

## THE IMPORTANCE OF MENTAL HEALTH EDUCATION IN COLLEGE STUDENTS' IDEOLOGICAL AND COMPETENCE EDUCATION

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**Background:** With the popularization of higher education and the promotion of educational reform, the number of students has increased sharply. Academic problems, employment problems and emotional problems have greatly affected students' study and life, making college students' psychological problems increasingly prominent. According to the author, at present, college students have many psychological problems, leading to campus violence and campus extreme events. Relevant surveys show that nearly 30% of college students have varying degrees of psychological problems or mental diseases, mainly manifested in obsessive-compulsive disorder, paranoia, interpersonal sensitivity, self closure and depression. As the main position of education, colleges and universities should fully realize the importance of Ideological and competence education and mental health education, strengthen students' mental health education, find and solve students' psychological problems in time, so as to give full play to the important role of Ideological and competence education and mental health education in Colleges and universities. At the same time, the demand for talents in today's society has changed to comprehensive talents, which not only has certain requirements for academic qualifications and professional skills, but also has high requirements for ideological and political quality, moral quality and psychological quality. Strengthening ideological and competence education and mental health education in Colleges and universities meets the objective requirements of society for comprehensive talents.

**Objective:** Ideological and competence education and mental health education are an indispensable part of higher education. Strengthening ideological and competence education and mental health education is conducive to the all-round development of college students and meets the objective requirements of today's society for comprehensive talents. As the cradle of talent training, colleges and universities should put ideological and competence education and mental health education in the same important position, and cultivate batch after batch of useful talents with both morality and ability.

**Subjects and methods:** 1. Differences in educational content. The content of College Students' mental health education is mainly related to their own physiological condition, physical quality and their environment. It is generally expressed by their cognition, emotion, will and personality, with distinct physiology, exposure and emotion. The ideological and competence education of college students is mainly related to the three views of college students and their attitude towards the society, the collective and them. It shows significant political tendency and strong moral color. It is often revealed in the form of personal views and positions, and has obvious sociality, concealment and persistence. Through the analysis of the two contents, we can see the correlation between the two contents, but the research contents are different.

2. Differences in emphasis on educational objectives. College Students' mental health education is mainly to help students correct and adjust their psychology, help college students establish a healthy personality and enhance their psychological quality. The goal of College Students' psychological education is more specific and direct, which mainly aims at the improvement of College Students' individual quality. The goal of College Students' Ideological and competence education is to adhere to Marxist thought and strengthen the common ideal of Chinese socialism. Its goal is more macro and far-reaching, emphasizing the positive impact of the improvement of personal ability on the world. The emphasis of the two is different, but their common point is that the all-round development of college students is the ultimate goal of their education.

3. Differences in educational methods. The commonly used mental health education in Colleges and universities mainly includes theoretical method, practical method, psychological counseling method and so on. This method is also commonly used in college students' Ideological and competence education. In this regard, they have something in common, but mental health education pays attention to students' observability. In addition to emphasizing objective facts, the key research objects also include meaning, value and rationality. In addition, college students' mental health education focuses on cognitive behavior, often through experiments, observation, investigation and analysis. Therefore, it can be seen that there are some differences between the two in educational methods and models. They are not the relationship between who contains who.

4. Differences in educational environment. College Students' mental health education environment refers to the sum of various external factors affecting their mental quality and mental health; The environment of College Students' Ideological and competence education is the sum of all external factors that affect the formation and development of their ideology and morality and the smooth development of

educational activities. The objects they study are all college students, and the social environment, natural environment and spiritual environment are the same. Therefore, it can be seen that their educational environment is obviously consistent.

**Results:** 1. Mental health education enriches the content of College Students' Ideological and competence education. In recent years, the ideological and competence education of college students has attracted more and more attention from all walks of life. The ideological and competence education mentioned here refers to not only the ideological education of college students, but also the code of conduct of students. Starting from the psychological status of students, students can have a positive and healthy psychology, so as to promote the normal development of students. In the process of traditional ideological and competence education, the mode is too formal and the educational form is rigid, which makes the educated students more and more bookish. Their political position is too firm, and there are no problems in Ideological and political aspects and moral behavior. However, there are many psychological disadvantages in interpersonal communication, interpersonal relationship processing, attitude towards challenges, anti Strike ability and emotional regulation, which is still very difficult for students to face social work, bear responsibility and adapt to the environment in the future. Therefore, in order to change the current situation, in the process of Ideological and competence education for students, it should be organically combined with mental health education to make students' Ideological and competence education in a healthy psychological state. In education, we can integrate some life reality and student content of college students into it, so that students can maintain a complete personality and healthy psychological attitude through contacting life, so as to improve students' psychological quality.

2. Mental health education improves the scientificity of College Students' Ideological and competence education. In the process of traditional ideological and competence education, the teaching methods used are too old-fashioned and have great limitations. Teachers often use the way of persuading students, the duck feeding teaching method and painstaking persuasion. This kind of education method has been used by students and can not arouse students' interest. In the long run, students also have a rebellious psychology towards ideological and competence education. Some students even break cans and fall, resulting in a strong sense of resistance. This model students can not accept and absorb from the heart. Adding mental health education in Ideological and competence education can put teachers and students on a balance. Facing and encouraging students with this equal and democratic teaching model can attract students' attention, enhance students' self-confidence, and enable students to find, explore and solve problems under the patient guidance of teachers, So that students can receive education and learning education from the depths of their hearts, which is conducive to the cultivation of students' autonomy. The use of mental health education also caters to the students. Therefore, we should actively carry out and implement this educational method, integrate the concept of ideological health into it, let teachers straighten out the law of psychological development in the process of education, and carry out targeted education according to the personality and psychological characteristics of College Students, so as to enhance the scientificity of Ideological and competence education, It is helpful to the cultivation of College Students' healthy psychology.

3. Mental health education enhances the effectiveness of College Students' Ideological and competence education. In the process of traditional ideological and competence education, the vast majority of schools conduct education in the form of lectures or meetings. The main methods are persuasion, looking for examples, giving examples or evaluation. With the continuous development of society, the old education model can not adapt to the era of rapid development. Therefore, it is necessary to change the traditional education model, With the development of the times, towards the development of the times, according to the personality characteristics and psychological status of college students, innovate the education mode and constantly change the teaching content and form. So that students' eyes can be attracted, get rid of the traditional boring atmosphere, diversify the forms of education, and win the favor of students in form. Mental health education has such characteristics. Mental health education is conducive to the development of students' personalization and has strong recessive characteristics. It can effectively complete the task in the process of dealing with problems and communication interaction, so that the two sides of communication can have zero distance contact. It is precisely such characteristics that can provide vitality for rigid ideological and competence education, enhance students' psychological background, and improve students' Ideological and political effectiveness.

4. Add the content of mental health education in Ideological and competence education. Firstly, there are many explicit and implicit mental health education materials in the current ideological and political textbooks. Teachers should deeply excavate the mental health education materials in the ideological and political textbooks in combination with the actual situation of students. Secondly, colleges and universities should add optional courses of mental health education according to the psychological characteristics and psychological structure of college students and social reality, and expand the content

of mental health education, so as to make students fully aware of their psychological conditions and characteristics, master the methods of adjusting emotions and psychology, and make full use of systematic psychological knowledge for self-regulation, Form good ideological and moral quality and psychological quality.

5. Actively carry out psychological counseling. Ideological and moral education and mental health education are inseparable. Mental health education needs to be further carried out through psychological counseling. Therefore, moral education workers in Colleges and universities should timely understand the ideological and psychological status of college students, and guide students' study, life and employment through communication and consultation. At the same time, the school should establish a special psychological counseling room to help college students with psychological problems make psychological adjustment, guide them to treat problems scientifically and eliminate psychological doubts; Or regularly hire psychological experts to give lectures in the school, so that students can self-examine problems, or guide teachers to timely find problems such as psychological imbalance and psychological obstacles of college students, so as to promote college students to continuously improve their self-awareness and ability to solve problems independently, so as to continuously improve and develop themselves.

6. Establish a network education system. The development of information technology provides new means for ideological and competence education. Making full use of information technology can improve the timeliness of education and expand the influence of mental health education. Ideological and competence education in Colleges and universities should make use of the advantages of network to establish a network system of mental health education. First of all, the school can build some ideological and competence education theme websites integrating knowledge, service and interest, provide students with a platform for communication and learning, and carry out penetration education in various forms. Secondly, the school can also hold political lectures, online cultural festivals, psychological counseling and other activities on the Internet, invite experts and scholars for interactive communication, and use the Internet to help students solve problems, which can not only maintain students' face, but also achieve good teaching results. In addition, schools, teachers and families should establish close contact through the network, strengthen contact through wechat, QQ and other communication platforms, pay close attention to students' psychological changes, timely guide students who may have problems, and form an educational force.

7. Strengthen the construction of teaching staff. College teachers are human engineers and they are the guides of students. Therefore, college teachers should first be educated and strive to become the disseminator of advanced ideology and culture, so as to better assume the responsibility of guiding and guiding the healthy growth of students. Therefore, colleges and universities should strengthen the construction of teachers' ethics and conduct regular skill training for moral education workers to make them master the relevant knowledge of mental health education, so as to analyze the psychological problems of students from the perspective of professional mental health, and make them really play the role of guiding and educating students. At the same time, guide all teachers to realize the importance of mental health education, urge them to intersperse mental health education in daily education, combine mental health education with professional education, make all teachers in the school become important implementers of mental health education, and expand the teacher team of mental health education.

**Conclusions:** Strengthening Mental Health Education in Ideological and competence education in Colleges and universities needs the cooperation of society, schools and families, actively explore effective ways to strengthen mental health education, clarify the significance of Ideological and competence education and mental health education, and realize the organic combination of the two, so as to improve the effect of Ideological and competence education in an all-round way.

**Key words:** mental health - education - students

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## COMPOSITION AND ANALYSIS OF PSYCHOLOGICAL EMOTIONAL EXPRESSION IN PAINTING

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**Background:** In plastic arts, composition is one of the important artistic expressions. As an important part of painting language, its existence is to control the structure of the picture. As a means of artistic expression, composition, through careful management of various elements of the picture, constructs a