

resistors. Primary schools, junior high schools, and high schools were selected as the research objects, and questionnaires were issued to their students to count the influence of language on various aspects.

**Study design:** A stratified cluster random sampling method was used to survey 1,000 speech-blockers, 973 questionnaires were distributed, and 947 valid questionnaires were retrieved.

**Methods:** Use Excel to calculate the degree of influence on self-development of speech blockers of all ages after receiving social psycholinguistics.

**Results:** Under the influence of different languages, language blockers will have different effects on their own development. Because elementary school students are still mentally unsound, language has a greater impact on all aspects of it. Social psycholinguistics can effectively improve the language barrier of language barriers, while high school students are mature relative to mental and physical development, so little effect.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact. The individual subjectively caused a large error. Take the assessment value of 1000 students and take the average, and the result is determined by rounding off. The specific statistical table is shown in Table 1.

**Table 1.** The development of speech blockers of different age groups.

Factor	Mental development	Emotional pleasure	Mental health	Interpersonal relationship	Stable personality
Primary school	5	3	5	5	5
Junior high school	5	4	4	4	3
High school	3	2	3	3	3

**Conclusions:** From the perspective of social psychology, the brain nerve repair status of the speech blocker is affected by the language attributes. Positive language will have a good communication and communication promotion effect on the speech blocker, develop harmonious interpersonal relationships, and be diligent in communicating with parents. Communication is helpful to alleviate the symptoms of language disorders. Social psychology's psychological research on speech blockers overcomes the shortcomings of traditional research methods that only focus on a small number of patients with prominent psychological problems. It turns its attention to stimulating the potential awareness of speech blockers, and treats and deals with them in a positive light. The psychological problems of the language blocker can effectively improve the mental health status of the language blocker based on the positive psychological quality.

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## ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION COURSES ON SOCIAL PSYCHIATRIC ANXIETY OF COLLEGE STUDENTS

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**Background:** With the deepening of reforms, the pains of China's social transformation and the benefits of reform and opening up are clearly distinguished. While the tolerance of the global village has expanded our horizons, our way of life, thinking space, spiritual world, and spiritual home are all Encountered an unprecedented impact, resulting in the destruction of traditional values, which directly led to the disappearance of the ultimate basis of human activities or all the meaning of survival. The meaning of human existence is lost or misinterpreted. The meaning of survival is the reason and basis for human existence, and it is the foundation of human life. Ideological and political education can effectively alleviate anxiety when people gradually enter the social reality of anxiety.

Anxiety neuropathy is abbreviated as anxiety disorder, which is commonly referred to as an anxiety state. It is a kind of brain dysfunction with persistent anxiety, fear, tension and autonomic dysfunction, often

accompanied by motor restlessness and physical discomfort. The onset occurred in the young and middle-aged, and there was no significant difference in the incidence of men and women. For general anxiety disorders, nervousness, restlessness, and worry are generally persistent for a long time. So worrying about a certain thing, such as studying or working for more than half a year, constitutes an anxiety disorder. If the content of anxiety and worry is about obsessive-compulsive disorder, panic disorder, social phobia, anorexia nervosa and other diseases, corresponding measures can be taken through ideological and political education courses to eliminate these anxiety situations.

**Objective:** Ideological and political education courses are essentially a kind of education, which aims to realize morality and foster people. Always adhere to the principle of morality, morality, and morality to teach, pay attention to strengthen the education of students' world outlook, outlook on life and values, inherit and innovate the excellent traditional Chinese culture, so as to eliminate the anxiety of college students. Therefore, in order to effectively improve the anxiety of college students, we can conduct in-depth research on ideological and political education courses.

**Subjects and methods:** Through research and analysis, it is found that actively guiding contemporary college students to establish a correct view of the country, nationality, history, and culture can effectively improve students' thinking awareness, thereby cultivating more talents with comprehensive development of morality, intelligence, physical education, and labor for the society. Based on the influencing factors of college students' emotions, this article mainly conducts research from three aspects: labor education, mental health education and legal education. Selecting junior high school, high school, and university students as the research objects, by issuing questionnaires, statistics on the psychological and emotional situation of college students after passing the ideological and political education courses.

**Study design:** A total of 1,000 questionnaires were distributed, and the questionnaires were required to be completed at one time. The time for each person to fill out the questionnaire was 25-30 minutes. 957 copies were recovered and the number of valid copies was 923.

**Methods:** Use Excel to count the emotional relief of college students in ideological and political education courses.

**Results:** College students can effectively alleviate their psychological anxiety through the study of ideological and political education courses. The labor and mental health have been greatly improved, and at the same time, through the study of the rule of law education, a correct world outlook has been established.

In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact. The individual subjectively causes a large error. The method of rounding the result is determined. The specific statistical table obtained is shown in Table 1.

**Table 1.** The situation of college students in ideological and political education courses.

Factor	Labor education	Mental health education	Rule of law education
Junior high school	4	4	3
High school	3	4	3
University	3	3	4

**Conclusions:** The development of ideological and political education courses in colleges and universities in the new era can effectively alleviate the anxiety of college students and cultivate a positive mental state. Professional ideological and political education involves the main channels and main positions of ideological and political education in colleges and universities, and is closely connected with ideological and political courses and curriculum ideological and political, and together constitute an educating whole, which can better exert the efficiency of educating people. Therefore, it is necessary to actively develop ideological and political education courses, and take professional education and professional characteristics as an important basis for college students' ideological and political education, which is conducive to promoting the growth and success of college students. Therefore, through studying ideological and political education courses, the psychological quality of college students can be improved and the actual anxiety can be alleviated.

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## RESEARCH ON MENTAL DISORDER IN LITERARY CREATION UNDER THE