

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

students can promote the cultivation of sound personality and healthy psychology, and cultivate high-quality successors for National Development and socialist construction. The construction of university culture and ideology and morality combines the guidance of campus culture, mental health education and personality training education. Through the guidance and intervention of college students' mental spirit, it helps students establish good and healthy values and promote the development of college students' mental health.

**Subjects and methods:** The research explore the influence of university culture and ideological and moral construction in the new era by means of pilot experiment analysis, analyzes the intervention and influence effects of university culture and ideological and moral construction in the development of students' mental health, and seeks the optimization direction of the reform path of university culture and ideological and moral construction. The research takes a university as the experimental object, and analyzes the impact of campus culture and ideological and moral construction on college students' mental health through a six-month reform of campus culture and ideological and moral construction. In this study, 300 college students were interviewed and evaluated by random sampling to understand the changes of students' mental health under the new campus culture and ideological and moral construction reform. Through the evaluation and comparison of the mental health of the subjects before and after the implementation of the reform pilot, this paper analyzes the impact of campus culture and ideological and moral construction on the mental health of college students.

**Results:** Table 1 shows the changes of mental health scores of the subjects before and after the experiment.

**Table 1.** Changes in mental health scores of subjects before and after the experiment

Test dimension	Before experiment	After experiment
Psychological stress	3.51	1.35
Psychological anxiety	3.26	1.17
Psychological depression	3.19	1.03

**Conclusions:** Promoting the construction of campus culture and ideology and morality can effectively promote the creation of high-quality and high-grade campus spiritual culture in colleges and universities, create positive and good educational conditions for the physical and mental health development of college students, and promote and catalyze the spiritual maturity and mental health development of college students. In the new era, students' psychological development needs to be supported by campus culture and ideological and moral construction, improve the psychological construction and intervention management mechanism of colleges and universities, strengthen the important consciousness of campus culture, and promote the psychological health development and comprehensive quality improvement of college students.

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## ON THE AESTHETIC VALUE AND SOCIAL VALUE OF MUSIC EDUCATION FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** Social psychology takes the behavior pattern and psychological activity law of people in society as the research object, and analyzes the psychological characteristics and change law of individuals in a certain social background. Under different social backgrounds, individual psychological and behavioral performance characteristics are different. Social and political system, cultural customs, economic level and ecological environment will all affect individual psychology and behavior. Individual social psychological performance is produced under the comprehensive action of various background factors. The cultivation of people by education is based on the regulation and construction of individual psychology and behavior mechanism. People are the main object of educational practice, which is consistent with social psychology. Both education and social psychology research take people as the key objects, and take people's needs as the fundamental starting point and foothold. Education focuses on the impact of different education