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## THE POSITIVE INFLUENCE OF COLLEGE ART EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH FROM THE PERSPECTIVE OF TRADITIONAL CULTURE

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**Background:** In the network information age, college students are exposed to a lot of information, but the information is mixed, and the mind of college students is not fully developed. Therefore, they are easy to be affected by some bad information, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect the normal study and life of students. In psychological theory, works of art can make the audience get a kind of aesthetic feeling, so that the audience can get the emotional resonance with the art creators. Art creators can realize the emotional interaction with the audience, thus arousing the audience's past or current cognition and memory, stimulating emotional feedback, meeting the audience's emotional needs, alleviating the audience's negative emotions, and improving the audience's mental health level. Therefore, art education in colleges and universities is an effective way to improve students' mental health and alleviate students' negative emotions. However, there are many defects in the current art education in colleges and universities. For example, most of the works of art are westernized, and students cannot fully understand the meaning and emotion of the works. As a result, the effect of art education in colleges and universities on alleviating students' negative emotions is not obvious. Therefore, it is necessary to improve the art education in colleges and universities.

Educational psychology is an important part of applied psychology. It is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-awareness, students' group psychology and students' mental health education. Based on the theory of educational psychology, this paper analyzes the psychological laws of college students in art education, and puts forward that China's traditional culture should be integrated into art education in order to reform it, improve teaching quality, alleviate students' negative emotions, and then improve students' psychological health.

**Objective:** College students' minds are not fully developed, and they are easy to be affected by some bad information on their mentality and ideas, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect their normal study and life. Based on the theory of educational psychology, this study proposes to use China's traditional culture to reform the teaching mode of art education in colleges and universities, so as to improve the teaching quality, alleviate students' negative emotions, and then improve students' mental health level.

**Subjects and methods:** In the same major and grade of a university, 70 college students were selected as the research objects by stratified sampling. Using random number table method, 70 students were randomly divided into study group and control group, with 35 students in each group. Among them, the students in the research group used the art education model based on educational psychology and integrated into China's traditional culture for teaching. The students in the control group were taught in the traditional art education mode. After a period of teaching, the Self-rating Anxiety Scale (SAS) and the college students' Employment Anxiety Scale (EAS) were used to evaluate the anxiety of the two groups of students, and the students' art education scores were used to evaluate the teaching effects of the two models.

**Results:** Before teaching, the self-assessment anxiety scale was used to assess the anxiety level of the two groups of students and record it. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of students. The results showed that after teaching, the anxiety level of the study group decreased significantly compared with that before teaching, while the anxiety level of the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety levels of the two groups of

students are shown in Table 1.

**Table 1.** SAS score of two groups of students

Timing	Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	35	35	-	-
Before intervention	64.72±8.04	64.33±9.05	0.642	0.457
After intervention	42.45±2.03	63.76±8.88	8.452	0.000
<i>t</i>	8.571	0.706	-	-
<i>P</i>	0.000	0.431	-	-

**Conclusions:** In the network information age, college students are exposed to a lot of information, but the information is mixed, and the mind of college students is not fully developed. Therefore, they are easy to be affected by some bad information, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect the normal study and life of students. Based on the theory of educational psychology, this study proposes to use China's traditional culture to reform the teaching mode of art education in colleges and universities. The results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant difference. After teaching, the anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the students in the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The above results show that the improved art education teaching model based on educational psychology can effectively improve the teaching quality, alleviate students' negative emotions, and then improve students' mental health.

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## AN ANALYSIS OF THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL WORK ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

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**Background:** In the information age, college students are exposed to more and more information and views, but their minds are not yet fully developed, so they are vulnerable to some bad information and views, resulting in negative emotions. When there are too many negative emotions, it will lead to anxiety among college students. Excessive anxiety will have an adverse impact on students' physical and mental health, which will make students feel painful and lose interest in learning and life, and eventually lead to mental disorders, mental diseases and mental diseases. In serious cases, it will even lead to students' suicidal tendencies and criminal tendencies, and seriously disrupt social security and social harmony. Therefore, in colleges and universities, students' mental health education is highly valued. Ideological and political education in colleges and universities is an important way to realize the mental health education of college students. However, there are many defects in the current teaching mode of Ideological and political education in colleges and universities, such as too much theoretical knowledge, students and schools do not pay attention to it, and the teaching concept is relatively backward. As a result, the teaching quality is low, students' learning interest and enthusiasm are low, and the effect of mental health education on students is not obvious, which cannot effectively alleviate students' anxiety. Therefore, further improvement and innovation are needed.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students'