

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.

Acknowledgement: The research is supported by: 2022 Special Project of Philosophy and Social Sciences Research in Jiangsu Universities "Research on the New Path of Educational Work in colleges and Universities under the Background of "Four Histories" Learning and Education".

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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

communication psychology and other aspects, involving social influence, attitude and behavior, social individuals, theories and methods, etc. Anxiety is a very common negative emotion. A moderate sense of anxiety will guide and promote people to improve themselves or their environment; If anxiety is beyond the normal range, it will have a great negative impact on people, making them fall into serious tension, anxiety, irritability, tension and panic, and greatly reducing their mental health level. As one of the common phenomena in the process of urbanization in China, farmers' land loss has a significant impact on social stability and economic development. In recent years, Hainan Province has continuously promoted the construction process of international tourism island, which has continuously accelerated the economic development and urbanization process of Sanya. In the process of the gradual expansion of the scale of local key tourism construction projects, a large number of rural collective land has been expropriated by the government, resulting in the increasingly prominent problem of farmers' land loss. Due to the limited compensation for land requisition, the lack of transparency in the distribution of compensation for land requisition, the unstable source of living, and the low application efficiency of compensation for land requisition, landless farmers are prone to anxiety, which will have a certain impact on their values.

Objective: To explore the anxiety of land lost farmers under the background of social psychology, including its impact on the values of land lost farmers, in order to find an appropriate intervention measure to effectively eliminate the anxiety of land lost farmers and its negative effects.

Subjects and methods: 176 landless farmers in Haitang District of Sanya City were randomly selected as the research objects and divided into two different groups: control group and intervention group, with 88 people in each group. For the landless farmers in the control group, no intervention measures were taken; The intervention group was given certain anxiety relief measures, mainly including standardizing compensation and resettlement, innovating resettlement methods, increasing employment assistance, and strengthening social public services. The study used the Manifest Anxiety Scale (MAS) to evaluate 176 landless farmers, and explored their anxiety psychological changes before and after the intervention. MATLAB software and smartbi software were used as visual analysis tools for data evaluation. The MAS score is positively correlated with the anxiety level of the subjects. If the MAS score is greater than 40, it means that the landless farmer has severe anxiety. If his MAS score is within the range of 15-40, it means that he has mild or moderate anxiety. If the MAS score is less than 15, it means that the anxiety of the land lost farmer has been completely eliminated without any anxiety.

Results: Figure 1 shows the MAS scores and their changing trends of the two groups of land lost farmers before and after the experimental intervention. By observing Figure 1, it can be seen that before the experimental intervention, both groups of land lost farmers were deeply worried about the problem of land loss and showed a relatively significant state of anxiety under the influence of factors such as limited compensation for land acquisition, lack of transparency in the issuance of compensation for land acquisition, unstable sources of livelihood, etc. Before and after the intervention, the MAS score of the landless farmers in the control group was always at a high level, indicating that their anxiety would not be relieved by themselves. The MAS score of the land lost farmers in the intervention group showed a continuous downward trend, from about 52.67 before the intervention to about 11.29, which showed that their anxiety had been effectively alleviated to ensure that they had correct values and could actively and optimistically deal with the problem of land loss and its subsequent impact.

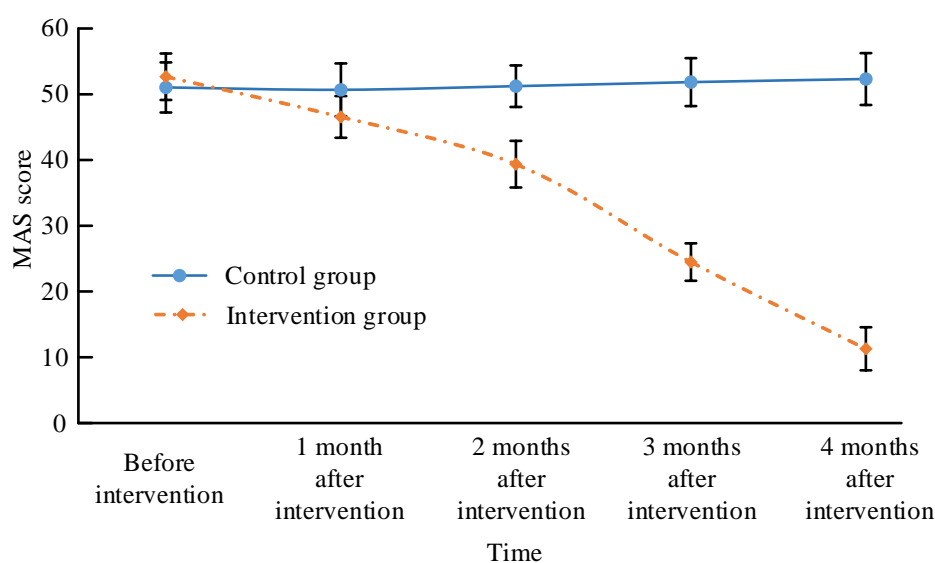


Figure 1. MAS scores of two groups of landless farmers before and after the experimental intervention

Conclusions: From the perspective of social psychology, the study analyzes the impact of the anxiety of land lost farmers in Sanya on their values. The results of MAS evaluation show that the MAS score of the land lost farmers can be effectively reduced and their anxiety can be significantly alleviated by standardizing compensation and resettlement work and innovating resettlement methods, so that they can face the problem of land loss with correct values.

Acknowledgement: The research is supported by: Research on Education and Teaching Reform of Colleges and Universities in Hainan Province. 'Research on sustainable livelihood of land-lost farmers in Hainan under the background of free trade zone (port)—taking Sanya as an example' (No. Hnky2019-99).

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THE POSITIVE IMPACT OF THE INTEGRATION OF RED CULTURAL RESOURCES INTO IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' SOCIAL CHARACTER IMPROVEMENT

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Background: As the core teaching content in the stage of higher education, ideological and political education plays an important role in shaping the character of college students. It can enable college students to establish good learning ideas on the basis of correcting their own attitudes, and then form a correct and scientific outlook on life, values and world outlook. Red cultural resources are the precious wealth with a long history in the revolutionary period of China, which contains Chinese traditional culture. Integrating red cultural resources into Ideological and political education can promote the progress and development of Ideological and political education in colleges and universities to a certain extent, and have a significant positive guiding role for college students. In detail, the integration of red cultural resources into Ideological and political education mainly has three positive effects. One is the enrichment and expansion of red cultural resources on Ideological and political teaching content. Because red resources are divided into material resources and non-material resources, they can improve the interest and practicality of Ideological and political classes by expanding ideological and political teaching content, and effectively alleviate the lag of Ideological and political education teaching materials in colleges and universities. The negative impact brought by the strong theoretical characteristics. The second is that the red cultural resources can promote the realization of the value goal of Ideological and political education. Because the red cultural resources emphasize the core socialist values and can reflect the spirit of patriotism and show the requirements of a cultural power at the same time, integrating the red cultural resources into the ideological and political education can help college students strengthen their ideals and beliefs, and on the basis of establishing cultural and political confidence, Stimulate the enthusiasm of college students to achieve comprehensive development and life value. The third is that the red cultural resources can significantly enhance the practical effect of Ideological and political education. By innovating teaching methods, college students can deeply understand the theoretical knowledge of Ideological and political education in a variety of practical activities, and cultivate the spiritual strength of self-improvement, hard work and selfless dedication. From the perspective of social psychology, the perfection of college students' social character can be divided into two levels, one is the individual level, the other is the social group level. Social psychology is an important branch in the field of psychology. Its research object is a variety of social psychological phenomena, that is, the psychological behavior and its change law of individuals and groups in the social interaction; The research value lies in the effective promotion of the individual's ability to know themselves.

Objective: To explore the positive impact of the integration of red cultural resources into Ideological and political education on the improvement of college students' social character, in order to ensure the perfection of college students' social character and mental health level through a reasonable integration education model.

Subjects and methods: In a university, 216 college students were randomly selected by simple random sampling, and then they were divided into two groups: the control group and the observation group, with 108 people in each group. The students in the control group were given traditional ideological and political education; For the college students in the observation group, ideological and political education integrating red cultural resources was carried out. If the time of educational intervention is set as 4 months, it will be T0, T1, T2, T3 and T4 before intervention, 1 month after intervention, 2 months after intervention, 3 months after intervention and 4 months after intervention respectively. The self-designed evaluation scale