

statistics and observations are mainly carried out from the aspects of body shape, body flexibility and body composition. The results show that the female college students who have been trained in the special course of systematic sports dance have significantly improved in body shape, body flexibility and body composition.

* * * * *

ANALYSIS ON THE CHARACTERISTICS OF EMOTIONAL EMPATHY OF MECHANICAL STUDENTS AND RESEARCH ON THE PRACTICE OF MORAL EDUCATION

Weixing Cui & Meili Li

Chongqing College of Mobile Communications, Hechuan, Chongqing, 401520, China

The purpose of mechanical vocational education is to enable students to master practical ability and master certain vocational skills in the learning stage, which is of great significance for students to participate in work in the future. Situational teaching of mechanical vocational teaching course practice. Emotional factors play a key role in cultivating autonomous learning of mechanical college students. However, in the current teaching reform of machinery course, emotional factors still have not been paid enough attention. As a result, many negative emotions seriously affect the effectiveness of professional curriculum learning. Therefore, based on the analysis of the influence of emotional factors on the teaching of mechanical courses, this paper points out that the teachers of mechanical discipline should change their teaching ideas. Pay attention to the role of emotional factors in the learning of mechanical specialty, so as to effectively improve the teaching quality of professional courses.

* * * * *

ANALYSIS ON THE PSYCHOLOGICAL RELIEF OF COLLEGE STUDENTS BY CARRYING OUT READING THERAPY IN UNIVERSITY LIBRARY

Hongmei Wang

Northeast Forestry University Library, 150040, Harbin, Heilongjiang, China

After entering colleges and universities, college students are facing great changes in learning, life and interpersonal relationships. It is easy to have problems that are difficult to adapt, which will affect their mental health. By recommending reading psychotherapy books to college students, we can help college students alleviate and eliminate depression, anxiety, panic and other bad emotions under the pressure of the epidemic. Recommend personalized reading books for college students with different psychological problems, establish peer psychological mutual aid reading groups, and carry out activities such as psychological commitment, group discussion and daily reminder. Reading is one of the most accessible and psychologically acceptable invisible education methods for college students. Based on the unrestricted nature of reading, it is easy to carry out college students' mental health education with reading as the medium, which makes up for the lack of psychological counseling resources in Colleges and universities.

* * * * *

PSYCHOLOGICAL RESEARCH ON TOURISM WILL ACTION AND CONSUMPTION MOTIVATION BASED ON META-ANALYSIS

Lu Li

School of Tourism and Culture Industry, Chengdu University, 610106, Chengdu, Sichuan

Tourism psychology is a branch of psychology. It is a new applied discipline that applies the relevant research results, relevant principles and research methods of psychology to analyze and understand the phenomenon of tourism. Tourism consumption psychology, consumption behavior, tourism service psychology and tourism enterprise employee psychology constitute the three main bodies of tourism psychology research. We have consulted a lot of literature. I also browsed a lot of Web information and found that the research on tourism consumption psychology and consumption behavior at home and

abroad are scattered in tourism psychology works. In this paper, it is studied separately as the research object and compiled into a book comparison. The results of meta-analysis show that the intensity of the positive correlation between satisfaction and tourists' willingness to revisit is the largest, while tourism motivation is the smallest; The sample source plays a regulatory role in the relationship between perceived attractiveness, tourism motivation, the overall image of the destination and tourists' willingness to revisit. The theoretical model summarized in this paper can not only better summarize the relevant research on the influencing factors of tourists' revisit intention, but also draw the relevant conclusions, which are also conducive to the destination operators to formulate effective market strategies for the revisit market.

Acknowledgements

The study was supported by the Humanities and Social Sciences Research Fund of Sichuan Education Office (No. ZYZX-YB-2108).

* * * * *

THE INFLUENCE OF LITERARY APPRECIATION ON COLLEGE STUDENTS' PERSONALITY AND MORAL QUALITY IN THE WEI, JIN, SOUTHERN AND NORTHERN DYNASTIES

Xiaojuan Sun

Hebei University, Baoding, 071000, Hebei, China

The unhealthy tendencies such as material desire, money first, eager for quick success and instant benefit and only paying attention to economic benefits under the market economy affect the correct values of college students. The national spirit is weakened. Many college students do not know the national spirit, or disdain to understand it. The ideal is vague or there is no ideal, the faith is not firm, retreat when encountering a little difficulty, and lack of perseverance for long-term persistence. The ability to withstand setbacks is fragile, selfishness is common, and collective life is full of problems. In order to avoid the erosion of negative thoughts on college students, college education must pay attention to the cultivation of humanistic quality, take the ancient literature course as the starting point, and refine the essence of traditional culture through the interpretation of classical works. Infiltrate the national spirit, personality spirit and aesthetics into the consciousness of college students and the practice of daily life and learning, so as to improve college students' humanistic quality and achieve the common improvement of knowledge and cultivation as far as possible.

* * * * *

RESEARCH ON THE INFLUENCE OF COLLEGE MUSIC EDUCATION ON STUDENTS' EMOTION AND EMOTION

Yihong Yang

Zhejiang International Studies University, Zhejiang, China

Soothing concerts make listeners sad, and high pitched and cheerful melodies are easy to produce excitement. When playing two kinds of music alternately, people's emotions will fluctuate with the music. It can be seen that music has an important impact on people's emotions and emotions. Factors such as timbre, audio and sound effects in music will affect people's cerebral cortex. Let the listener instinctively follow the music to meditate and arouse the listener's good or sad mood. Therefore, for college students, the development of music education can also have a positive impact on them. How to give full play to the positive guiding role of music education in students' emotion and emotion is very important. This paper discusses the guiding value of music education on students' emotion and emotion from two aspects, and summarizes the positive guiding strategies of music education on students' emotion and emotion, in order to promote the growth of college students.

Acknowledgements

The study was supported by the support plan project of Sichuan Provincial Department of science and Technology (No. 2014sz0107).

* * * * *