

health condition of the counsellors is good, which provides the prerequisite for the counsellors to carry out the work of mental health education in colleges and universities, and is conducive to the education of students.

Conclusions: Although university counsellors have the qualifications and conditions to provide mental health education for students, there are some problems in the process of education work, such as excessive work pressure and complicated student affairs, etc. This requires the joint efforts of both the school and the counsellors to provide guidance for students' mental health problems. On the other hand, counsellors should also regulate their own psychology, have appropriate ways of relieving stress, and effectively resolve any psychological problems in their work and life. They should not mislead students about their mental health and should seek medical attention and report the situation to the school. Only when universities and counsellors pay attention to the mental health education of students can they further improve the psychological quality of students, promote the development of schools and provide more psychologically healthy talents for society.

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AN ANALYSIS OF THE WAYS TO COMBINE "TWO COURSES" EDUCATION WITH MENTAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: After investigating and analyzing the current study life of college students, it can be understood that, under the long-term protection of students' parents, schools and society, at this stage, most college students are not mature enough, and often cannot effectively resist the influence of external bad temptations in the more relaxed college environment. In the face of this situation, the "Implementation Outline of Mental Health Education for College Students in Ordinary Higher Education Institutions (for Trial Implementation)" lists the enhancement of mental quality, ideology and morality, science and culture, and physical quality as four indispensable parts of the current quality education for college students, with a view to enabling students to absorb sufficient scientific and cultural knowledge and improve their physical quality, and to have the willpower to resist undesirable external temptations. The aim is to help students grow up healthily. After analysing the above four components, we can find that psychological quality and ideological and moral theories have the same attributes, the same guiding ideology and complementary education methods work.

Objective: There is an extremely close correlation between ideological education and mental health education in colleges and universities. In the current process of education and teaching in colleges and universities, in order to give full play to the function of nurturing people in colleges and universities and to achieve the effective strengthening of students' comprehensive quality, colleges and universities need to clarify the connection between ideological education and mental health education and the physical and mental development of students on the basis of factors such as their physical and mental development, to combine ideological education and mental health education in an By effectively promoting the complementary strengths between ideological education and mental health education in colleges and universities, we can help students build a correct "three views" and develop a positive attitude towards people. For the current education and teaching activities in universities, strengthening the effective integration between ideological education and mental health education can, on the one hand, effectively enhance students' adaptability to the external environment and provide support for the construction of a harmonious and stable campus environment, and on the other hand, open up new development paths for the creation of teaching objectives and extension of teaching contents for ideological education and mental health education, so as to cultivate students' healthy psychological qualities and enable students to achieve the educational and teaching goals of pursuing values in life.

Subjects and methods: This study is mainly based on practical experience, the current situation of teaching ideological education and mental health education in colleges and universities has been investigated and studied, and the research and analysis methods such as literature method, case method

and investigation method have been applied comprehensively in the research process. Through the way of in-depth analysis of the contents of literature and the actual situation of ideological education and mental health education in some of the current colleges and universities, it is understood that the ideological education and mental health The connection between ideological education and mental health education, the defects existing in the current teaching process of ideological education and mental health education in colleges and universities, and on this basis, based on the synergy theory, a method to improve the quality of the integration of the two is formulated, and then the immediate effect of this method is tested by means of comparative experiments, so as to obtain a more suitable combination path for the development of the current ideological education and mental health education in colleges and universities.

Results: The study shows that in the current process of education and teaching in colleges and universities, strengthening the link between ideological education and mental health education is one of the effective ways to ensure the healthy development of students' physical and mental health in colleges and universities. Compared with the traditional situation where ideological education and mental health education develop independently, promoting the integration between ideological education and mental health education not only enables students to understand more truly the true meaning of ideological education and mental health education and develop a more positive attitude towards life, but also helps students to better face up to the social responsibilities they should take in the process of study and development, so that Students can better cherish their own time at university and truly devote their time to their studies, providing effective support for their future healthy development while achieving efficient use of educational resources.

Conclusions: Students in higher education are the pillars of society's future development, and there is an extremely close connection between the quality of their physical and mental development and the effects of social development. This study mainly focuses on the integration of current university ideological education and mental health education, with the fundamental aim of effectively improving the teaching quality of current university ideological education and mental health education through the way of constructing a reasonable integration system of ideological education and mental health education, and providing effective support for students' physical and mental health. From the perspective of education and teaching, this study makes the development path of current ideological education and mental health education in colleges and universities clearer and provides effective support for the cultivation of high quality talents.

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ANALYSIS ON THE CHANGES OF ATHLETES' MENTALITY IN BASKETBALL SKILL TRAINING METHODS

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Background: With the precise introduction and implementation of the concept of literacy education, the content and form of physical education have mostly changed significantly, for example, in the current basketball skills training is mostly integrated into the concept of psychology, through the appropriate changes to the concept of psychology to observe the rationality of the use of its skills training methods, to improve the effectiveness of basketball skills teaching. Generally speaking, in traditional basketball physical education, both teachers and students pay more attention to skill training in basketball physical education in the learning process, and ignore the psychological changes in daily training, while in the actual basketball games or related games, the changes in psychological state will greatly affect the overall quality of skill training in basketball physical education, thus in the current basketball physical education, physical education teachers in the In the process of teaching basketball skills training, the physical education teacher should also add appropriate psychological knowledge to it, and by observing the changes in the psychological state of each student, different forms of basketball skills training methods can be developed for them, and with the precise control of this method, the overall quality of basketball physical education can be effectively improved. When students are learning basketball skills training, they need to be clear about the training content and objectives at the right time, and regardless of the changes in the objectives and content, the purpose of the sport is to put the ball in the basket, which means that in the actual game students will experience different psychological ups and downs, and they need to combine their psychological state with skills training in their daily training, using reasonable