

Conclusions: Under the background of the "double first-class" construction proposed by the state, exploring the problems existing in the moral construction of college teachers can produce the spark of wisdom of analysis and thinking, and illuminate the road of college construction with the construction of teachers as the core. Excavating deep-seated spiritual problems, analyzing the causes and taking targeted innovative countermeasures are conducive to building a first-class teaching team with exquisite business and reasonable structure, cultivating first-class talents, forming first-class innovative achievements and building a first-class university.

Key words: social mental - education - teaching staff

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ANALYSIS OF STUDENTS' IDEOLOGICAL AND MORAL EDUCATION UNDER THE GUIDANCE OF POSITIVE PERSONALITY THEORY

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Background: Strengthen the construction of social mental service system and cultivate a social mentality of self-esteem, self-confidence, rationality, peace and positive progress. As a new research field rising in American mental, positive mental breaks the shackles of the original traditional mental, changes the previous model of finding and solving problems, and focuses its research on excavating people's own positive factors and discovering their own flash points. On the one hand, it is advocated to deal with problems with a positive attitude and stimulate people's own positive quality. In the Ekumar conference with the milestone of positive mental movement held in January 1998, positive personality, positive emotional experience and positive social organization system were jointly identified as the three pillars of positive mental research. These three pillars can provide reference and application value for the innovation and development of Ideological and political education in Colleges and universities. Positive emotional experience mainly represents people's positive perception in daily life. Positive emotions mainly include happiness, admiration, happiness, hope, sympathy, pride, gratitude and awe. Positive emotion is associated with the satisfaction of certain needs. It is usually accompanied by pleasant subjective experience and can improve people's enthusiasm and activity ability. When people feel happy, they can face life more positively with a mood full of hope and expectation; When people are depressed and face pain, they can use a positive attitude to mobilize the positive energy of the body, so as to summarize the experience and success. Even if they encounter difficulties in life, they can find solutions to eliminate the crisis when they encounter difficulties. Therefore, positive emotions are everywhere in people's life, which is particularly important. Compared with traditional mental, positive mental fully demonstrates the people-oriented idea, advocates positive humanism and human nature theory, takes cultivating people's positive personality, emotion, quality and mental as the fundamental goal of the research, effectively avoids the wrong phenomenon of too one-sided treatment of problems by negative mental, and can effectively improve the happiness of individuals and teams. Pleasure and happiness promote harmonious coexistence between people and promote the unified development of society. Therefore, the application of positive mental to today's ideological and political education in Colleges and universities can enable students to obtain knowledge and skills in happiness and happiness, improve students' enthusiasm and enthusiasm for ideological and political education, and increase the efficiency and quality of Ideological and political learning. First, positive mental seeks to cultivate students' positive emotions. Positive emotions refers to the external or internal performance of students' enthusiasm in the process of learning, such as pride, pleasure, happiness, self-confidence and subjective well-being. Among them, subjective well-being is the key, and it is also the main research object of educational positive mental. The application of positive mental to ideological and political education in Colleges and universities can enable students with poor academic performance and ability to recognize themselves and accept their shortcomings, then actively correct their shortcomings and deficiencies, and build their own future with an active and yearning attitude. Second, in the research of positive mental personality, it can effectively change the negative personality, make it become a positive personality, enable students to establish

strong self-confidence in the process of Ideological and political learning, and then devote themselves to ideological and political learning. Third, at the collective and environmental level, positive mental pays attention to the external environment of family, society and school, and requires the external environment to reflect a positive atmosphere.

Objective: First, improve Students' positive understanding. Relevant mental research shows that people with a positive attitude can usually know themselves with a positive and optimistic attitude, face problems, and form a healthy mental state more easily. With positive self-awareness, you can look at the world from a positive perspective. College students learn positive self cognition methods, which can form a healthy mental, better understand the significance of life and learning, and correctly understand the value of life. The view of positive mental is that everyone contains positive power. Therefore, the ideological and political education of College Students under the background can guide students to find their own positive power, see their own virtues, improve their cognitive enthusiasm, so as to improve their behavior and emotional enthusiasm, better tap their potential and exert their positive power. Second, guide Students' positive emotions. The ideological and political education of College Students under the background of positive mental needs teachers to pay attention to guiding Students' positive emotions. Therefore, in the teaching process of Students' Ideological and political education, teachers can use the appreciation education method. Appreciation education method means that teachers can find all kinds of advantages and strengths of students, see the positive and optimistic side of students, and learn from them. Treating students from an appreciative and open perspective, observe and look for students' development potential and ideological aspirations with a positive attitude and vision, pay attention to students' progress and growth in life and learning, give positive evaluation, affirm and encourage students' achievements, so as to improve students' positive self cognition. In addition, the appreciation education law also requires teachers to give more care to some students with behavioral or ideological problems, face students with a positive attitude from the perspective of understanding, look for the flash points of their existence with more detailed observation, guide students to actively understand and affirm themselves, and realize healthy growth. Third, cultivate the positive quality of college students. The ideological and political education of College Students under the background of positive mental requires teachers to pay attention to cultivating students' positive quality. Based on this, in the teaching process, the use of hope indoctrination can effectively help students establish a positive, optimistic and upward attitude and form a positive and beautiful quality. Hope instillation method is to help students establish a clear life goal in the teaching process, and give students the positive power to independently explore ways to achieve the goal, so as to make college students have full potential foot is the driving force for good development. At the same time, the hope instillation method can give students hope, make students have a clear development goal, get rid of the negative emotions of confusion, anxiety and depression in the face of difficulties and obstacles, and make students in a positive emotional experience, so as to improve their subjective well-being.

Subjects and methods: In the ideological and political education of college students, the emotions of students directly affect the positive and negative energy they receive. The relevant theories of positive mental play an important role in improving Students' ability of self-regulation and self-control. The traditional ideological and political education of college students usually adopts the indoctrination education method, which will make the educated passively accept the knowledge taught by the educator methods in the past, relatively good educational results have been achieved to a certain extent. However, with the development of society and the improvement of economy, especially in the context of the new era, this "indoctrination" education can not meet the objective needs of students, and can not mobilize students' enthusiasm and initiative, resulting in educatees' mental of "weariness" and "rebellion", Can not achieve the expected results of Ideological and political education. If the students have positive emotions, they can better face difficulties and solve problems. Therefore, ideological and political educators should learn from the relevant theories of positive mental, fully tap the potential excellent qualities of students, care for students, and give them appreciation and encouragement. Ideological and political theory course is the carrier of Ideological and political education. In the ideological and political theory course, educators should update the educational concept and content in combination with the requirements of the times, carry out education in the form loved by students, give full play to the function of multimedia technology, enhance students' interest in learning, combine teaching with fun, and make students feel and obtain positive emotional experience in the classroom. Environment has a subtle effect on people. An important way to effectively combine positive mental with ideological and political education is to build a positive ideological and political education environment for college students. The campus cultural environment of colleges and universities, as the expression of the overall culture of colleges and universities, has a "moistening and silent" impact on students. As a member of the campus, college students are the participants of campus cultural activities. The knowledge and culture received by students in the classroom are limited. Most of the time, they still pass through campus cultural activities, that is, the so-

called "second classroom", For example, we should organize some lectures on mental health, and we can make full use of campus culture to cover the whole campus culture through shooting mental micro films and role playing. We can create a public platform for students who enjoy education through fun, through the Internet media like WeChat official account, etc., to promote the main theme and disseminate ideological and political education for college students. You can also set up a special mental counseling team by setting up a mental counseling room, including peer counseling groups and the mental teacher counseling group will answer questions, solve doubts and provide mental counseling for students' mental problems, get out of difficulties, help students establish a good attitude, let students take the initiative to learn and be willing to learn, build a positive ideological and political education environment for college students, and make the effective integration of positive mental and ideological and political education.

Result: When building different types of cultural carriers of Ideological and political education, we should oppose the "one point theory" and the "equilibrium theory". "One point theory" means to highlight the construction of only one carrier form, attack one point and ignore the rest, and engage in the construction of "single play one". "Equilibrium theory" refers to the average use of strength, a grasp of beard and eyebrows, not to grasp the main contradictions, not to fully develop weak carriers and new carriers, and not to take the initiative to seize the new position of Ideological and public opinion. In the construction of the cultural carrier of Ideological and political education, we should start from the overall point of view, reasonably combine and match, optimize the allocation of resources, and go hand in hand, so as to smoothly achieve the overall goal and achieve the best effect. With the continuous prominence of cultural diversity, the subject, object and ring of Ideological and political education in Colleges and universities are constantly changing and developing. The construction of cultural carrier of Ideological and political education in Colleges and universities should constantly adapt to the changes of the new situation. Therefore, ideological and political educators in Colleges and universities should constantly strengthen the theoretical research on the carrier of Ideological and political education, enhance the pertinence and effectiveness of the construction of cultural carrier, and give full play to the positive role of the cultural carrier of Ideological and political education in Colleges and universities.

Conclusion: In short, it is feasible to integrate positive mental into Ideological and political education in Colleges and universities, which can change many problems existing in traditional ideological and political education, and is a powerful tool for the future development of Ideological and political education in Colleges and universities in China. Students' Ideological and political education and positive mental are highly consistent in values and individual development. The effective combination of the two provides new ideas and methods for Students' Ideological and political education. The ideological and political education of College Students under the background of positive mental can guide students to form a positive and optimistic attitude, make students grow up in education, and provide sustainable power for their own development. The ideological and political education of college students draws lessons from the relevant contents of positive mental, promotes the effective integration of Ideological and political education and mental education, provides new methods and new ideas for the innovation and development of Ideological and political education, and allows college students to get a positive experience and full sense of happiness in the campus environment.

Key words: positive mental - theory - students

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ANALYSIS ON THE INFLUENCE OF PERSONAL IDEOLOGICAL AND MORAL QUALITY ON STUDENTS' PHYSICAL EDUCATION

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Background: With the progress of society and the development of science and technology, people's concept of health is becoming more and more perfect. Modern school physical education has three main functions: biological function, pedagogical function and sociological function. The biological function of physical education lays a material foundation for students' mental health. Attaching importance to personal ideological and moral education has become one of the important symbols of modern school physical education. With the progress of society and the development of science and technology, people's concept of health is becoming more and more perfect. As future social talents, young students must have