

Conclusions: Affective disorder is a common psychological and mental disease in modern society. The patients' emotions fluctuate greatly, which will have an adverse impact on personal thinking, thinking and behavior. Especially with the acceleration of the pace of modern life, affective disorders have a high incidence among college students, which has a serious impact on the development of modern education. Therefore, in this context, college education needs to pay close attention to students' mental health problems and take effective measures to deal with them. The experimental results show that through the professional teaching experiment Integrating Ideological and political ideas, students' affective disorder indicators have been effectively alleviated, which can effectively improve students' condition and ensure the smooth development of students' life and learning. The content of the study has important reference significance for promoting the development of higher education.

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THE GUIDING ROLE OF THE INTEGRATION OF CRAFTSMAN SPIRIT AND IDEOLOGICAL AND POLITICAL EDUCATION OF COLLEGE STUDENTS ON STUDENTS' POSITIVE PSYCHOLOGY

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Background: In the process of accelerating the pace of development of the times, people's real life and spiritual world show certain impetuosity, which will have a negative impact on people's daily study, work and life to varying degrees, and then hinder their own growth and development. For college students, being flashy, impetuous and unrealistic is a taboo, which has a great negative impact on their learning process and the improvement of their comprehensive ability. Craftsman spirit is one of the basic qualities that college students must have. With its interpretive effect on the labor quality of excellence, diligence and simplicity in traditional Chinese culture, it can play a significant positive role in guiding college students, and help them shape practical and progressive the fine character of rigorous study. In theory, the spirit of craftsman can be regarded as a code of professional ethics, requiring employees in all industries to treat their work with the same rigorous and meticulous attitude as craftsmen treat their own works. Although the spirit of craftsman seems simple, it is difficult to stick to the spirit of craftsman all the time, making it the most missing quality in modern people's work. For individuals, the positive role of craftsman spirit is mainly reflected in two aspects: real life and spiritual life. Ideological and political education plays an important role in the theoretical teaching and practical courses in colleges and universities. Its main role is to effectively cultivate the thoughts and behaviors of college students, so as to make them become young people of a new socialist era with fighting and enterprising spirit and responsibility. In the course design of Ideological and political education, adding the spirit of craftsman can promote college students to understand the connotation of Ideological and political education, and reasonably and effectively cultivate their thinking and ways of dealing with the world, so as to help the realization of their comprehensive development. Positive psychology is an important subject that pays attention to and studies people's psychological function. Its purpose is to promote the exertion of individual potential, make it develop better in a good environment, and improve and show its positive strength and excellent quality. Positive psychology emphasizes that everyone has unlimited development potential and excellent talent, which can play a positive role in promoting their own growth and development. In the relevant theories of positive psychology, there is a certain correlation between social environment and people's positive quality. In detail, social relations, cultural norms and family factors all have a great impact on human development. Good social environment, positive social activities and organizations can promote the establishment of people's positive quality.

Objective: Explore the guiding effect of the integration of craftsman spirit and ideological and political education on students' positive psychology, excavate an efficient and reasonable education mode, and realize a reliable guarantee for the improvement of students' positive psychology.

Subjects and methods: In this study, 125 college students were randomly selected from a university by simple random sampling. From the perspective of positive psychology, this paper explores the psychological changes of college students under the intervention of the integration of craftsman spirit and ideological and political education. The Warwick Edinburgh Mental Well Being Scale (WEMWBS) was used to assess the positive mental health of college students. WEMWBS mainly includes the evaluation contents of positive emotion, positive psychological function and interpersonal satisfaction, with a total of 14 evaluation items;

WEMWBS adopts 5-level evaluation criteria, from 1 to 5, it means never, rarely, sometimes, often and always. The total score of the scale ranges from 14 to 70, and the score is positively correlated with the level of positive mental health.

Results: Table 1 shows the changes of WEMWBS scores of 125 college students before and after the intervention of the integration of craftsman spirit and ideological and political education of college students. According to table 1, before the integration of craftsman spirit and ideological and political education of college students, the WEMWBS score of college students was at a low level, about 21.54; With the continuous integration intervention, the WEMWBS score continued to increase, indicating that the positive mental health level of college students continued to improve; After 6 weeks of intervention, the WEMWBS score of the college students has increased to about 65.47, indicating that their positive mental health has been significantly improved.

Table 1. Statistics of changes of college students' WEMWBS scores before and after the intervention of integration of craftsman spirit and ideological and political education of college students

Time	WEMWBS score	Compared with pre intervention	
		<i>t</i>	<i>P</i>
Before fusion intervention	21.54±3.98	-	-
After 1 week of intervention	24.98±4.13	6.706	0.000
After 2 weeks of intervention	29.67±4.21	15.689	0.000
After 3 weeks of intervention	36.13±3.85	29.458	0.000
After 4 weeks of intervention	44.27±3.92	45.492	0.000
After 5 weeks of intervention	53.46±4.19	61.754	0.000
After 6 weeks of intervention	65.47±4.07	86.279	0.000

Conclusions: In the process of integrating the craftsman spirit into Ideological and political education, the essence of colleges and universities is to say that the craftsman is the ideological and behavioral model of college students, so that they can understand the true connotation of the craftsman spirit in the learning atmosphere. The research takes the integration of craftsman spirit and ideological and political education of college students as an intervention means to evaluate and analyze the positive mental health of the college students. The results show that the integration of craftsman spirit and ideological and political education of college students can effectively improve college students' WEMWBS score, significantly guide and promote their positive psychology, and greatly improve their positive mental health level.

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RESEARCH ON THE INFLUENCE OF ANXIETY PSYCHOLOGY OF LANDLESS FARMERS ON THEIR VALUES UNDER THE BACKGROUND OF SOCIAL PSYCHOLOGY—TAKING SANYA CITY AS AN EXAMPLE

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Background: Social psychology is an important science that is closely related to people's daily life. It mainly makes an in-depth exploration of interpersonal relationships from the social group level and the individual level. The social group level mainly refers to culture, customs, racial prejudice, aggressive behavior, attitude, group communication structure, etc.; The individual level includes the influence of school, living environment, family, partner, speech development, communication and individual socialization process on individuals. Social psychology mainly takes the interaction between individuals and society as the research basis, and analyzes individual psychological activities and their development and changes under certain social living conditions. In the relevant theories of social psychology, we not only pay attention to the interaction between individuals and society, but also make a detailed and comprehensive analysis of the relationship between individual internal psychological factors and social situations. The research scope of social psychology is very wide, including applied psychology, group psychology, social