

actions from the perspective of psychology, which can effectively provide help for the teaching and improvement of sports dance in colleges and universities. Under the guidance of behavioral psychology, music image teaching method shows a good teaching application effect, which can effectively improve the teaching efficiency of sports dance in colleges and universities.

Table 1. The scores of sports dance skills of students in the experimental group and the control group before and after the experiment

	Time	Fraction
Before experiment	Experience group	1.26±0.57
	Control group	1.25±0.69
After experiment	Experience group	3.37±0.58
	Control group	2.03±0.42

* * * * *

APPLICATION OF MARXIST PHILOSOPHY IN COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

Lingxi Li

Guangdong University of Technology, Guangzhou 510520, China

Background: With the advancement of social process and the acceleration of social development, the social competition situation is becoming increasingly severe. The fierce social competition makes college students face the pressure from family, society, environment and other aspects. The number of college students with mental health problems is increasing year by year. The mental health level of college students is not optimistic. A considerable number of college students suspend or drop out due to mental diseases. In serious cases, a few college students cause bad social events due to mental health problems. In daily life and study, college students are faced with the pressure of academic performance, interpersonal communication, social practice, employment competition and so on. Some college students have anxiety and fear when facing difficult difficulties or obstacles, which leads to college students falling into a state of psychological anxiety or depression, which seriously affects the normal life of college students and reduces the quality of life of college students. The government always pays attention to the quality of college students' physical and professional education, including the realization of college students' comprehensive quality and psychological education. As a key link, college students' mental health education is directly related to the overall promotion of higher quality education. Strengthening college students' mental health education can effectively help college students establish a good psychological mechanism and promote college students to establish a correct and mature outlook on life, values and world outlook. College students' mental health education is also a key part of college moral education and a necessary factor for the development of college moral education under the new situation. Colleges and universities are required to strengthen college students' mental health education according to the growth characteristics and psychological characteristics of college students under the new situation, so as to cultivate college students' adaptability and pressure resistance to social life.

Marxist philosophy course is an important channel for college students to carry out ideological and political teaching and intervention. Marxist philosophy course teaches Marxist philosophical theoretical knowledge, and promotes college students to establish a scientific and reasonable outlook on life, values and world outlook through the education of Marxist philosophical thought. Through the transmission of socialist and communist ideals and beliefs, Marxist philosophy course internalizes Marxist philosophy knowledge into students' ideals and concepts, and trains qualified socialist successors for the development and construction of the country and the party. We should fully realize the guiding role of Marxist philosophy curriculum on students' Ideological and political quality, use Marxist philosophy teaching to improve college students' mental health problems, cultivate college students' noble personality and moral quality, and help universities alleviate psychological pressure and anxiety in life and study.

Objective: The research analyzes the content of Marxist philosophy, explores the guiding role of Marxist philosophy curriculum in college mental health education, and understands the important value of Marxist philosophy curriculum to the development of college students' mental health. The research analyzes and understands the mental health education function of Marxist philosophy curriculum, excavates the positive role of Marxist philosophy curriculum in college students' mental health intervention, and discusses the

application effect of Marxist philosophy curriculum on alleviating college students' mental health problems, hoping to provide help for improving college students' Ideological and political consciousness and put forward new treatment schemes for college students' mental health problems.

Subjects and methods: In this study, 200 college students were selected by stratified cluster random sampling to understand the mental health education function of Marxist philosophy course in colleges and universities, analyze the current teaching situation of Marxist philosophy course in colleges and universities, and analyze the current situation of mental health problems of college students. The study used a comparative experiment to explore the treatment effect of Marxist philosophy course on college students' mental health problems. 50 college students with mental health problems were divided into experimental group and control group. The students in the experimental group received the mental health education integrating the study of Marxist philosophy, while the students in the control group received the mental health education under the traditional mode without the intervention of Marxist philosophy. The mental health problems of the two groups of students before and after the experiment were compared and analyzed to understand the therapeutic effect of Marxist philosophy course on college students' mental health problems.

Results: The scoring results of the treatment effect of Marxist philosophy course on students' mental health problems are shown in Table 1. Marxist philosophy course has high scores on the treatment effect of different types of students' mental health problems.

Table 1. Scoring results of the therapeutic effect of Marxist philosophy course on students' mental health problems

Survey object	Freshman	Sophomore	Junior	Senior
Anxious	4	4	3	4
Depressed	4	4	4	3
Paranoid	3	3	3	4
Hostile	4	3	4	3

Conclusions: Based on the course of Marxist philosophy, mental health education for college students can effectively intervene the mental health problems of college students, guide college students to establish a healthy and positive outlook on life, values and world outlook, and treat the obstacles of college students' self-consciousness. Strengthening the development of college students' mental health work integrating Marxist philosophy in higher education can effectively enhance college students' psychological tolerance and pressure resistance, improve college students' mental health level, alleviate college students' psychological anxiety and depression, and reduce the probability of mental health problems in college students.

* * * * *

INFLUENCE OF TEACHING CONSTRUCTION OF ENVIRONMENTAL ENGINEERING SPECIALTY BASED ON EDUCATIONAL PSYCHOLOGY ON COGNITIVE IMPAIRMENT OF COLLEGE STUDENTS

Man Li

College of Environmental and Bioengineering, Wuhan Technology and Business University, Wuhan 430065, China

Background: Educational psychology takes the psychological changes of objects in the process of education and teaching as the main research content, and takes psychological theory as the guidance to provide help for the development of educational activities. Educational psychology is mainly divided into behaviorism and cognitivism. Behaviorism believes that learning is a process of strengthening habits. Learning in the teaching process is a complex of stimulation and reflection. Teachers stimulate students repeatedly to form a habit of knowledge. Learning is not only a cognitive process, but also a cognitive process based on students' subjective awareness. Compared with behaviorism, cognitivism puts more emphasis on the main role of students in teaching activities and advocates giving full play to students' autonomous ability in learning. The role of teachers is more inclined to guide and assist.

Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning,