

Table 1. The effect of teaching management system reform on college students' psychology from the perspective of educational psychology

Experimental grouping	Evaluation grade	Number of people at different stages (pcs.)			
		The first week	The second week	The fourth week	The eighth week
Traditional teaching management system	No negative emotion	0	0	0	0
	Mild negative emotions	47	38	21	8
	Moderate negative emotion	42	40	25	11
	Heavy negative emotions	9	16	37	57
	Serious negative emotions	2	6	17	24
Teaching management system under the intervention of educational psychology	No negative emotion	0	3	24	48
	Mild negative emotions	23	40	55	50
	Moderate negative emotion	62	48	20	2
	Heavy negative emotions	12	8	1	0
	Serious negative emotions	3	1	0	0

Conclusions: The reform and innovation of the teaching management system from the perspective of educational psychology, compared with the traditional education management system, has greatly improved college students' anxiety about teaching management, helped college students cultivate positive and healthy psychological status, and promoted the reform process of the education management system.

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RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL CONSTRUCTION OF PHYSICAL EDUCATION CURRICULUM ON COLLEGE STUDENTS' MENTAL HEALTH UNDER THE MIXED TEACHING MODE

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Background: As a branch of psychology, sports psychology studies the formation and development of teachers' and students' psychological activities and psychological quality in the process of sports. Physical education plays an important role in physical and psychological development. Sports practice and research show that sports can make people's personality be expressed, trained and developed in a short time. Different sports have different effects on people. For example, in the collective confrontation, the students' will and character of mutual assistance, cooperation, tacit cooperation and tenacious struggle have been developed. The difficult and thrilling skill items help to develop students' brave, decisive and tenacious personality. Through intense competition, students can develop their ability to control their emotions and will, and develop their sports intelligence and morality. Physical education teachers should pay attention to promoting students' psychological quality while they master sports skills. In the practice of physical education teaching, physical psychology attaches importance to the individual differences of students, mainly including physiological and psychological differences, such as the difference of physique and health level, and the obvious difference of students' psychological reflection. There are differences in age psychology, students' interest, attitude, way of participation and degree of participation in sports at different ages. Gender differences, there are differences in the attitude and concept of sports and the choice of sports items among students of different genders. There are differences in personality, psychology, temperament and motor nerves of different types of students. There are differences in interest in sports and will quality. Physical education teachers should not only organize teaching according to the psychological characteristics of physical education, but also according to the psychological commonness and individuality of students, so as to promote the physical and mental development of students.

The ideological and political education of physical education curriculum should give full play to the moral education function of physical education curriculum teaching, apply the cultivation and practice of socialist core values to the construction of physical education curriculum and the implementation of

physical education curriculum, and fully complete the basic task of building morality and cultivating people. To make the socialist core value deeply rooted in the hearts of college students, it is necessary to integrate the sports value into the ideological and political construction of physical education courses, follow the laws of college students' growth and the characteristics of being willing to accept the ideological and political education of physical education courses, excavate the ideological and political elements in physical education teaching, and create suitable exercise methods and exercise scenarios for college students. Comprehensively promote the ideological and political construction of college physical education courses, guide and help college students to establish a positive and healthy psychology, and gradually form a correct world outlook, outlook on life and values.

Objective: Under the mixed teaching mode of combining physical education teaching with ideological and political teaching, the purpose of making physical education courses complete the ideological and political education, and mining the ideological and political elements in physical education is to help college students gradually cultivate a healthy and positive psychological state, and promote the reform and development of ideological and political education in colleges and universities.

Subjects and methods: The study randomly selected 100 college students from three colleges and universities as the experimental objects, and made 300 of them participate in the experiment of the impact of ideological and political education on college students' mental health. The experiment was divided into two groups, with 150 people in each group. The first group was the control group of traditional physical education teaching, and the second group was the experimental group of ideological and political education mode of physical education. The duration of the experiment was set as 4 months. The experiment was evaluated with the Positive Affect and Negative Affect Schedule (PANAS). The scale contains 20 evaluation items, of which 10 items evaluate positive emotions and the remaining 10 items evaluate negative emotions. Each item adopts 5-level scoring indicators, and the scoring value of positive emotions corresponds to 0-4 points according to the evaluation indicators. The scores of negative emotions correspond to 4-0 points for the evaluation indicators. The scores of each index are summed and multiplied by 1.25. The final score is taken as the final score. The final score within the range of 0-25 indicates that the subject has serious negative psychology, the range of 25-50 indicates that the subject has mild negative emotion, the range of 50-75 indicates that the subject's psychological state is relatively positive, and the range of 75-100 indicates that the subject's psychological state is very positive.

Results: The results of the impact of ideological and political education on college students' mental health are shown in Table 1. It can be seen from table 1 that in the control group of traditional physical education teaching, the number of people with low scores increases month by month. In the fourth month, the proportion of low scores reached 94%. The traditional physical education teaching mode is not conducive to the cultivation of college students' physical and mental health. In the mixed teaching mode of ideological and political education in physical education, the number of students in 0 to 25 divisions decreased from 46 to 6, and the number of students in 50 to 75 divisions increased from 10 to 58. The teaching mode of ideological and political education in physical education can promote the positive feelings of college students.

Table 1. Effect of ideological and political education on college students' mental health

Experimental grouping	Score	Number of people (pcs.)			
		The first month	The second month	The third month	The fourth month
Traditional physical education teaching group	[0,25]	9	19	28	32
	(25,50]	48	53	67	62
	(50,75]	41	27	15	6
	(75,100]	2	1	0	0
Ideological and political teaching group of physical education course	[0,25]	46	36	19	6
	(25,50]	41	39	24	9
	(50,75]	10	16	39	58
	(75,100]	3	9	18	27

Conclusions: At present, traditional physical education teaching cannot stimulate students' interest in physical exercise, and even college students are bored with physical education courses. The politicization of physical education curriculum gives full play to the moral education function of physical education curriculum teaching, promotes the reform of physical education teaching, and helps college students stimulate their initiative in physical exercise, so as to cultivate their positive health psychology and promote the common development of college students' moral education.

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APPLICATION AND EXPLORATION OF THE EFFECTIVE COMBINATION OF DRAMA AND FILM IN THE MENTAL HEALTH CLASSROOM OF COLLEGE STUDENTS

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Background: In China, mental health education is closely related to ideological and political education in colleges and universities. Teachers often integrate some mental health knowledge into Ideological and political courses. In recent years, our party has clearly proposed to “strengthen the construction of social psychological service system, and cultivate a self-esteem, self-confidence, rational, peaceful and positive social mentality”. Moreover, with the domestic economic development and the advancement of social reform, many new problems, new situations and new contradictions have emerged in the society. For college students, they are faced with the newly increased pressure of interpersonal communication, the employment pressure brought about by the fierce competition in the human resources market, and the learning pressure of the survival of the fittest, which lead to their increased psychological load. Some college students even have psychological diseases such as depression, schizophrenia, emotional disorder, cognitive disorder, thinking logic disorder, etc. It can be seen that the psychological problems of college students have become a social phenomenon that cannot be ignored. Drama and film and television are the crystallization of human art. They integrate vocal music, performance, light and shadow, clothing and other artistic elements, and can bring psychological and aesthetic values to viewers. Therefore, it is now proposed to guess whether the combination of drama and film and television art can improve the mental health level of college students. Redesign the analysis process to verify the rationality of the conjecture.

Subjects and methods: The first choice select the research object. The research object comes from a domestic institution of higher learning with a student size, students’ mental health level, teaching pressure and teachers’ ability at the domestic medium level, totaling 400. The students were divided into four groups: Drama and film group, drama group, film and television group and control group, with 100 students in each group. Before the experiment is officially started, the basic information of students in each group is counted and compared, and the difference significance test of basic information is carried out. If there is a significant difference in the basic information of any group of students, the members of each group need to be adjusted. If the adjustment of the members of each group cannot meet the requirements, they even need to be regrouped until there is no significant difference in the basic information of the members of each group. After the experiment, the students in the control group were forced not to watch dramas and film and television works. The students in the drama group and the film and television group were required to watch only traditional Chinese dramas and classic movies. The students in the drama and television group were required to watch both traditional dramas and classic domestic movies. The experiment lasted for 6 weeks. Except for the control group, students in other groups were required to watch literary works at least twice a week, and each time they watched literary works for not less than 2 hours. Before and after the experiment, SCL-90 (Symptom Checklist 90) test was conducted for each student to understand the changes of students’ mental health level before and after the experimental intervention. Finally, all measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test, and count type features are displayed in the form of number or number proportion for chi square test. The significance level of difference is taken as 0.05

Results: Collect all effective test data and use the software for statistics to get Table 1.

Table 1. Statistics of scores of four groups of students in two SCL-90 tests

Survey time point	Drama film group	Drama group	Film and television group	Control group
First SCL-90 survey	1.86 \pm 0.17	1.87 \pm 0.20	1.85 \pm 0.17	1.85 \pm 0.21
Second SCL-90 survey	1.30 \pm 0.15	1.51 \pm 0.15	1.54 \pm 0.16	1.86 \pm 0.22

According to Table 1, in the first SCL-90 survey, there was little difference in the average score of SCL-90 factors among students in each group, and they were all in the high range of 1.80-1.90. However, after the