

4. The discipline of Oriental literature is moving towards systematic perfection. The discipline of Oriental literature has made remarkable achievements at the beginning of the 21st century. However, because it is a young discipline that started late, the discipline construction needs to be further improved, and there are still some problems and weak links to be further studied, among which the problems that need to be deeply studied and reached consensus still exist. For example, how to correctly understand the historical achievements of Oriental literature research and teaching activities in the 20th century and summarize their experience and lessons; How to construct the discipline system of Oriental literature more scientifically, determine its research object, research scope and research method, and find out its internal law; What are the basic characteristics of Oriental literature compared with western literature; The relationship between eastern and Western literature at the turn of the century; Teaching reform and textbook construction in the period of social transformation, as well as the establishment of the discipline system of "Oriental Comparative Literature" and the academic framework of "Oriental humanities".

Conclusions: If the 30 years before the founding of new China are regarded as the initial stage of Asian and African literature, that is, the study of Oriental literature, the 60 years after the founding of new China are the stage of its development and prosperity, These 60 years can be divided into the study of Oriental Literature in which "east wind" overwhelms "west wind" (1950s-1970s) and the study of Oriental Literature after the reform and opening up (the 1980s to the first 10 years of the 21st century). In the past 40 years, China's Oriental literature research has made considerable progress and gratifying achievements, the quantity and quality of achievements have been greatly improved, and research in many fields has made significant progress than before. Some middle-aged and young scholars with solid Chinese and foreign language foundation have become the main research force, and the research of Oriental Literature in the new century has entered the world a new step. However, we should reflect on the study of new Chinese Oriental Literature and predict the future development trend.

Key words: psychology - regional language -culture

Acknowledgements

The study was supported by the Guangxi Normal University for Nationalities, Zuojiang River Basin Ethnic Culture Research Center, 2019 General Project "Comparative Study of Sino-Vietnamese Cross-border Ethnic Nature Worship Under the Influence of Luoyue Culture" (No. 2019ZJYB0101).

* * * * *

THE IMPORTANCE OF MENTAL HEALTH EDUCATION IN COLLEGE STUDENTS' EDUCATION CLASSROOM

Yuenan Chen & Aiyue Yu

Yuanpei College, Shaoxing University of Arts and Sciences, Marxism branch, Shaoxing, 312000, China

Background: The purpose of College Students' mental health education is to guide college students to establish correct "three views", namely outlook on life, world outlook and values. Therefore, it is necessary to combine college students' mental health education with quality education. Analysis of the current situation of College Students' mental health education in the new era. First of all, in the new era, the mental health education in Colleges and universities can not keep up with the change speed of practical problems, the equipment is backward, the construction of teaching staff is imperfect, empiricism can not respond to new problems in time, and the working mode of mental health educators can not solve all new problems at all. Second, mental health education is a systematic project, a systematic, whole process, scientific and complex educational project. Both traditional moral education and new mental health education in the new era need the participation and cooperation of all employees. In the new era, mental health education and quality education should integrate a variety of working methods and make reasonable overall research and arrangement, rather than relying on only one working method. Only in this way can we guide, prevent, control and treat mental problems. Mental health education is blind and inefficient. In the actual work, there is a lack of sufficient attention to the personality and personality of the new generation of college students, the actual work does not meet the actual needs of students, and the lack of attention and understanding of non mainstream culture such as new phenomena and new trends of thought, which even leads to the negative effects of mental health education. It is urgent to strengthen the mental health education of college students.

Objective: as the future builders of the motherland, college students need to have high moral quality. It is particularly important to carry out college students' mental health education and quality education.

However, in terms of the actual situation, some colleges and universities do not pay enough attention to this, resulting in psychological problems of college students. Since entering the 21st century, with the rapid development of society and the progress of science and technology, mental health education in Colleges and universities has become more and more important in cultivating high-quality talents. At present, due to the influence of social environment and individual psychological factors, there are many problems in mental health education in Colleges and universities. Therefore, in order to improve the effectiveness of mental health education, we need to constantly improve the elements of mental health education in the new era through a series of measures, and constantly examine and reflect on the traditional mental health education. Based on this, this paper discusses the importance of mental health education in college students' quality education in order to promote the all-round and healthy development of college students.

Subjects and methods: 1. There is an inseparable relationship between Ideological and competence Education and mental health education. Ideological and competence Education mainly guides students' thoughts, teaches the specific contents of Marxist theory, and enables students to establish a correct world outlook, values and outlook on life; Mental health education focuses on psychological counseling, such as eliminating psychological obstacles and enhancing psychological quality. Although sometimes it is difficult to give consideration to ideological and competence Education and mental health education, they are not completely separated, but complement each other in specific contents, and educational methods can learn from each other. On the one hand, the premise and basis of College Students' Ideological and competence Education is mental health education. The process of ideological rising from perceptual knowledge to rational knowledge is the process of psychological development. It is affected by psychological factors and environmental factors. If ideological and competence Education can master students' psychological characteristics and change laws, it can enhance the pertinence of Ideological and competence Education. At the same time, mental health education also has the educational function of establishing correct ideas to some extent. On the other hand, the important guarantee of mental health education is ideological and competence Education, which is an indispensable part of Ideological and competence Education. The root of psychological problems is thought and cognition, and most psychological problems are attributed to world outlook, outlook on life and values.

2. Mental health education meets the objective requirements of College Students' all-round development. The popularization of education and the development of society have higher and higher requirements for college students, not only for their scientific and cultural quality, but also for their ideological, physical and psychological quality. The improvement of College Students' comprehensive quality is the premise and foundation of all-round development. Therefore, while striving to improve students' scientific and cultural quality, To strengthen the cultivation of their ideological and moral quality and mental health quality, we should also carefully study the psychological characteristics and personality characteristics of college students, carry out detailed mental health education for them, so as to improve their ability to withstand setbacks and promote the all-round development of scientific and cultural quality and psychological quality. The author believes that this is not only in line with the objective requirements of the all-round development of college students, but also an essential part of Ideological and competence Education. Therefore, in order to lay a psychological foundation for the improvement of College Students' comprehensive quality, we should realize the organic combination of Ideological and competence Education and mental health education, guide students to establish a scientific world outlook, outlook on life and values, and promote the overall improvement of students' comprehensive quality.

3. Traditional ideological and competence Education has its own limitations. The author learned that although the ideological and competence Education of students in most colleges and universities has achieved great results to a certain extent, it is often a mere formality in the specific application, and students will inevitably feel boring and monotonous. In fact, the problems of college students involve not only ideological problems, but also psychological problems. Most colleges and universities confuse ideological problems with psychological problems, which can not essentially solve the psychological confusion of college students. Strengthening mental health education and paying attention to students' psychological activities can effectively avoid the disadvantages of Ideological and competence Education, promote students' mental health development, make ideological education more targeted and effectively improve the effectiveness of Ideological and competence Education.

Results: 1. Mental health education enriches the content of College Students' Ideological and competence education. In recent years, the ideological and competence education of college students has attracted more and more attention from all walks of life. The ideological and competence education mentioned here refers to not only the ideological education of college students, but also the code of conduct of students. Starting from the psychological status of students, students can have a positive and healthy psychology, so as to promote the normal development of students. In the process of traditional

ideological and competence education, the mode is too formal and the educational form is rigid, which makes the educated students more and more bookish. Their political position is too firm, and there are no problems in Ideological and political aspects and moral behavior. However, there are many psychological disadvantages in interpersonal communication, interpersonal relationship processing, attitude towards challenges, anti Strike ability and emotional regulation, which is still very difficult for students to face social work, bear responsibility and adapt to the environment in the future. Therefore, in order to change the current situation, in the process of Ideological and competence education for students, it should be organically combined with mental health education to make students' Ideological and competence education in a healthy psychological state. In education, we can integrate some life reality and student content of college students into it, so that students can maintain a complete personality and healthy psychological attitude through contacting life, so as to improve students' psychological quality.

2. Mental health education improves the scientificity of College Students' Ideological and competence education. In the process of traditional ideological and competence education, the teaching methods used are too old-fashioned and have great limitations. Teachers often use the way of persuading students, the duck feeding teaching method and painstaking persuasion. This kind of education method has been used by students and can not arouse students' interest. In the long run, students also have a rebellious psychology towards ideological and competence education. Some students even break cans and fall, resulting in a strong sense of resistance. This model students can not accept and absorb from the heart. Adding mental health education in Ideological and competence education can put teachers and students on a balance. Facing and encouraging students with this equal and democratic teaching model can attract students' attention, enhance students' self-confidence, and enable students to find, explore and solve problems under the patient guidance of teachers, So that students can receive education and learning education from the depths of their hearts, which is conducive to the cultivation of students' autonomy. The use of mental health education also caters to the students. Therefore, we should actively carry out and implement this educational method, integrate the concept of ideological health into it, let teachers straighten out the law of psychological development in the process of education, and carry out targeted education according to the personality and psychological characteristics of College Students, so as to enhance the scientificity of Ideological and competence education, It is helpful to the cultivation of College Students' healthy psychology.

3. Mental health education enhances the effectiveness of College Students' Ideological and competence education. In the process of traditional ideological and competence education, the vast majority of schools conduct education in the form of lectures or meetings. The main methods are persuasion, looking for examples, giving examples or evaluation. With the continuous development of society, the old education model can not adapt to the era of rapid development. Therefore, it is necessary to change the traditional education model, With the development of the times, towards the development of the times, according to the personality characteristics and psychological status of college students, innovate the education mode and constantly change the teaching content and form. So that students' eyes can be attracted, get rid of the traditional boring atmosphere, diversify the forms of education, and win the favor of students in form. Mental health education has such characteristics. Mental health education is conducive to the development of students' personalization and has strong recessive characteristics. It can effectively complete the task in the process of dealing with problems and communication interaction, so that the two sides of communication can have zero distance contact. It is precisely such characteristics that can provide vitality for rigid ideological and competence education, enhance students' psychological background, and improve students' Ideological and political effectiveness.

Conclusions: With the popularization of higher education and the promotion of educational reform, the number of students has increased sharply. Academic problems, employment problems and emotional problems have greatly affected students' study and life, making college students' psychological problems increasingly prominent. According to the author, at present, college students have many psychological problems, leading to campus violence and campus extreme events. Relevant surveys show that nearly 30% of college students have varying degrees of psychological problems or mental diseases, mainly manifested in obsessive-compulsive disorder, paranoia, interpersonal sensitivity, self closure and depression. As the main position of education, colleges and universities should fully realize the importance of Ideological and competence education and mental health education, strengthen students' mental health education, find and solve students' psychological problems in time, so as to give full play to the important role of Ideological and competence education and mental health education in Colleges and universities. At the same time, the demand for talents in today's society has changed to comprehensive talents, which not only has certain requirements for academic qualifications and professional skills, but also has high requirements for ideological and political quality, moral quality and psychological quality. Strengthening ideological and competence education and mental health education in Colleges and universities meets the

objective requirements of society for comprehensive talents. Strengthening Mental Health Education in Ideological and competence education in Colleges and universities needs the cooperation of society, schools and families, actively explore effective ways to strengthen mental health education, clarify the significance of Ideological and competence education and mental health education, and realize the organic combination of the two, so as to improve the effect of Ideological and competence education in an all-round way.

Key words: mental health - education - students

Acknowledgements

The study was supported by In 2019, Shaoxing education and teaching reform project, the exploration and practice of integrating local red resources into Ideological and political courses in Colleges and universities (No. xsxjg201940).

* * * * *

THE PSYCHOLOGICAL LAW OF SPIRITUAL HEALTH IN THE NEW MEDIA PERIOD AND ITS GUIDANCE TO PUBLIC OPINION IN UNIVERSITIES

Kuiwei Deng

School of Marxism, Guangdong Peizheng College, Guangzhou, 510830, China

Background: The Internet is more and more closely related to people's daily life, from clothing, food, housing and transportation to the shaping of the ideological field. The 38th statistical report on China's Internet development pointed out that China's netizens accounted for 25.1% of middle school students. The student group is still in the formation period of world outlook, outlook on life and values, and its ideological and moral level and competence thought are not mature. The network era continues to impact students' psychological state and way of thinking, affect their psychological development and changes, the establishment of values and world outlook, and the choice of behavior mode, and adhere to the correct guidance of public opinion, Scientifically guiding the trend of public opinion is of great significance to college students. As a gathering place for young people, universities have a constant thirst for knowledge, are willing to accept all kinds of new ideas, pay great attention to social hot events, and are good at using all kinds of new media to publicly express their opinions and views. However, they also have a strong self-awareness and are used to looking at problems with perceptual thinking. In addition, the relative anonymity of the network is also easy to weaken their sense of moral responsibility. Under the influence of conformity psychology, they are more likely to lose their own judgment and become a part of the Internet public opinion. At the same time, universities are the place to cultivate morality, educate and solve doubts, and the production place of spiritual products and advanced culture. The correct guidance of public opinion in Universities is an important guide for the future development of college students. Therefore, to strengthen the guidance of public opinion in Universities and enhance the spiritual strength of the people, it is necessary to carry out in-depth journalism education and guide public opinion workers to be disseminators of the party's policy propositions, recorders of the times, promoters of social progress and watchers of fairness and justice.

Objective: At this stage, most college students are post-90s. They are just in an important period of China's social transformation and development, the in-depth development of social reform and opening up and the rapid dissemination of social news events. Therefore, contemporary college students are not only important builders of the progress and development of modern society, but also important beneficiaries of the application and promotion of new media technology. Most people believe that the contemporary post-90s college students belong to the generation growing up in the "greenhouse" environment, have not experienced hardships and hardships, and most of the children have superior family living conditions, so most of the contemporary post-90s college students have poor psychological tolerance and pressure resistance. At the same time, most of the post-90s college students are the only child in their family, so they are selfish, do not know tolerance and sharing, go their own way, but also shoulder the expectations of the whole family. By analyzing the behavior characteristics of contemporary post-90s college students, it can be found that most post-90s college students have poor problem-solving ability, late emotional maturity, publicity of personality, but lack of depth and easy to be emotional. In cognition, most of the post-90s college students have high IQ and strong rebellious psychology, but they do not have a good sense of learning. The continuous development of mobile Internet has facilitated public access to the Internet. People are both Internet users and producers of Internet content. The information explosion in the big data era has produced many structured and unstructured data and information, which has brought great