

college teaching. The analysis of teaching practice shows that the university interactive teaching model based on audience psychology can significantly affect the audience psychology of teachers and students, improve students' conformity psychology, and improve students' learning organization and enthusiasm. Therefore, in college education, in order to improve the teaching quality of colleges and universities, we can use audience psychology to analyze the psychological behavior of teachers and students in curriculum teaching, and put forward a teaching model to effectively improve students' learning enthusiasm.

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ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL TEACHING ON COLLEGE STUDENTS' DEPRESSION IN HIGHER VOCATIONAL COLLEGES

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Background: With the continuous development of society and the continuous improvement of economic level, the requirements of society and market for talents are also increasing. Talents are not only required to have rich theoretical knowledge and practical experience, but also have strong psychological quality and strong pressure resistance. At the university stage, students have a wider range of contacts and more things. However, at this time, the ideological concept of higher vocational college students has not changed, so they are easy to fall into a state of confusion and confusion in the face of various views and theories in the society. The interpersonal communication and teacher-student relationship in universities are also very different from those in senior high schools. Some students in higher vocational colleges cannot adapt to the transformation of this relationship and become silent and poor in communication. University is a special stage of students. Compared with the learning stages of junior middle school and senior high school, interpersonal communication has changed greatly. Many students in higher vocational colleges cannot adapt to this change, resulting in psychological depression. The occurrence of students' psychological depression is mostly due to the difference of students' expectations in learning, that is, students are difficult to complete the predetermined goals under pressure, resulting in students' mental anxiety. The long-term backlog of depression will affect students' normal study and life, lead to the decline of students' academic performance and damage to their physical and mental health. Therefore, measures need to be taken to alleviate students' psychological depression.

In higher vocational colleges, ideological and political education is the main way to shape college students' personality, cultivate college students' outlook on life and values, and improve college students' psychological quality. It is also an important way to achieve the goal of cultivating talents in higher vocational colleges. The traditional ideological and political education in higher vocational colleges has a lot of theoretical knowledge, which is difficult for students to understand, so it cannot give full play to the role of Ideological and political education in alleviating students' depression. Based on this, some scholars put forward an innovative ideological and political education model, namely curriculum ideological and political education. Curriculum ideological and political education is an educational concept that takes "Building Morality and cultivating people" as its own task, constructs an all-round education pattern, and then complements and cooperates with other courses and ideological and political courses, so as to form a synergistic effect. However, a large number of teaching practices show that the existing ideological and political teaching in higher vocational colleges still cannot solve students' depression. The reason is that the existing ideological and political teaching mode is only the transformation of teaching mode in the classroom, and there is little formulation of teaching mode according to students' psychological situation. Therefore, in order to improve college students' depression and improve the quality of ideological and political teaching in higher vocational colleges, it is of great significance. Based on the current situation of students' depression, this paper puts forward a higher vocational college curriculum ideological and political teaching model to improve students' depression, in order to provide theoretical support for the healthy growth of higher vocational college students.

Objective: This paper discusses the current situation of Ideological and political education in higher vocational colleges, analyzes the current situation of college students' depression in curriculum teaching, analyzes the impact of ideological and political education in higher vocational colleges on students' depression, and puts forward a teaching plan to further improve students' depression.

Subjects and methods: The study selected 60 higher vocational college students with depression in a higher vocational college as the research object. The students were randomly divided into study group and control group with 30 people in each group. The degree of depression was evaluated by Hospital Anxiety and Depression Scale (HADS). Based on the current situation of students' depression psychology, the ideological and political teaching mode in higher vocational colleges is formulated and applied to students' teaching practice. The students in the research group adopt the improved teaching mode and the students in the control group adopt the conventional teaching mode to evaluate the depression score of students before and after teaching. All data were collected by SPSS24.0, $P < 0.05$ was statistically significant.

Results: Table 1 shows the changes of depression scores of the two groups of students. The table shows that the depression scores of the students can be significantly reduced under different teaching modes, and it can be found that the depression scores of the students who adopt innovative teaching schemes are significantly reduced. The comparison of the depression scores of the two groups of students after teaching shows that the difference is statistically significant ($P < 0.05$).

Table 1. Changes of depression in two groups of students before and after teaching

Project	Before teaching	After teaching	<i>P</i>
Research group	65.43±2.12	35.78±1.65	<0.05
Control group	66.37±2.12	49.64±1.95	<0.05
<i>P</i>	>0.05	<0.05	-

Conclusions: The depression of students in higher vocational education is the main factor hindering the healthy growth of students. In higher vocational education, ideological and political education is usually used to alleviate students' depression. Based on the current situation of higher vocational college students' depression, the research formulates the teaching mode of Ideological and political course in higher vocational colleges, and applies the mode to students' daily teaching to evaluate the changes of students' depression. Teaching practice shows that under the influence of innovative programs, the depression of higher vocational college students decreases significantly, and is significantly lower than the depression score of students under the conventional teaching mode. Therefore, in the ideological and political teaching of higher vocational colleges, based on students' depression, curriculum teaching will effectively alleviate students' negative emotions and further improve the teaching quality.

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MENTAL HEALTH STATUS AND PERSONALITY TRAITS OF COLLEGE STUDENTS MAJORING IN BROADCASTING AND HOSTING ART IN THE ERA OF FINANCIAL MEDIA

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Background: With the development of modern information technology and the advent of the financial media era, many new media interaction platforms have emerged in the market. The existence of new media has profoundly affected and changed the way of thinking, lifestyle and behavior of Internet users, and the social psychology is also changing imperceptibly. In the development of new media, traditional TV programs began to show the phenomenon of depression, which is also affecting the social psychology of Chinese citizens step by step. With the development of the financial media era, colleges and universities began to focus on broadcasting and supporting the teaching of art majors, in order to fit in with the process of social development and provide channels for social talent training. With the development of the times, the major of broadcasting and hosting art has been paid more and more attention by colleges and universities. Therefore, in order to ensure that students majoring in broadcasting and hosting art can receive social attention, and to improve the professional level of students majoring in broadcasting and hosting art, colleges and universities have continuously improved the requirements for students' broadcasting and hosting ability. Under the background of the continuous improvement of the professional level of broadcasting and hosting, students also apply more life time to the study of broadcasting and hosting art, and a large amount of time will lead to students' unbalanced psychology, which will lead to students' negative psychological emotions in learning and life, and it is difficult to develop good values. Therefore, it is of great significance to solve the psychological problems of students majoring in broadcasting and hosting