

concept of education in the new era. The reform of Korean language teaching based on the theoretical knowledge of psychological effects can help students maintain a healthy emotion and state of mind, cultivate the ability to correctly evaluate and improve themselves, promote students' learning efficiency and achieve their overall development. It can be said that optimising Korean teaching strategies based on psychological effects is of some relevance.

Teachers of Korean should use their knowledge of psychological effects as a theoretical basis for their teaching programmes, set up activities and use psychological teaching strategies to fully engage students' emotions and improve the efficiency and quality of teaching. For example, the "spring effect" is used to develop hierarchical teaching and to fully mobilise students' enthusiasm for learning from different levels, and the "threshold effect" is used to set "thresholds" for different teaching sections of Korean "listening, speaking, reading, writing and practising". The "threshold effect" is used to set the "threshold" for different teaching sections of Korean "listening, speaking, reading and practising" to stimulate students' motivation for sustained learning. "The 'expectation effect' is used to project expectations to students, to motivate them to develop their own knowledge and abilities, and so on. In doing so, students' cognitive abilities are enhanced and their cognition and emotions are enriched while innovative teaching activities and teacher-student interactions are promoted, and the teacher is able to shift the classroom subject in the process of teaching Korean under the psychological effect, weakening the teacher's dominant position and strengthening the student's main role, so that the teacher becomes a real support function in teaching. Students experience the joy of independent learning and collaborative enquiry in this type of Korean classroom, developing their own cognition and gaining emotional satisfaction at the same time. The development of Korean language teaching models using knowledge of psychological effects theory has become an important trend in the field of Korean language teaching, and more educational researchers are beginning to focus on the changes in student psychology during the teaching process. However, there are still many Korean language classes in universities that do not fully recognise the significance of paying attention to students' psychological effects in improving the quality of Korean language teaching, and in this context it is necessary to introduce more educational work to understand psychological effects and to analyse the ways in which psychological effects knowledge can be integrated into Korean language teaching.

Subjects and methods: Firstly, factors such as theoretical knowledge of psychological effects, Korean language teaching strategies and Korean language teaching models were studied; secondly, a Korean language teaching programme was designed based on the theoretical knowledge of psychological effects, and Korean language teachers carried out a series of teaching activities according to the designed programme. The classroom process is combined with the above-mentioned programmes to improve the design of the Korean classroom and to give case studies. Two classes with typical student characteristics were selected, one of which was set up as the experimental class and taught with the psychological effect teaching strategy, while the other was set up as the control class and taught with the traditional teaching model.

Result: The researcher investigated the effect of the psychological effect teaching strategy on students' learning psychology through questionnaires and visits, and then collated the findings into data, analysed and compared the data.

Conclusion: The Korean lessons designed under the guidance of the psychological effect teaching strategy were able to engage the students' senses more fully, and the students in the experimental class incorporating the psychological effect Korean teaching strategy were more motivated to learn, and the students' learning results were better. The negative emotions generated by the students in their previous Korean learning process were resolved accordingly.

Acknowledgements

The study was supported by the Exploration and research on ideological and political teaching reform of the course "Korean as a Second Foreign Language" from the perspective of cultural self-confidence (No. JXJG-21-5-23).

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ANALYSIS OF POSTGRADUATE PHYSICAL EDUCATION CURRICULUM BASED ON THE SPIRIT OF STRUGGLE AND TEAM WORK

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Background: In the context of social development, physical education is becoming one of the most important disciplines in society, while educational psychology is the study of the psychosocial aspects of

human learning and the psychology of learning. The cooperation between psychological theory and the construction of educational disciplines in higher education can further facilitate the resolution of difficulties and obstacles in students' learning lives, and effectively promote the overall development of students. At the same time, educational psychology is based on psychology to plan and analyse the content and development of the curriculum in order to promote the overall development of students.

Objective: At present, the scale of postgraduate students in China is gradually expanding, and even the number of postgraduate students in school has exceeded one million. The postgraduate team not only affects the next development of China, but also will be related to the status of achieving the great rejuvenation of the Chinese nation. Therefore, postgraduate institutions should pay more attention to the physical condition and psychological quality of postgraduates and offer physical education courses in a scientific way. In view of this situation, this paper will focus on the opening of physical education courses for graduate students from the perspective of educational psychology, and analyze the shortcomings in the construction process of physical education courses, and put forward targeted optimization measures to create good conditions for the development of Chinese graduates' industry . The provision of physical education courses has a very important impact on the physical health of students. As physical education courses are systematic and comprehensive, they are not only conducive to the teaching of knowledge and theory, but also help students to develop a spirit of hard work and teamwork, thus laying a good foundation for their subsequent work, enabling students to have good physical skills and psychological state, relieving the pressure of work and study and avoiding psychological problems. In addition, the number of postgraduate students is increasing year by year, which in part increases the demand for physical education courses.

Subjects and methods: In the context of economic development, it is necessary to allocate time wisely in order to work efficiently, and the provision of physical education courses can further create a good environment for students to exercise, so that they can pay more attention to their own health, relieve the various stresses in their studies and achieve self-regulation for overall development. For example, many young people are very interested in the structure of the human body, so teachers can expand students' knowledge of the structure of the body on the basis of conventional content when studying the theory of physical health, so that this will enable them to be more scientific in their physical exercise and related activities. In addition, many students are keen to enjoy sporting activities, so teachers can actively provide students with a schedule of games to watch and learn about the rules of the sport so that they can apply them in their subsequent learning and practice. In particular, the summer and winter Olympic Games can be watched so that the students can appreciate them and become more active in their choice of sports. Finally, the process of offering physical education classes should be carried out in relation to the characteristics of different students. The wide age range of postgraduate students makes it even more important to analyse specific problems. In the process of curriculum design, different kinds of exercise intensity should be planned, which in turn will meet the learning needs of postgraduates of different ages and lay a good foundation for subsequent physical education work and education. In addition, in the design of the physical education course, some level examinations can be organised and in the process of course learning, the physical exercise of students can be promoted in the form of target assessment, thus enhancing the physical health quality of postgraduates. In order to better meet the learning needs of different students, physical education courses need to be relevant, and an online course selection system can be set up in order to allow students to choose the course content according to their own situation.

Results: At this stage, many students neglect the importance of physical education courses due to time constraints, and the school has adopted a form of free online course selection to address this situation. This will not only facilitate the development of students' personal skills, but also enhance the quality and efficiency of the work of school administrators and teachers, and create good conditions for the overall development of the school.

Conclusions: To sum up, in this paper, in the process of fully studying the opening of physical education courses, it is finally concluded that postgraduates, as an intellectual group, should not only highlight their advantages in terms of professional ability, but also comprehensively improve their moral, intellectual, physical, aesthetic and other abilities, requiring school administrators to be targeted and specific in the process of curriculum design combined with the specific conditions of different students, and to choose the difficulty and content of the courses, so as to achieve the aim of the curriculum is to create good conditions for the cultivation of talents and the improvement of students' physical health in China.

Acknowledgements

The study was supported by the Research project on education and teaching of Inner Mongolia Minzu University, Demonstration and Research on Setting up Physical Education Courses for Postgraduates of our University (No. ZD2019001).

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THE PATH INTEGRATION ANALYSIS OF RED CULTURE EDUCATION AND COLLEGE STUDENTS' SELF-CONFIDENCE EDUCATION

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Background: Culture is the root and foundation of a country's survival and an important part of a nation's development. If a country loses its unique cultural characteristics, it is tantamount to losing the soul of its existence. At the 18th Party Congress, the state put forward the proposition of building cultural confidence for the times, which put forward a new development situation for the development of China's culture. Among them, red culture, as an important cultural content in China, is one of the sources of cultural confidence of the Chinese nation. College students are the backbone of the development of the new era and the future successors of China's socialist construction. The mental health of college students is related to the future development of the motherland, and once the mental health of college students has problems, then it will seriously affect social development. Therefore, the integration of red culture and mental health education for university students has become an inevitable requirement of the development of the times, and it is also a necessary way to cultivate a sense of responsibility and mission among university students.

Objective: This paper analyzes the problems in the process of integrating education of traditional red culture and mental health for college students, explores new ways of integrating the two, and discusses from various aspects, so as to put forward various kinds of education for the integration of red culture and mental health for college students and promote the development of cultural education for college students, in order to improve the red cultural literacy of college students, enhance the mental health of youth, and let college students receive a good education while strengthening psychological construction and contributing their own strength to the spread and development of China's red culture.

Subjects and methods: The main object of this paper is the cultural education and psychological education of college students. The methods used in this paper are literature research and interdisciplinary research, and the actual situation of cultural education of college students in colleges and universities is selected to investigate the problems in education.

Result: Through the study, it can be found that the integration of red culture and mental health education for college students has multiple meanings, which can not be ignored for the individual students, for the society and for the country. At the same time, China has made progress in cultural education over the years, and has achieved great success in integrating red culture education with mental health. However, we must be clearly aware of the problems behind the effectiveness and reflect on the problems that exist in the process of integration, as well as the challenges that lie ahead in the cultural education of university students. On the one hand, there are many educational shortcomings in universities, and on the other hand, the world situation is now quietly changing, with frequent activities of Western hostile forces, which poses a great challenge to the development of cultural education for university students. This paper consists of the following sections. The first part is an introduction to the concept of integrated education on red culture and mental health, and the background to its emergence. The second part discusses the significance and contemporary value of integrated education on red culture and mental health for college students from several levels. The third part is an analysis of the current problems in the cultural education of university students, and further explores the obstacles in the process of promoting the integration education of red culture and mental health for university students. The fourth part is to analyse the effective measures and paths in the process of integration from several aspects, providing new thinking and new ways for education.

Conclusion: Universities should adopt various ways to reform the original cultural education methods, integrate red culture education with mental health education, and adopt new ways to innovate the education methods. First of all, before carrying out education, universities should clarify the education objectives, formulate a perfect and sound education system, grasp the principle of integrating cultural education and mental health education, and grasp the law of cultivating students' mental health, and universities should understand the new generation of students before carrying out education, including their mastery of red culture and their mental health status. Only with a comprehensive understanding can education be carried out. Secondly, colleges and universities should make use of new Internet means to educate students, innovate the form of education in time, carry out education from various aspects, improve students' enthusiasm for learning red culture and strengthen their own psychological health in the process, so as to stimulate students' patriotic enthusiasm. Once again, when carrying out cultural and psychological education, universities should strengthen their