

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

BACKGROUND OF CULTURE MARKET

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Background: The human mind, like the human body, can function normally or fail, that is, abnormality or disease. However, people can understand and accept the abnormality or illness of physical activity, and cannot understand or accept the abnormality or illness of mental (psychological) activity, and even have a great misunderstanding. As a result, mental patients in the community by the cold, discrimination or other extremely unfair treatment. In fact, mental disorders or diseases as physical diseases, its occurrence, development, change is for a reason. Mental disorder is a group of functional diseases of the nervous system, including neurasthenia, anxiety, hysteria, and so on.

Literature depicts insanity, from the frenzy caused by certain stimuli to the suicide caused by personal insanity and despair. These phenomena reflect the multifaceted values of medical theory, society and literature. Such works can be constructed from fictional stories or facts that are usually autobiographical. The explanation of the variety and complexity of insanity not only indicates that the theme has “polysemy”, but also indicates that the theme should not be limited to the deepening identification of fictional or legendary characters. The phenomenon of mental disorder in literature also includes the conflict between intrinsic values and individual autonomy. Generally speaking, judgments imposed by social traditions, medical institutions and families often turn into people’s inner revolts and their struggles to achieve self-determination. In fact, the plot, structure, and language of poetry, fiction, drama, and biography are very different from the true state of the individual’s mind in dealing with insanity and the ideas that society and the family try to control, such as good and evil, health and disease, reason and fantasy, law and justice. Even if a sympathetic psychiatrist or psychoanalyst is portrayed in the work, there will be resistance when society and family despise the theoretical level of these doctors or despise them for injecting emotions that society and family consider inappropriate.

Objective: The mental disorder described by the long history of literature has created many different images of mental disorders, reflecting the problem of mental disorders in modern society to a certain extent. In the context of cultural market, the analysis of mental disorders in literary creation helps to understand the psychological state and mental stress of modern people in many aspects.

Subjects and methods: Interviews were conducted with 30 interviewees to watch 5-10 novels, poems, plays and other literary works in advance for 40-60 minutes, including the characters, plots, character-building features, etc.

Study design: During the interview, the emotion of different interviewees and the content of expression were recorded by recording and taking notes. At the same time, after the interview, we adopt the way of group discussion to summarize and discuss the mental disorder phenomenon in literature creation under the background of cultural market. After part of the literature understanding, found in the literature of mental disorders are mainly as follows: First, delusions of persecution. This is one of the most common symptoms of all mental patients. Common performance is mental patients will often paranoid anxiety, always think someone will harm him. Second, extreme excitement. The symptoms of mental patients are severe thinking disorder, disorderly speech and lack of purpose. Is often a whim to do a thing, but also have the performance of nonsense. In severe cases, there may be self-inflicted injuries or wounding. Third, drug-induced anxiety. Because mental patients often rely on the future to maintain mental normal. One of the side effects of these antipsychotics is that they can cause inexplicable anxiety, loss of control, and anxiety, sweating, fear, and so on. Most of these manifestations took place between afternoon and evening. At the same time, these performances are more paroxysmal, with the general anxiety to distinguish. Fourth, depression. This is also a common symptom of mental illness. Psychiatric patients in different periods of the disease, may appear depressed, and even pessimistic. Serious person may appear suicidal phenomenon, but this appears more in psychosis has improved, stable phase.

Methods: Led the interviewees to the above four phenomena are carrying on the important observation and the understanding, discusses these insanity phenomena in the literary work. SPSS13.0 and Excel software were used to analyze the respondents’ responses to the interview content.

Results: Literature is not only a specific existence, such as “literary creation”, “literary institutions”, “literary career”, “literary events” and so on, but also very abstract, general and virtual. Only living in a certain period, can we roughly feel its existence. About the latter kind of existence, we can use “literary climate”, “literary trend” and other terms. So, in the background of “cultural market”, the diversity of “literature” is very great, and it brings some turbulent and uncertain factors to the writer’s individual creation. Therefore, the analysis of mental disorder in literary works in the context of cultural market is conducive to understanding the psychology and mental state of modern people from another level. The

statistical results of different interviewees' interviews with abnormal phenomena in literary works are shown in Table 1.

Table 1. Specific statistical results.

Insanity phenomenon	Numbers	Percentage/%
Delusion of persecution	21	70
Drug-induced anxiety	11	36.67
In a frenzy of excitement	17	56.67
Depressed mood	24	80

Conclusions: Subjective authority, a source of conflict in literature, manifests itself in various forms through the inner character of the protagonists, their special will and loss. When the characters call for social justice, they fight for self-orientation and self-affirmation. The theme of insanity reflects the continuity and new ideas in the process of human psychological development, and reveals the complex relationship between individual psychology and social history.

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A STUDY ON THE INFLUENCE OF ANXIETY AND DEPRESSION OF MIDDLE SCHOOL STUDENTS IN DIFFERENT ROLES IN JAPANESE COLONIAL EDUCATION

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Background: Anxiety depression, also known as anxiety neurosis, is based on generalized anxiety disorder and episodic panic state as the main clinical manifestations, often accompanied by dizziness, chest tightness, heart palpitations, dyspnea, dry mouth, sweating, tremor, and motility restlessness, etc. The anxiety is not caused by actual threats, or the degree of tension and panic is not commensurate with the actual situation. Depression is often mixed with anxiety. Everyone has different symptoms, but common symptoms include "depressed mood", "upset" and so on. Maintaining this condition for a long time will cause great harm to the human body. One of the common dangers of depression is that it makes the patient experience the most painful and bad mood. And this kind of pessimism appears without obvious external causes, so it is very difficult to solve, so that the mood of patients with depression is always pessimistic and world-weary. Depression and anxiety always accompany, and at the same time there will be inexplicable mental tension, panic and anxiety.

Japan's colonial education in its invasion of China is a general term for the "imperialization" education, "assimilation" education, and enslavement education that Japan implemented for the people in the Chinese occupied areas during the Japanese invasion of China. In modern times, Japan attempted to influence and control the political trend of China in the future through its cultural and educational undertakings, and to cooperate with its policy of aggression against China and colonial rule. However, the cruel facts of Japanese military force invading China aroused strong resistance from the Chinese people, and the result was counterproductive.

Objective: In recent years, anxiety and depression have gradually affected the normal growth of college students. Anxiety and depression, as an important aspect of measuring the mental health of college students, has attracted the attention of many psychologists and educators. By studying the characteristics of different roles in Japanese colonial education, it can effectively alleviate the anxiety and depression of college students.

Subjects and methods: By analyzing Japanese colonial education, it can effectively help college students alleviate anxiety and depression. This article mainly conducts research from three aspects: cultural self-confidence, patriotism and knowledge. Junior high schools, high schools, and universities were selected as the research objects, and questionnaires were distributed to their students to calculate the impact of anxiety and depression among college students.

Study design: Using a stratified cluster random sampling method, a survey of 1000 college students was conducted. Randomly select 1 junior high school, high school, and university. 1000 questionnaires were distributed and 961 valid questionnaires were returned.