

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

a healthy physique and a sound mentality in order to meet the challenges of society. Implement mental health education in school physical education: first, correctly deal with the relationship between students' physical health and mental health in physical education activities, and pay attention to personal ideological and moral quality; Second, straighten out the position of physical education and health work in school education, and strengthen the combination of physical education and health work in essence; Third, deal with the relationship with moral education. Neither sports moral education can replace sports mental health education, nor sports mental health education can replace sports moral education. There are three systems to carry out personal ideological and moral health education in China (namely health system, social system and education system). In the education system, physical education plays an irreplaceable special role in helping students improve their psychological state, eliminate psychological problems, correct psychological defects, overcome psychological obstacles, develop psychological potential and improve psychological quality. It is an important carrier and tool for the implementation of mental health education. Physical education teachers should correctly grasp the relationship between physical education and mental health education, seize the opportunity, constantly update the concept of physical education, change physical education teaching methods, actively infiltrate mental health education, and promote the development of students' ideology and morality. Students' psychological activities have a great impact on the effect of physical education teaching. Solving students' ideological barriers is also very important for physical education. Solving students' ideological obstacles will speed up the teaching process and finally improve the efficiency of physical education teaching.

Objective: Mental health education is an important part of school moral quality education. It is of great significance to the healthy growth and development of students, ideological and moral education and the construction of spiritual civilization. It is mainly manifested in: taking mental health care as a means to maintain students' mental health; Pay attention to psychological adaptation and optimize students' psychological quality; It aims at psychological development, develops students' psychological potential, promotes students' physical and mental development, and improves students' comprehensive quality. The content of moral quality education includes the education and guidance of students' life problems, learning problems, entering a higher school and choosing a career. It mainly includes: cultivating healthy personality; Establish the subject consciousness of self-esteem, autonomy and self-improvement; Carry out emotional education; Establish harmonious interpersonal relationship; Others, such as sexual and moral health guidance and continuing education and employment guidance. Firstly, mental health education is student-centered and runs through the whole process of school education, which is the most important way; Second, promote mental health through special lectures on mental health and recreational and sports activities; Third, carry out psychological counseling for a few students with psychological problems; Finally, establish the communication channel between school and family moral quality education to optimize the family education environment. Moral quality education is a typical student-centered subjective education. It pays direct attention to students' mental health, adaptation and development, helps students solve some corresponding psychological puzzles, troubles and obstacles, directly cultivates and cultivates students' autonomy, mobility and creativity, and has the functions of educating students' self-knowledge, self-help and helping others. Cultivating students' frustration tolerance is the educational function of music groups and dedication.

Subjects and methods: Physical education teaching is a process of imparting knowledge, technology and skills, which also includes the pleasant experience of emotional success. Emotion is a barometer of mental health. The external performance of students' behavior, expression and will in the process of learning and physical activities is a true reflection of their mental state. Teachers can easily find students with different mental obstacles. On the other hand, exercise can slow down and treat some mental disorders and diseases, vent bad emotions such as tension, worry, anxiety, depression and depression, and make people relaxed and happy. Research shows that exercise can improve people's mental state, eliminate mental obstacles and treat mental diseases. The theoretical basis of its possibility is the transfer mechanism, the second is the endorphin release mechanism, and the third is some experimental studies, which show that aerobic exercise has a positive impact on individuals with emotion, especially depression and anxiety. Through the special physical activity form of sports competition (including competitive sports), school sports adopts open and jointly recognized methods and rules, and carries out competitive activities to challenge the limit and surpass themselves in the form of comparing the advantages and disadvantages of physical exercise ability (including intelligence), so as to make students consciously change heteronomy into self-discipline according to the scale of truth, goodness and beauty, Thus, in the process of meeting the spiritual needs, we can experience the value of life existence and the value of life continuation, and constantly meet the needs of students' physical strength, communication, competition and development. Sports competition is always accompanied by success and failure, which can exercise students' ability to bear setbacks and failures, and enhance their good will quality such as overcoming

difficulties and perseverance. Sports competition has strict discipline and rule requirements, which is conducive to cultivating students' discipline and self-control, fair competition and innovation consciousness, as well as the spirit of unity, cooperation and pioneering spirit. Sports teaching competition environment is usually windy and sunny, especially in hot summer and cold winter. Students should not only withstand the test of nature, but also bear the fatigue and muscle pain of the body, which is undoubtedly the best practice and exercise for cultivating students' strong perseverance and hard-working spirit. Psychologists basically agree that adaptation and development are the two major tasks of life. Professor Ding Zhao, a famous medical psychologist in China, pointed out: "the most important thing for human mental adaptation is the adaptation to interpersonal relationships. Therefore, human mental illness is mainly due to the imbalance of interpersonal relationships." Physical education is carried out in the form of class collective, and interpersonal communication is group multidirectional. This multi-directional interpersonal communication and interaction between teachers, students and students cultivate students' interpersonal communication ability. From the perspective of social culture, sports, especially sports games, competitive sports and sports competitions, is essentially a simulation of social production and social life. Sports spirit is the epitome of modern social spirit. Therefore, physical education itself is a "classroom society", and the content and form of many teaching activities are essentially a simulation of social life. In these activities, students will experience success and frustration, success and failure, strengths and weaknesses, groups and individuals, rationality and irrationality. If teachers can give in-depth guidance and education, make students understand sports, life and society through this experience, and sublimate this understanding to the level of belief and world outlook, it will play a positive role in promoting the cultivation of students' emotion, the shaping of personality, and the formation of outlook on life and values.

Result: As a person with the unity of body and mind, his body and mind are two aspects that restrict and closely contact each other. The performance is that the body is the carrier of healthy mental, and a good system is the performance of healthy mental. Sports mental research shows that only individuals with good physical quality can show good mental qualities such as high self-control, firm confidence, brave, decisive and firm will in various sports activities. Mental health education can improve students' mental health level, transform students' learning motivation, interest, attitude, emotion and will, become the internal driving force to promote them to carry out various sports learning activities, and stimulate them to consciously carry out sports and form the habit of lifelong sports; At the same time, mental health education course can help students improve various bad mental states in physical education, eliminate mental problems, correct mental defects, overcome mental obstacles, develop mental potential, improve mental quality, and ensure the normal and smooth progress of sports. In teaching, teachers should find out the mental obstacles of students in time, analyze and judge them Find a way to solve the problem. Educate students to face up to difficulties and make it clear that doing anything will not be plain sailing, but through long-term hardships. Teachers should also communicate with students face to face, encourage them to work hard, overcome difficulties and taste the joy of victory. In specific teaching, teachers' good demonstration, encouraging tone, timely correction, correct help and protection can give students confidence and courage. In this way, students can eliminate their fear of difficulties, eliminate their concerns, and have the confidence to complete their learning tasks independently. Physical education is the particularity of the unity of physical and mental education. We should pay more attention to students' learning motivation and learning attitude should make them feel successful experience from time to time. In their study, students have experienced from no to meeting, from difficult to easy, from failure to success, from fear of difficulties to like, and so on. The most important thing is that they have enhanced their self-esteem and self-confidence in the process of constantly experiencing progress and success. Students have individual differences, and their mental states are also different in each stage. Therefore, in physical education, teachers should infiltrate mental health education according to different objects and different situations, comprehensively cultivate students' mental quality, and urge students to improve their mental health level while strengthening their physique, so as to get real health.

Conclusion: Students' mental and moral health education and physical education are important parts of quality education. The two are relatively independent and irreplaceable; It is also the basis of mutual support and complementarity, and plays an important role in improving students' physical and mental health. School physical education and mental health education are important parts of quality education. They are relatively independent and independent, and play an important role in improving students' physical and mental health. With the deepening of research and practice, moral quality education will break through the scope of moral education and become an independent education in quality education. As a person with unified body and mind, his body and mind are two aspects that restrict and closely contact each other. In physical education, the role of cultivating the mind is as important as that of cultivating the body. Therefore, the primary function of school physical education is to cultivate sports spirit and finally achieve the purpose of educating people. Carrying out mental health education enriches

the content of school physical education and expands the methods and ways of school physical education, which can not be replaced by any other way and means. The key of mental health education lies in the quality of physical education teachers. First, the level of teachers' mental health; Second, teachers' moral consciousness, knowledge and related theoretical level. If physical education teachers do not have a high quality level and rich mental health knowledge, it is impossible to do a good job in mental health education. The urgent task of developing mental health education in school physical education is to organically combine the training objectives and standards of mental health education with the characteristics of physical education, make it specific, and facilitate the operation and testing of physical education teachers. However, this work is controversial and challenging. There are more than 30 kinds of mental health standards at home and abroad, especially the transformation of quality health standards from "adapting to society" to "paying equal attention to adaptation and development", and the new mental health standards are still being issued. School physical education should formulate quality-oriented health detection and evaluation means suitable for different student groups, different age groups and with certain reliability and validity. Teachers need to strengthen research.

Key words: mental health - physical education - students

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A CULTURAL STUDY ON THE NATIONAL AESTHETIC PSYCHOLOGICAL TENDENCY IN THE TRADITIONAL COSTUMES OF LI NATIONALITY IN HAINAN

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Background: Clothing is closely related to people's life. It is not only the basic material need for human survival, but also the symbol of a national culture, civilization and aesthetic taste. The formation and development of Li's costumes is the process of the continuous development and improvement of Li's ancestors' aesthetic consciousness. The aesthetic mental of Li nationality is the artistic talent produced in Hainan's unique natural environment and production and life. The continuous pursuit of beauty enriches the patterns and colors of clothing and promotes the development of Li nationality's traditional clothing culture. After a long period of development, evolution and accumulation, the costumes of Li nationality condense the wisdom of Li nationality, have distinctive national characteristics and rich cultural connotation, and intensively reflect the unique aesthetic mental of Li nationality.

Objective: As a unique minority in Hainan, Li nationality has a long history and profound cultural tradition. As the core part of Li nationality's traditional culture, Li nationality's unique clothing culture embodies the characteristics of Li nationality's customs examination mental. As a special art type, Li's dress is actually the exchange of aesthetic consciousness between Li and the people around. This paper mainly discusses Li's aesthetic mental by analyzing Li's dress patterns.

Subjects and methods: Hainan Li Costumes: Li women's costumes mainly include three parts: coat, skirt and headscarf. These three parts are woven and embroidered with exquisite patterns. The coat has a straight neck, collarless, buttonless cardigan or a through head coat. The through head tops are sewn with three to five pieces of plain cloth, which is suitable for embroidery, so the skirts are mostly embroidered. Women's skirt, we call it tube skirt, is usually sewn by skirt head, skirt body belt, skirt waist, skirt body and skirt tail, but there are also less than or more than four; Because each piece is woven separately, it is suitable for weaving, embroidery and processing, so there are many and complex patterns of tube skirt. In order to highlight the pattern, some tube skirts are embroidered along the edge to improve the pattern color, so it is called "pulling". Due to the high warp and weft density of weaving flowers, women's tube skirt greatly strengthens the traction of tube skirt, so it is durable and characteristic all dialect costumes of Li nationality have extremely rich cultural connotation. In history, they have been an important symbol to distinguish different blood groups and tribal groups, and are closely related to Li nationality's ethnic origin, clan, worship, marriage, family, funeral and other factors. However, due to the differences in region, language, living customs and the influence of Chinese culture, the costumes of Li women in various dialects have a wide variety, strange styles and rich colors.