

Results. On the IPQ scale, the mean score of SP dimension was 3.12 ± 0.34 in the control group and 4.87 ± 0.42 in the research group, with a significant difference between the two groups ($P < 0.05$); the mean score of INV dimension was 2.53 ± 0.36 in the control group and 4.71 ± 0.38 in the research group, with a significant difference ($P < 0.05$); the score of REAL dimensions was 2.98 ± 0.28 in the control group and 4.52 ± 0.41 in the research group, with a significant difference, and 4.52 ± 0.41 in the research group, with a significant difference ($P < 0.05$). See Table 1 for details.

Conclusions. Based on the psychological experience process, Vlog news media forms can increase the audience's spatial immersion, psychological involvement, and authenticity experience. This increases the communication effect and influence of the media and has good research value.

Table 1. Comparison of IPQ scores between the two groups

| Item | Control group | | Research group | |
|------|---------------|--------------------|----------------|--------------------|
| | Average | Standard deviation | Average | Standard deviation |
| SP | 3.12 | 0.34 | 4.87* | 0.42 |
| INV | 2.53 | 0.36 | 4.71* | 0.38 |
| REAL | 2.98 | 0.28 | 4.52* | 0.41 |

Note: * indicates $P < 0.05$.

A study on the positive influence of positive psychology on college students' ability to resist pressure in the epidemic environment

Yankai Jiang and Liliang Song*

The Second Hospital of Shandong University, Jinan 250033, China

*Corresponding author.

Background. The psychological problems of college students are the focus of social concern and hot discussions. Influenced by the epidemic, college students' study, life and employment have been affected to a certain extent. Schools should strengthen mental health education to improve college students' ability to resist pressure and help students improve their ability to adapt to society. Positive psychology can help students improve their mental health by guiding their mental activities and tapping their own strengths. In the process of using positive psychological knowledge to intervene with college students, self-help incentive training and personality cultivation can help students understand their own mental health problems. Therefore, in the psychological health education of colleges and universities, we can consider taking these two methods to carry out psychological intervention on college students, so as to improve the students' ability to withstand pressure.

Subjects and Methods. In the experiment, 360 college students who meet the requirements were randomly selected in colleges and universities through a questionnaire survey as the research objects of mental health problems. There are 187 boys and 173 girls, with an average age of (20 ± 2) years. The 360 college students were randomly divided into the intervention group and the control group, 180 in each. The intervention group used positive psychological thinking for psychological intervention, while the control group did not take any psychological intervention measures. The Perceived Stress Scale (PSS) was selected as the test scale of college students' compressive capacity, and SPSS23.0 was used to analyze the score results.

Results. The score of the PSS scale is shown in Table 1. It can be seen from the table that after the intervention group received the psychological intervention, their problem-solving and rationalization abilities were significantly improved ($P < 0.05$), and their withdrawal emotions were significantly reduced ($P < 0.05$).

Conclusions. The results show that after the intervention of positive psychology, the psychological pressure resistance of college students has been significantly improved, which helps to improve the level of mental health of college students, so as to better solve many psychological problems caused by the epidemic.

Table 1. PSS score

| Test content | Before | After | <i>t</i> | <i>P</i> |
|-------------------|-----------------|-----------------|----------|----------|
| Solve the problem | 0.78 ± 0.21 | 0.82 ± 0.25 | 2.091 | 0.027 |
| Self-reproach | 0.80 ± 0.31 | 0.78 ± 0.15 | 0.368 | 0.792 |
| Seek help | 0.62 ± 0.18 | 0.67 ± 0.22 | 1.682 | 0.063 |
| Fantasy | 0.82 ± 0.21 | 0.80 ± 0.17 | 0.78 | 0.579 |
| Retreat | 0.85 ± 0.26 | 0.75 ± 0.27 | 2.319 | 0.013 |
| Rationalization | 0.76 ± 0.19 | 0.88 ± 0.32 | 3.497 | 0.005 |

Evaluation of the effect of changing the management mode of psychotherapy combined with education on anxiety and depression of college students

Xiaocheng Gao*, Lu Zhang and Haishen Xu

Heihe University, Heihe 164300, China

*Corresponding author.

Background. The teaching support work of normal school students is a key step to improving students' personal teaching abilities. It can help students understand the current situation of education in China and is a necessary way to enhance students'