Research Article

Thought and Politics Teaching Students’ Mental Health Impact Model Based on Fuzzy Control Algorithm

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The rapid development of modern science and technology has led to the increasing scale of production systems and the formation of large and complex systems, resulting in the increasing complexity of control objects, controllers, and control tasks and purposes. The problem of how to better play the nurturing function of professional courses and realize the combination of knowledge transfer and value leadership is addressed. Compared with traditional teaching methods, the combination of mental health knowledge and ideological and political content can effectively improve the life satisfaction of college students and thus promote the completion of teaching objectives. Based on the background of the current new social development, the values of college students are gradually tending to diversify, which brings certain difficulties to the development of thought and politics teaching in schools. In the new era, the psychological health and thought dynamics of college students are getting more and more attention from the society and schools. To establish positive and healthy "three views," students are closely related to teaching of psychological fitness and thought and politics teaching. In this paper, we study the influence model of thought and politics teaching based on fuzzy control algorithm (FL) in order to achieve a scientific and systematic teaching method and good teaching effect. In this paper, the construction of FL-based thought and politics teaching students’ mental health influence model is studied, in order to achieve a scientific and systematic teaching method and good teaching effect. The experimental results show that the average correct rate of the endpoints corresponding to the endpoints detected by FL’s thought and politics teaching model is 76.99%, which is 42.85% higher than that of the nonlinear SISO system algorithm. Therefore, the endpoint detection algorithm of FL’s thought and politics teaching model combined with amplitude and phase information has a higher correct rate. Therefore, this paper can analyze the psychology of different groups of college students, so as to draw more accurate conclusions in the field of student psychology, and then improve the psychological health of individual college students. Therefore, the research in this paper can meet the intrinsic requirements of the psychological and ideological health development of college students, strengthen the theoretical research on the infiltration of teaching of psychological fitness into the teaching of civics, improve the teaching mode, and innovate the educational methods.

1. Introduction

The fundamental purpose of teaching of psychological fitness work is to strengthen students’ psychological qualities, improve their individual development and social adaptability, and promote their sustainable development. And in the development of various abilities of students, teaching of psychological fitness can improve the quality of their personality [1]. However, under the new situation in the new period, there are still problems in the form of insufficient variety of education, failure to meet the needs of college students, and teaching effectiveness to be improved. Currently, some teachers have carried out research on the thought and politics teaching of mental health courses [2]. Mental health courses for college students, which promote correct knowledge about psychology and solve students’ developmental and obstructive problems, have a high degree of compatibility with thought and politics teaching [3].

In the work of thought and politics teaching for college students, we must pay attention to the moral education of
students, so as to achieve the purpose of education of people in schools [4]. The infiltration of teaching of psychological fitness into thought and politics teaching can enrich the content of thought and politics teaching and enhance the effectiveness and relevance of thought and politics teaching [5]. The integration of psychological education into thought and politics teaching stems from the intrinsic connection between psychology and thought [6]. Different disciplines have different professional characteristics, so it is necessary to base on the educational objectives of different majors and explore the elements of thought and politics contained in the professional knowledge system [7]. Thought and politics teaching in schools to a certain extent reflects the ideology of schools in the process of talent training and usually relies on a variety of educational tools to carry out thought and politics teaching activities in an organized and purposeful manner. In the study of Internet psychology we could see some of the results [8]. The issue of the relationship between Internet use behavior and users’ related psychosocial health has always been the focus of researchers’ attention [9]. With the continuous progress of today’s technology and rapid socioeconomic development, harmful factors that threaten people’s physical and mental health are increasing [10]. This has led to many psychological manifestations of panic and anxiety [11]. Among them, psychological quality, which is an important part of quality education, is seen as one of the core issues of quality education [12]. Psychological quality is a system of psychological qualities consisting of cognitive qualities, personality qualities, and adaptability [13].

The development of society and the continuous availability of educational resources have made college students more and more diverse in this era, and the needs of students have changed a lot [14]. Therefore, universities must effectively integrate teaching of psychological fitness with the teaching of thought and politics to students. In recent years, countries and regions around the world have attached great importance to teaching of psychological fitness and thought and politics teaching, and they have also increased their efforts to occupy the ideological high ground of college students, especially in the information age; western countries have infiltrated college students in the level of ideology and value orientation [15]. To explore how to carry out ideological and political education in schools based on the physical and mental characteristics of college students and to enhance the appeal and effectiveness of ideological and political education and train qualified outstanding youth in the new era by using the method of combining “theory” with “theory” of ideological and political education.

The innovation points of this paper are as follows:

(1) Pay attention to the contradictions and confusions in the real life of college students, so that life education and students’ psychological needs can be closely combined, thus enhancing the smoothness, accuracy, and effectiveness of ideological and political education. Psychological guidance can enhance the attractiveness of ideological and political education, help enrich the connotation of ideological and political education, and broaden the vision of ideological and political workers.

(2) To further study the cognitive process of college students based on the state of mind of college students in the new era and to start from the law of college students’ psychological cognition to correct their ideological cognition and to guide them scientifically.

(3) To help students form a correct and positive “three views” so that students can not only form a correct cognition of the basic national conditions and socialist system in their minds and strengthen their ideal beliefs but also make students truly recognize the pursuit of socialist cause development at the psychological level.

The research framework of this paper contains five major parts, which are organized as follows.

The first part of the paper introduces the background and significance of the study and then describes the main work of the paper. The second part introduces the work related to the FL-based thought and politics teaching and the student mental health impact model. The third part of the paper presents the construction of the FL-based thought and politics teaching and the student mental health impact model, so that the readers of this paper can have a more comprehensive understanding of the FL-based thought and politics teaching student mental health impact model. The fourth part is the core of the dissertation, in which the analysis of the FL model and the construction of the FL and design of the thought and politics teaching demonstration course are described to complete the analysis of the application of the FL thought and politics teaching student mental health impact model. The last part of the dissertation is a summary of the full work.

2. Related Work

2.1. The Importance of FL Infiltrating Students’ Mental Health. In the period of accelerated social transition, the impact of multiple cultures and trends of thought collide, and the dregs of traditional culture left behind such as money worship, universal values, and Buddhist culture are interwoven, which have a great influence on the youth. The integration of teaching of psychological fitness for college students in college thought and politics teaching should start from studying the psychology of college students and understanding the psychological characteristics of college students. In both academic and government documents, we can hear the voice about how to improve the psychological fitness of teenagers. In essence, fuzzy control should be a branch of nonlinear control, only that its nonlinear controller is special in structure. In general, fuzzy logic is used for nonlinear control, mostly to take advantage of its universal approximation capability.

Liem et al. seamlessly embed thought and politics teaching on the basis of traditional knowledge transfer and add
corresponding contents to the original course syllabus. They constructed a correlation matrix between teaching content and thought and politics elements and a correlation matrix between thought and politics cases and thought and politics points and established a mapping relationship between “teaching content—thought and politics elements—thought and politics cases—thought and politics points” [16]. Wang et al. have emphasized the need for ideological and political education to pay attention to the contradictions and confusions in the real life of college students and to closely integrate theoretical education with students’ psychological needs, so as to improve the relevance, realism, and effectiveness of ideological and political education. In practice, it clarifies the orientation of education and unifies the direction of socialist talent cultivation [17]. Gartner et al. study the basic principles of adaptive fuzzy control methods, based on which some high-performance adaptive fuzzy control methods are designed and validated by simulation using MATLAB/Simulink. The background of the research and topic selection of this paper and the research significance of the paper are elaborated, and the basic concepts of fuzzy theory and the basic operations and applications of fuzzy mathematics are outlined systematically [18]. Cardoso et al. intersperse elements of civic and moral education in the curriculum with professional teaching contents to improve students’ ideological and political awareness and form Marxist worldview and values. Students are encouraged to use resources inside and outside the classroom to gain a deeper sense of classroom knowledge and content through active experience and self-practice [19]. Jonge et al. see the integration of the two as a daily priority and thus do not focus on the faculty, institutional system, and funding levels. The aim is to cultivate the strong will of students, so that they can improve their own stress resistance and help them to develop in a comprehensive manner. Based on the educational objectives of different majors, the ideological elements contained in the professional knowledge system are explored [20].

To a certain extent, thought and politics teaching in schools reflects the ideology of schools in the process of talent training and usually relies on a variety of educational tools to carry out thought and politics teaching activities in an organized and purposeful manner and also integrates character and psychological structure improvement and political education in the educational activities. The aim is to guide college students to establish correct ideological concepts and values through thought leadership. This contradiction may be related to the fact that the diversity of Internet functions makes it difficult for different researches to comprehensively encompass all the functions of the Internet, and it may also be related to the behavioral patterns of Internet users who use the Internet for different motives.

2.2. FL Algorithm. There are deficiencies for the field of mental health, especially because many mental health preliminaries are not clearly characterized or their characteristics are uncertain or transient states. Since Professor L.A. Zadeh proposed the concept of fuzzy sets in 1965, the field of nonlinear system control has been greatly promoted, and fuzzy theory has been widely applied and developed. In essence, fuzzy control should be a branch of nonlinear control, except that its nonlinear controllers are structurally special and difficult to handle even if a mathematical model is established. Therefore, the design of these systems is the problem that fuzzy control theory is designed to solve. Since the basis of design does not depend on an exact mathematical model, these systems are called fuzzy systems.

Sayce addressed the thought and politics teaching of mental health curriculum, proposed the entry point of integrating ideological and political education in curriculum teaching, and introduced the corresponding practical experience of teaching thought and politics teaching of mental health composition to guide the further development of students’ mental health and promote the development of more Mohr and Zhang base FL on the precise mathematical model transfer function or equation of state of the controlled object. The ideological and political education resources embedded in various disciplines are fully explored and used to improve the management of classroom teaching in universities [21]. Combining fuzzy logic systems with adaptive control techniques, as well as expert experience and linguistic decision rules, the control rules are closer to the logic of human thinking [22]. Firth et al. assume that all state variables of the system are measurable; the control method consists of a robust control term and an equivalent fuzzy control term, which can guarantee both the stability of the closed-loop system and the decaying fuzzy approximation error and the tracking error of the system to an infinitely small level. The implementation principle of this algorithm can also be used as a reference for similar controller design. Combining Internet usage motivation with usage behavior and its behavioral consequences, a more effective and more integrated model is attempted [23]. Askari et al. integrated the teaching of college students’ mental health into the ideological and political teaching in colleges and universities. They should start from studying the psychological characteristics of college students, which should be the basis of ideological and political teaching. We will explore new indicators for detecting the behavior of Internet use instead of time use. The adaptive fuzzy system of modeling unknown functions breaks through the limitation of previous literature that requires all state variables to be measurable [24]. Leese et al. carefully designed and composed experimental practice questions in the experimental practice session of algorithm analysis and design to reasonably embed the civics element into the experimental practice teaching [25].

Instead of considering the interaction between each loop, all controlled quantities are mapped into addresses, and the relative levels of all controlled quantities are output by checking the table, which is a control table composed of the full arrangement of each state for solving the interaction and realizing the fully jointed overall control. Therefore, it ensures the convergence of the tracking error and the boundedness of all signals of the closed-loop system. Similar to general mathematical sets, the operations of fuzzy sets also satisfy the rules of operations such as the law of union, the law of exchange, and the law of distribution, but fuzzy sets do not satisfy the law of complementarity.
3. Thoughts on the Construction of Thought and Politics Teaching Students’ Mental Health Impact Model Based on FL

3.1. Thought and Politics Teaching Based on FL. Based on the new curriculum reform as well as the background of socialist core values, university education is required to educate people with morality as well as to promote the comprehensive development of students’ morality, intellect, physique, aesthetics, and labor, so as to promote college students to grow into excellent builders as well as qualified successors in line with the process of Chinese socialist construction [26]. However, the fact is that essentially belonging to psychological problems, some of the psychological problems of students are generated not only because of psychological disorders but to some extent may be caused by the existence of deviations in their concepts and thoughts. The standardized path diagram of the relationship model of social-psychological health and the standardized path coefficients between the variables are shown in Figure 1.

The teachers’ lack of attention to the influence of students in professional practice, real life, and social practice makes it difficult to respond to students’ problems in a timely and accurate manner. Askari et al. integrated the teaching of college students’ mental health into the ideological and political teaching in colleges and universities. It is the basis of ideological and political teaching to study the psychological characteristics of college students. It requires loading some binary code into each client and then converting the JDBC calls from the loaded client API to Oracle, Sybase, Informix, DB2, or other DBMS transfers. Thus, given two by point sets:

\[ A = \{(A_1, w(A_1)), (A_2, w(A_2)), \ldots, (A_m, w(A_m))\} \]
\[ B = \{(B_1, w(B_1)), (B_2, w(B_2)), \ldots, (B_m, w(B_m))\} \]

where \( w(A_i), w(B_j) \) is the weight.

Therefore, clarifying the relationship between the three concepts of psychology, consciousness, and thought is the logical starting point for the integration of ideological and political education and psychological education [27]. Thought and politics teaching should be centered on establishing moral and creating a good social atmosphere. At the same time, it should not be confined to this, when further excavating the ideological value and spiritual connotation of the subject; scientifically and reasonably expanding the breadth, depth, and temperature of professional courses; and finding out more and better themes of thought and politics [28]. Starting from the law of psychological cognition of college students, the author guides the ideological cognition of college students scientifically. The problems of psychological disorders of college students mainly include the following: no good psychological tolerance, serious lack of self-confidence, low self-esteem, poor interpersonal skills, confusion about love and emotion, and lightness of life due to inability to face up to lost love [29]. Psychology is a function of the brain, a subjective reflection of the objective material world, and a general term for psychological phenomena such as sensation, perception, memory, thinking, emotion, will, character, and ability [30]. In verifying the control effectiveness of the designed direct adaptive fuzzy control method with tracking performance, the typical controlled object Duffing forced oscillation system used in most of the literature is used, and its mathematical expression is

\[ \ddot{x}_1 = x_2, \]
\[ \ddot{x}_2 = -0.1x^2 - x^3 + 12 \cos t + u + d, \]
\[ y = x_1, \]

where \( d \) is the external disturbance.

Consciousness is an advanced form of reflection of the objective material world by the human brain, a product of individual psychological development to a certain stage, and a kind of advanced psychology unique to human beings [31]. It is precisely for this reason that teachers should infiltrate teaching of psychological fitness into the teaching of civics in educational practice and use it as a basis for solving complex psychological and ideological problems [32]. This mode of education combines both teaching of psychological fitness for college students and the cultivation of a sound personality and strengthening of psychological quality. Adaptive fuzzy control system is a fuzzy logic system with adaptive learning algorithm. An adaptive fuzzy controller can be composed of a single adaptive fuzzy system or several adaptive fuzzy systems. To compensate for this loss, an “integration factor” is introduced into the algorithm, which
is a function of error, time, and control history expressed in terms of the number and amplitude of oscillations of the controlled quantity, reflecting the overall trend of the controlled quantity. The correct detection rate is defined as

$$\text{Rat} = \left( \frac{S}{N} \right) \times 100\%,$$

(6)

where $N$ is the number of words to be recognized and $S$ is the number correctly identified by the detection system.

The theory and methods of solving mathematical problems by FL algorithms are studied as the main part of computational mathematics. Many numerical computation methods involved in this course can be applied to solve many problems in the field of science and engineering, which is essential for students of mathematics and related engineering majors and engineering technicians. Establish the mapping relationship between cases and civics content, and formulate and clarify “educational objectives” scientifically and reasonably. The purpose of the program is to improve the students’ psychological and educational theoretical skills and to develop their research skills.

3.2. Construction of a Model Based on the Influence of Students’ Mental Health. The objectives of thought and politics teaching and teaching of psychological fitness in higher education are the same, so they can complement each other in terms of content, and the effective integration between them can also promote the way of thought and politics teaching. The integration of the two can also lead to the expansion of thought and politics teaching methods. The high frequency of Internet use and the accumulation of Internet experience, on the one hand, can increase the self-efficacy of Internet users and reduce the level of stress, general life stress, and depression. There is no clear boundary between the two, but there is also an intrinsic link between them that intersects and influences each other. By combining the uncertainty and external perturbation of the system into a total perturbation, Equations (3), (4), and (5) can be rewritten as

$$\begin{align*}
y_1 &= y_2, \\
y_2 &= F_0(x) + G_0(x) + \Omega(x, u),
\end{align*}$$

(7)

where $\Omega(x, u) = \Delta F(x) + \Delta G(x) + d$ is the total disturbance of the system.

Psychology and thought are both reactions of the human brain to objective things, both originate from objective reality, and both involve human cognitive activity. Both psychology and thought are mental phenomena of human beings. The teaching of psychological fitness for college students is a compulsory public basic course, which is the main channel of psychological education in schools, and also an important part of thought and politics teaching. To a certain extent, thought and politics teaching in schools reflects the ideology of schools in the process of talent training. The structure of the model course construction system of mental health and design thought and politics teaching is shown in Figure 2.

Time spent online based on work needs was significantly and positively correlated with instrumental-information acquisition motivation, while time spent online based on nonwork needs was significantly and positively correlated with social-emotional regulation motivation. The current sampled values can be predicted and estimated based on a linear combination of past sampled values, and the weight value of each predicted value is called the prediction coefficient. The system function of the mental model derived by linear prediction analysis is shown in the following equation:

$$F(z) = \frac{1}{1 - \sum_{i=1}^{p} a_i z^{-i}}. $$

(8)

where $a(i)(i = 1, 2, \ldots, p)$ is the linear prediction coefficient and $p$ is the linear prediction order.

Traditional adaptive controllers, on the other hand, cannot. This is especially important for systems with a high degree of uncertainty. The look-up table outputs the relative level of all control quantities, which is composed of the full arrangement of each state to form a control table for solving the interaction and realizing the full-association overall control. Therefore, this control table is relatively large. The FL algorithm used the returned elite as the center of mass, and the flow of this method is shown in Figure 3.

By combining the professional courses with thought and politics teaching, not only can the students be educated in the process of knowledge transfer but also can improve the students’ motivation and efficiency in learning. Finally, the effect of thought and politics teaching is illustrated by statistical data.

Thought and politics teaching has a high degree of compatibility. This is mainly reflected in the following two aspects: first, both have the same direction and goal of training talents, and both take students as the service object, and both serve to cultivate and improve students’ overall comprehensive quality development; second, thought and politics teaching and teaching of psychological fitness are mutually beneficial. The values of GFI and RMSEA need to meet the model fitting requirements; then, the model fits well with the survey data. The GFI structure can be defined as

$$i_t = \sigma(W x_t + U f_t - 1 + V c_t - 1 + b_t),$$

(9)

where $x_t$ is the input data of the current moment, $i_t$ is the input door, and $f_t$ is the forgetting, which determines the retention degree of input data.

In addition, it helps students to avoid physical and mental health problems in the face of life frustrations and interpersonal, academic, and survival stresses and to develop their strong will. Psychological problems refer to local abnormal and uncoordinated states in the normal inner activities of individuals, including bad states, mental diseases, and mental disorders. Whether it is a psychological problem or an ideological problem, it affects the individual’s emotions, thinking, and motivation to varying degrees and is thus externalized in the individual’s behavioral performance.
This requires a rational understanding of objective things. Thought is the objective existence reflected in the human consciousness through the results of thinking activities and is the basis of all human behavior. Several Gaussian mixture density functions with different centers and different dispersions are usually selected to approximate the true probability distribution of the observation vector. The continuous observation probability density function is expressed as

\[ b_1(o) = \sum_{j=1}^{M} C_j \cdot N(O_j, \mu_j, \Sigma_j), \quad 1 \leq j \leq N, \quad (10) \]

where \( o \) is the observation vector, \( M \) is the number of Gaussian elements contained in each state, and \( N \) is the normal Gaussian density function.

The correct interpretation of “what to train, how to train, and for whom to train” is the guarantee of sustainable, rapid, and high-quality development of the country. Through thought leadership, we guide college students to establish correct ideological concepts and values, help them clarify their political beliefs, and strive to improve their own political quality. The main body of adaptive fuzzy controller, that is, whether the tunable parameters of fuzzy logic system are linear or nonlinear. The learning algorithms of fuzzy logic systems vary greatly depending on whether their adjustable parameters are linear or not. The integration of the two is not considered as a daily priority, and thus, there is no focus on the faculty, institutional system, and financial investment, which is the fundamental reason why teaching of psychological fitness and civics teaching are not fully integrated and smoothly carried out.

4. Application Analysis of FL’s Thought and Politics Teaching Model for Students’ Mental Health

4.1. Deterministic Analysis of FL Model. If the adjustable parameters of a fuzzy logic system are nonlinear, it is difficult to find an optimal fuzzy logic system. However, once such an optimal fuzzy logic system is found, the system is guaranteed to have a good performance due to the expansion of the optimization search space. The angle simulation curves obtained at the attenuation level of 0.1 are shown in Figure 4.

Therefore, from the perspective of integration, we should deeply understand the rich connotation of teaching of psychological fitness thought and politics teaching for college students and reform the curriculum design and teaching practice by setting clear integration teaching objectives, following certain implementation principles, reasonably
planning teaching contents, choosing appropriate teaching methods, improving assessment methods, etc. The course design and teaching practice are reformed in such a way as to give full play to the role of the main channel of classroom teaching. In addition to the more in-depth discussion and application of single-input-output closed-loop control, there are few control systems for multiple-input-output interactions. Thought and politics teaching integrates the knowledge and methods of mathematical analysis, advanced algebra, and other mathematics courses, in which the ideas of certain numerical calculation methods and related theoretical analysis are more abstract, and the thought and politics element of this course is explored for thought and politics teaching. The level of attenuation is 0.2. The simulation curve of the angular velocity obtained under the attenuation level of 0.2 is shown in Figure 5.

FL analysis and design are a very important core professional course for undergraduate students in computer science and technology, artificial intelligence, data science and big data technology, medical information engineering, information management and information system, and software engineering. The simulation curves of the control quantities obtained under the attenuation level of 0.3 are shown in Figure 6.

If the students’ teaching of psychological fitness is not guided by the correct values, it is very likely that they will be distanced from the original purpose of education and will become more and more confused in the process of development. The students of the school can accept the teaching of psychological fitness only when the thought and politics teaching is effectively implemented and carried out, and it can be said that the basis of the teaching of psychological.
fitness of the students is thought and politics teaching. The control of nonlinear systems is much more complex, and many of the classical methods of linear control theory are not fully applicable. The school and the teacher then take on more responsibility than would otherwise be the responsibility of the individual student or parent. Second, because students are under the care of their parents for a long time during their secondary school years and always focus on their studies as their daily priority, this indirectly neglects moral education. Taking objective reality as the source and content, both take practical activities as the place.

The mind is the advanced form of the psyche, which governs its direction and content, and the psyche governs the development of the mind, and the mental process and the mental process go together and influence each other. It is urgent to strengthen and deepen the psychological construction, thought leadership, and value shaping for college students.

Teaching of psychological fitness and ideological and political education are closely related; the former is an important part of the latter, and the effectiveness of the latter cannot be achieved without the promotion of the positive results of the former. Although there are major differences in the way they are carried out, both education goals are to improve the moral quality and ideological health of college students, and both are rooted in socialist core values. If a fuzzy logic system in an adaptive fuzzy controller is used as a controller, such an adaptive fuzzy controller is called a direct adaptive fuzzy controller. Such a direct adaptive fuzzy controller can make direct use of fuzzy control rules. Instead of starting from building a mathematical model of the system, its various parameters and control rules are first determined based on the operator’s experience and then adjusted in the actual system. Let the minimum confidence closure value be 20%, introduce the LSA interest degree formula, and set Min Int > 1 to obtain the following association rules, as shown in Table 1.

It features a linguistic or language-derived controller that describes strategies for manual control. It can not only improve the efficiency of teachers’ lectures but also make the classroom interesting and increase students’ motivation to learn. The connection between the professional content of the mental health composition course and the content of ideological and political education is analyzed, the entry point for integrating ideological and political education in the course teaching is proposed, and the corresponding practical experience of teaching mental health composition thought and politics teaching is introduced.

4.2. FL and the Construction of Design Thought and Politics Teaching Demonstration Course. The introduction of socialist core values in the teaching of psychological fitness of university students, relying on the results of the orientation of values education, will make the mental health curriculum richer and more concrete and practical. Fitness is the common premise and condition of each other. FL control algorithms are widely used in industrial control because they do not require an accurate mathematical model of the controlled object. With the continuous development of control theory and the unremitting efforts of experts and scholars in the field of control, some progress has been made in the

**Table 1: Association rules based on frequent closed itemsets.**

| Association rule | CDW-N | ACDW-N | CW-Y | ACTW-Y |
|------------------|-------|--------|------|--------|
| Support = 2      | 3     | 2      | 1    | 5      |
| Confidence = 20% | 0.556 | 0.651  | 0.728| 0.893  |
| Interest > 1     | 0.289 | 0.176  | -0.132| -0.241 |

**Figure 6:** Angle, angular velocity, and control quantity obtained when attenuation level is 0.3.

![Figure 6: Angle, angular velocity, and control quantity obtained when attenuation level is 0.3.](image-url)
fields of modeling for practical application systems, identification of system model parameters, intelligent controller design, and anti-interference capability. The curves obtained by applying FL control rate simulation under MATLAB/Simulink are shown in Figure 7.

Although administrative has the advantages of quick decision-making, implementation, and obedience, its disadvantages such as insufficient humanized color and mechanization of work process also have adverse effects on the development of teaching of psychological fitness and teaching of psychological fitness. Teaching of psychological fitness and ideological education are both based on the guidance and education of college students, growth, and development, to create good psychological quality and ideological awareness of high-quality personnel for the purpose. In classroom teaching, the teaching of the “way” and the method of solving puzzles are explicit, but the essence flowing under the surface of the explicit is the implicit transmission, such as the creation of a positive atmosphere of values, the innovation of ideas in interactive discussions, and the moral judgment of the heart. The teachers of political education should pay attention to refining the will of college students, promoting them to maintain a progressive mentality in their studies through education and teaching and social practice, and cultivating their spirit of independent learning and struggle, so that they can have the consciousness of consciously establishing and practicing socialist scientific values and the ability to deal with problems correctly.

If the fuzzy logic system in an adaptive fuzzy controller is suitable for modeling the controlled object, then this adaptive fuzzy controller is called an indirect adaptive fuzzy controller. Ideological and political education is often neglected in professional classes, and the phenomenon of “emphasizing professional knowledge but not ideological education” is common. Many teachers of professional courses are influenced by the traditional curriculum view that professional education is apolitical in nature and should be separated from ideological and political education. A comparison of the number of rules generated by the FL and traditional nonlinear SISO system algorithms and the number of database scans is shown in Table 2.

From Table 2, it can be seen that the average correct rate of detection corresponding to the endpoints of FL’s thought and politics teaching model is 76.99%, which is 42.85% better than the nonlinear SISO system algorithm. Therefore, the endpoint detection algorithm of FL’s thought and politics teaching model combined with amplitude and phase information has a higher correct rate.

In the process of teaching, the syllabus and teaching contents are reasonably adjusted with the objectives of thought and politics teaching, and the materials and examples of thought and politics are introduced into the classroom and experimental teaching at the right time. The effective implementation of teaching of psychological fitness activities in school can consolidate and deepen the effect of thought and politics teaching. The simulation curve comparison of FL algorithm, BP neural network algorithm, and SVM algorithm is shown in Figure 8 by applying the controller formula under MATLAB/Simulink.

People who have good ideological character and interpersonal relationships are basically psychologically healthy, have a certain degree of self-restraint and an optimistic and positive attitude and pursuit, and are more receptive to thought and politics teaching. The development of students’ psychological and intellectual development takes place in the whole ecological system of society, family, and community, and school is the most complicated and
dynamic system in this ecological system because of its changing internal hierarchy and different division of responsibilities among its members. Therefore, the value leadership here serves the goal of talent development, and there is a difference between right and wrong.

In conclusion, the integration of subject knowledge, competence, and correct value leadership is one of the basic principles that needs to be followed in thought and politics teaching. The students are fully motivated by awakening their inner life pursuit. After the initial treatment of psychological problems by psychologists, they are handed over to counselors and teachers, who then deal with students’ problems in moral, ideological, and value orientation. In addition, teachers of thought and politics teaching should adjust the balance between thought and politics teaching and teaching of psychological fitness. It contains the dialectical idea that quantitative change causes qualitative change, the “error” of each calculation step is “quantity,” and when the “quantity” accumulates to a certain degree, it will lead to “qualitative change.” When “quantity” accumulates to a certain degree, it will lead to “qualitative change.” The effective integration of thought and politics content and mental health knowledge of college students can significantly improve college students’ satisfaction with school life and also improve students’ interpersonal and academic development. The development of thought and politics teaching in schools can correct the perceptions and misunderstandings of college students, thus helping them to establish the correct outlook on life, values, and worldview.

5. Conclusions

The content of thought and politics teaching and teaching of psychological fitness in schools should be set up with the physical and mental development characteristics of school students in the context of social development as the core. The abstract theory of psychological knowledge should be incorporated into the curriculum so that students can have more empathy and reflection and thus achieve good learning results. As a class of complex but widely used systems, the control problem of nonlinear systems has been one of the hot spots and difficult problems in the research of control field. Especially for the complex nonlinear system with unknown system state and unknown external disturbance, it is necessary to study its characteristics and put forward effective control methods. Only by realizing the effective integration between the two can we help students establish the correct ideological and moral concepts as well as improve their psychological quality, etc., so that students can correctly view and make their own reasonable adjustment and improvement of the many kinds of ideological impacts and psychological pressure and other problems brought about by the development of modern society. We collect and organize more high-quality thought and politics teaching materials to provide guidance and services for the thought and politics teaching of professional courses, especially mental health courses. The teaching of psychological fitness penetrates into the teaching of thought and politics, which can make the two complement each other’s strengths.
and weaknesses. In general, further theoretical and practical research, exploring the organic integration of different majors and thought and politics, optimizing the evaluation system of thought and politics teaching, vigorously strengthening the construction of teachers, improving the incentive mechanism, and enhancing the affinity and attractiveness of thought and politics teaching will be important areas for future research on thought and politics teaching. The research of thought and politics teaching will be an important area in the future.

**Data Availability**

The figures and tables used to support the findings of this study are included in the article.

**Conflicts of Interest**

The authors declare that they have no conflicts of interest.

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