

causes large errors. The evaluation value of 1000 community residents is taken and the average is taken, and the result is determined by rounding off. The specific statistical table obtained is shown in Table 1.

Table 1. Integration of community public governance structure.

Factor	Governance philosophy	Governance system	Governance behavior
Residents	4	5	5

Conclusions: Just as social psychology holds that community is an important node of social development. As an important field of social development and social change, community public service is undergoing a transformation from spontaneity to consciousness, from experience to specialization, and from a single government structure to a diversified social subject structure. China's urban community public service has made gratifying achievements in a short time. However, China is in the period of economic and social transformation. In this special period, people's psychology is bound to undergo drastic changes, which will significantly restrict the development of community public services. Therefore, the use of social psychology can effectively integrate social resources, expand the degree of public participation, and develop diverse social subjects. Only in this way can the sustainable, rapid and healthy development of public services in the community be promoted, and the smooth transformation of Chinese society and the improvement of the community system can be effectively realized. innovation.

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THE INFLUENCE OF LABOR EDUCATION INTEGRATED WITH PROFESSIONAL COURSE TEACHING IN HIGHER VOCATIONAL COLLEGES ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER

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Background: Labor education helps to cultivate students' labor concept, cultivate good moral quality and internalize students' humanistic knowledge. Labor education has the functions of realizing moral, intellectual, physical and aesthetic goals and cultivating students' innovative consciousness. The ways of labor education for students are labor education in daily management, labor education in teaching management and labor education in the innovation of teaching mode. Labor is the basis and premise of human being. Human beings created material wealth and spiritual wealth by means of labor. Even in today's high-tech era, with the emergence of computers, robots, labor as the basic way of life of mankind has not disappeared and decline, but continue to transform and innovation. These facts show that not only human development and labor are inseparable, but also human existence and perfection have always been inseparable from labor. Labor education enables students to set up correct labor concept, correct labor attitude, form good labor habits, temper their will, improve the ability of resisting setbacks and enhance the sense of ownership. At the same time, labor will enhance the sense of social responsibility and competitiveness, cultivate the style of arduous and plain and the spirit of arduous entrepreneurship, help ease the anxiety of college students.

Labor is a purposeful, planned and organized educational activity to cultivate the students' various qualities. It is a comprehensive education integrating moral education, intellectual education, physical education and aesthetic education. Combining education with productive labor is the only way to cultivate people with all-round development. Labor education can make the goal of moral education carried out in college students' labor practice and internalized into college students' morality. In addition, the university student participates in the suitable labor also to be possible to coordinate the bodily organ the development, the exercise physical strength and the endurance, strengthens the physique, the raise will, enhances esthetic ability. Labor education is not only the classroom theory education, but also the work-study program, science and technology service, and the direct impetus of social quality education.

Objective: College students are a special group in the key period of physical and mental development. With the increasingly fierce social competition, the higher education system and personnel system have been reformed, and the employment situation is becoming increasingly severe. Therefore, College students have different degrees of anxiety. All kinds of anxiety symptoms have become serious psychological problems that affect college students' academic achievements and physical and mental health, and can lead to

physical and mental diseases. Therefore, it is very important to integrate labor education into the teaching of professional courses in higher vocational colleges, which can effectively relieve the anxiety of college students.

Subjects and methods: Anxiety is a kind of nervous, uneasy and fearful complex emotional state, which is caused by an individual's failure to achieve his goal or overcome obstacles and threats, and his self-esteem is frustrated or his sense of failure and guilt is increased. Many problems such as appearance, emotion, interpersonal communication, study and examination, entrance and employment, personal ability, money and so on suddenly appear in front of the young college students. The negative emotion experience is not well handled, the negative behavior is accompanied with, the anxiety mood changes into the anxiety symptom, several year's university life then runs counter to the growth. In order to improve the mental health of college students, labor education into the teaching of professional courses in higher vocational colleges can effectively ease the anxiety of college students.

Study design: Questionnaires on anxiety were distributed to 1000 college students, asking them to complete the questionnaires at one time, and the time for each student to fill in the questionnaires was about 15 to 20 minutes. A total of 1000 copies were distributed, 964 were recovered and 947 were valid.

Methods: Using Excel statistics labor education into professional courses in higher vocational colleges to alleviate the effect of anxiety disorders.

Results: Individual's psychological factor mainly includes factors and so on knowledge, sentiment, will, good faith. The process of internalization of labor values is the process of cognition, emotion, will and belief merging, upgrading, deepening and consolidating. Cognition is the basis, students in the existing concept of labor on the basis of continuous re-cognition, and constantly improve labor skills, forming the quality of labor. Emotion is the driving force, emotional needs is an important part of internalization activities, can effectively improve the autonomy of college students, ease anxiety. Will has a clear goal, the training of students' will to work needs to be honed in the continuous labor practice for a long time, insisting on the professional skills of lean. Faith is the goal, the formation of labor values, the Student Union according to the labor values of their own needs for re-analysis, and constantly improve the labor will, establish labor beliefs.

The results of this survey use 0-4 five levels of quantitative specific factors influence value, 0 means nothing, 1 means a slight impact, 2 means a general impact, 3 means a significant impact, 4 means full impact.

Table 1. The relief of labor education on psychological anxiety of college students.

Factor	Cognition	Emotion	Will	Faith
University student	3	4	3	4

Conclusions: With the deepening of the reform of education and teaching, labor education has become an important part of the talent training system in the new era. We shall actively carry forward the "labor spirit" among students, guide students to understand the truth of "advocating and respecting labor", help students to establish the labor consciousness of "labor is the most glorious, the most noble, the greatest and the most beautiful", and cultivate socialist builders and successors with "moral, intellectual, physical and aesthetic labor". Vocational students should form correct labor values in labor education, realize the happiness of creating a better life through labor, cultivate labor skills that can satisfy the survival and development of the new era, realize the goal of "nurturing morality through labor, enlightening wisdom through labor, improving health through labor, and benefiting beauty through labor", relieve the anxiety of college students, and finally realize the all-round development of people.

Acknowledgement: The research is supported by: Hunan Vocational College Teaching Reform Project (No. ZJGB2020326). Research and Practice of Integrating Labor Education into Professional Course Teaching in Higher Vocational Colleges-Taking Railway Passenger Transportation Service Course as an Example.

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THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IDEAS IN COLLEGE COURSES ON THE HEALTHY DEVELOPMENT OF STUDENTS' PSYCHOLOGICAL QUALITY

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