

their psychological emotions from their own point of view, and reduce their psychological anxiety.

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A STUDY ON THE POSITIVE IMPACT OF THE INNOVATIVE INTEGRATION OF ANCIENT CHINESE LITERATURE AND FILM AND TELEVISION ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE

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Background: At present, 30% to 40% of the college students have the tendency of psychological barriers, of which about 10% have serious psychological barriers. Some students with obvious psychological barriers have to suspend or drop out. The research shows that college students have been under different degrees of pressure. Facing the pressure, many college students do not know what to do, do not know how to deal with it, and gradually accumulate into more and more intense psychological conflicts, thus showing a variety of psychological problems, which affect the mental health of college students. How to help college students cope with stress scientifically, solve psychological conflicts and make their mental health develop has become a common topic of concern for educators, psychologists, sociologists and clinical medical experts. Studying the relationship between college students' common psychological stress and their coping styles has important theoretical and practical significance for better improving college students' mental health level, enhancing their psychological adjustment ability, and creating better teaching conditions and educational environment for talent training in colleges and universities. Some scholars pointed out that different groups have certain differences in stress feelings and coping styles. Compared with girls, boys' stress in health, love, interpersonal relationship and school environment is obviously higher. Therefore, some targeted decompression activities are held for boys' stress in these aspects. At the same time, encourage them to actively participate in school community activities, and help them quickly integrate into university life through these activities. With the return of China's traditional culture and the gradual "upsurge", the combination of film and television innovation and traditional cultural consciousness is becoming more and more, and more and more ancient poems and film and television related works begin to appear in the academic world. In fact, some ancient literary classics, such as ancient novels and operas, folklore, ancient scholars' prose, historical prose, political essays, etc., have also merged with modern film and television creation. Secondly, after the ancient literary classics are integrated into film and television, their original meaning is often not directly inherited, but has a new meaning in new works. This phenomenon has also been ignored by the academic circles.

Objective: There are three main ways for the integration of various ancient literary classics and film and television creation outside the ancient poetry, namely, the interpretation of the theme of ancient literary classics by modern popular film and television creation, the subversion of the theme of ancient literary classics, and the drawing of literary classics from ancient scholars' prose. In recent years, the need to inherit traditional culture is the main reason for the integration of the two. The use of sentences, words and images in ancient poems as plays will generally produce new meanings in the new artistic environment. Therefore, this study adopts the innovative and integrated teaching mode of ancient Chinese literature and film and television to analyze the characteristics of college students' psychological pressure and coping styles and the relationship between them, in order to reduce the pressure and improve their psychological adjustment ability and mental health level by adjusting their coping styles.

Subjects and methods: 500 college students in a certain university were selected as the research objects, and the self-designed psychological stress scale and coping style evaluation scale were used to evaluate the students. The psychological stress scale mainly evaluates 11 items, such as academic pressure, interpersonal pressure, family pressure, emotional pressure and job selection pressure. Each item adopts the 5-point scoring method. The higher the score, the greater the pressure. The coping style assessment scale has 62 questions, including 6 subscales, which are avoidance, fantasy, self-blame, help seeking, rationalization and problem solving. Each subscale is composed of several items. The sum of the items in the subscale divided by the number of items in the subscale is the factor score of the subscale.

Results: The results show that the main psychological pressures faced by college students are academic pressure, interpersonal pressure, family pressure, emotional pressure and job selection pressure, among which academic pressure is significantly greater than other pressures.

Conclusions: Integrating ancient literary classics with film and television is an effective way to inherit excellent traditional culture, and it is also an effective non drug method to alleviate the psychological

pressure of contemporary college students. When college students have psychological pressure, they must be timely dredged to prevent other negative behaviors due to the accumulation of psychological pressure. Strengthen psychological counseling for college students, especially for college students with mental health problems, help them with problems in their study and life, and help them establish a correct concept of coping with stress.

Table 1. Scores of psychological stress of college students

	Mean value	Standard deviation	Maximum value	Minimum value
Emotional stress	2.033	0.819	5.00	1.00
Job selection pressure	2.023	0.866	5.00	1.00
Academic pressure	2.022	0.738	4.57	1.00
School environment pressure	1.810	0.689	5.00	1.00
Interpersonal stress	1.719	0.630	4.50	1.88
Inferiority complex	1.582	0.544	4.25	1.00
Family stress	1.559	0.472	3.63	1.00
Love pressure	1.507	0.636	3.67	1.83
Frustration pressure	1.446	0.496	3.20	1.00
Health stress	1.430	0.522	4.00	1.00
Adaptive pressure	1.283	0.388	3.00	1.00

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THE IMPACT OF COLLEGE TEACHING MANAGEMENT REFORM ON COLLEGE STUDENTS' SELF-COGNITION AND PSYCHOLOGICAL ADJUSTMENT

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Background: Self psychological adjustment is a psychological and behavioral process in which individuals actively use psychological methods to adjust psychological activities such as cognition, emotion, will and intention in order to maintain a good and effective state of survival and development. Research shows that self-psychological adjustment has become an important method to solve psychological problems for disadvantaged groups and individuals. With the rapid development of society and the popularization of university education, college students have gradually become a group with high incidence of psychological problems. The psychological health problems of college students have increasingly been highly concerned by the school and society. At present, college students' psychological adjustment is mainly carried out from the traditional mental health education courses and lectures, one-to-one psychological counseling and counseling, group counseling and outward-bound training. These adjustment methods are based on problem-solving orientation and pay too much attention to the negative factors of students' psychological development. Paying too much attention to the negative side is not only not conducive to solving the problem, but also may strengthen its adverse effects to a certain extent. Colleges and universities neglect to mobilize students' own positive energy to prevent the occurrence of psychological crisis, but always intervene after students' bad psychological conditions, resulting in the limitations and one sidedness of solving psychological problems. Facing the mental health problems of college students, the cultivation of talents in colleges and universities has posed a great problem to colleges and universities, which reflects the necessity of teaching management reform in colleges and universities. In the process of teaching management reform, we should pay attention to the innovation of teaching ideas and change the teaching methods. The study found that the vast majority of college students' mental health education courses are mainly subject based teaching, which is mainly organized from the interpersonal relationship and emotional management closely related to college students' daily life. The teaching forms of the courses are mainly case analysis, role play, video teaching, psychological test, etc. The reformed classroom teaching mode can better improve students' ability to learn independently and solve practical problems. The so-called better does not mean that the original teaching mode is completely negated when implementing this teaching