classes, class 1 and class 2. For the students in class 1, the ideological and political education in colleges and universities combined with red resources is used for teaching. For class 2, the traditional ideological and political education in colleges and universities is used for teaching. The Comprehensive Anxiety Scale for College students (CASC) was used to investigate the anxiety of students in two classes after teaching. CASC includes three dimensions, namely academic anxiety, social anxiety and employment anxiety. The scores of each dimension are 0-30, with a total score of 90. The higher the score, the more serious the students' anxiety.

Results: The Comprehensive Anxiety Scale for College students (CASC) was used to investigate the anxiety of students in two classes after teaching. During a teaching period, students' anxiety changes were investigated once a week. After the teaching, it can be seen from the survey results that the anxiety level of students in class 1 is significantly lower than that in class 2. The anxiety of the two classes is shown in Table 1.

Conclusions: The mental health of college students is not optimistic. According to relevant research reports, in recent years, there have been more and more psychological problems among college students, and the prevalence of psychological diseases has increased significantly. Now, it has become a major problem in college teaching management. There are many reasons for college students' psychological

problems, the most important of which are academic anxiety, social anxiety and employment anxiety. The research will integrate the red culture resources into the ideological and political education in colleges and universities, give play to the moral guidance and cognitive optimization function of red culture, so as to better cultivate the positive psychological quality of college students, improve the mental health level of college students, and avoid the anxiety of college students. The results show that after the teaching, the anxiety level of class 1 students is significantly lower than that of class 2 students. The above results show that the integration of red cultural resources into Ideological and political education in colleges and universities can effectively cultivate the positive psychology of college students and enable them to learn to face setbacks and difficulties with a positive and optimistic attitude.

Table 1. Anxiety in both classes

Serial number	Anxiety type	Class 1	Class 2
1	Academic anxiety	13.3	23.6
2	Social anxiety	12.5	22.7
3	Employment anxiety	10.8	25.0

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RESEARCH ON THE POSITIVE INFLUENCE OF UNIVERSITY CULTURE AND IDEOLOGICAL AND MORAL CONSTRUCTION ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: College students have just experienced an important turning point in their lives. From high school to university campus, college students are facing the problem of adapting to the new environment and new learning tasks. There are great differences in style and mode between college life and high school, which requires students to have a high learning consciousness, which is different from the previous high school learning mode that relies on teachers' guidance. Therefore, students may have problems of not adapting to the new college life, resulting in psychological contradictions between reality and ideal, and psychological health problems such as psychological anxiety and depression. However, the specialty selection characteristics of college students may also lead to mental health problems due to inappropriate specialty selection. Some college students make blind decisions due to their insufficient understanding of specialty when choosing a specialty, which makes college students tired of learning after entering the University and starting their study life. It is difficult to take interest in specialty learning, lose initiative and self-confidence, and affect the mental health and stability of college students. On the other hand, the poor handling of interpersonal relationship is also one of the important reasons for the mental health problems of contemporary college students. College students are in an important stage of physical and mental growth and development. They have a strong need for social communication and are eager to get recognition and understanding from people around them. However, many college students lack interpersonal skills, and lack of social communication ability makes college students frustrated in interpersonal communication, resulting in fear of interpersonal communication. This kind of ambivalence, which is eager to communicate and afraid to be on guard, may lead to the psychological performance of college students' closed self in life, make it more difficult for college students to obtain a healthy and good social experience, and lead to the psychological problems of inferiority and loneliness.

Campus culture is a group social culture with the campus ring as the carrier. Campus culture includes many spiritual and emotional cultural parts, such as ideal pursuit, thinking mode, emotional morality and so on. Campus culture is a kind of spiritual culture in a specific scene formed under the university social environment, operating organization and institutional culture. It is mainly divided into four types: intelligent, emotional, quality and consciousness. University campus culture is a concentrated embodiment of a university's personality and spiritual outlook. The construction of university campus culture takes the spiritual civilization of university campus as the core starting point to explore the excellent performance of university cultural tradition, study and teaching style, psychological atmosphere and other factors. The fundamental purpose of developing campus culture and ideological and moral construction in colleges and universities is to carry out all-round comprehensive quality education for college students. Through the edification of excellent campus culture and the intervention of Ideological and moral education, college