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APPLICATION OF IDEOLOGICAL AND POLITICAL EDUCATION IN THE ADJUVANT TREATMENT OF COLLEGE STUDENTS' MENTAL ANXIETY

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Background: Most of the contemporary college students grow up smoothly, rarely experience great difficulties and setbacks, and have poor psychological tolerance. There are some basic problems in psychological quality, mainly as follows: (1) Poor adaptability to the environment. Adapting to the environment is one of the important symbols of mental health. From middle school to university, most students can basically adapt to the new environment after a period of adjustment. However, some students take too long to complete this transformation, and even a few students cannot successfully complete this transformation and cannot adapt to the new environment. (2) The mood is not stable enough, and the attitude towards life is not optimistic and positive enough. In real life, many students are uncertain. Some people often brood over little things and are unhappy all day. This excessive emotional reaction reflects the unhealthy psychological characteristics hidden behind it. (3) Weak willpower. Willpower is a psychological activity process in which people actively adjust their actions to overcome difficulties in order to achieve a certain purpose. It reflects people's subjectivity in practical activities. Enthusiasm and initiative are the necessary excellent psychological qualities for talents. (4) Psychological self-adjustment ability is poor. Due to the disadvantages of exam-oriented education, some students develop serious dependence and inertia. When they need to face and solve problems and difficulties by themselves after going to college, they will fall into a state of depression, anxiety and tension. Psychological quality is an important part of many aspects of students' quality, which restricts the development of other qualities. It is not only the starting point of quality education, but also the destination of quality education. Therefore, psychological health education is widely carried out in colleges and universities, so that students can face the increasingly competitive society with a good mental state, it has become an effective way and method to improve the effectiveness of Ideological and political education in Colleges and Universities under the new situation.

Objective: The traditional ideological and political theory teaching is the most important and basic carrier in college students' ideological and political education. However, since entering the 21st century, facing the complex political and ideological development situation at home and abroad, more and more colleges and universities have begun to realize that they can no longer only rely on the traditional ideological and political theory course as a single communication channel for students' Ideological and political education, we must actively broaden and innovate the teaching carrier of students' Ideological and political education and enrich the ways for students to receive ideological and political education. On a deeper level, the concept of Ideological and political education in college curriculum can effectively promote the healthy development of students' psychological quality. Colleges and universities not only need to adopt the new educational concept of curriculum ideological and political education to innovate the traditional ideological and political education, but also constantly broaden the vision of Ideological and political educators from the perspective of modernization, the world and the future, and break through various limitations in the traditional ideological and political education in colleges and universities with innovative spirit, In order to effectively open up today's new situation of college curriculum thought and politics.

Subjects and methods: 60 college students from a university were selected for interview. The total time of the interview was controlled within 50-80 mins. The interview was conducted within 1 hour before and after the ideological and political class. The time of a single interview was 20-30 mins. The main interview contents include students' cognition of Ideological and political course, whether they have fully prepared and reviewed it, how to treat the importance of Ideological and political course, and whether there are suggestions on classroom teaching methods and curriculum planning. The interview is voluntary and does not disclose students' information. Record the whole interview process, comprehensively analyze the interview content, and understand the students' psychological state and their views on the ideological and political classroom.

Results: After sorting out the interview contents, the students' satisfaction with the existing ideological and political teaching is counted, and the results are shown in Table 1. It can be seen that about a quarter of the students are not satisfied with the existing classroom teaching. In fact, in Ideological and political classroom teaching, teachers can actively stimulate students' cognitive desire. Need is the starting point of all human cognitive and practical activities. The needs of learning subjects directly affect the operation of

learning activities. Generally speaking, the stronger the need of the subject, the higher the consciousness and enthusiasm of the subject in learning activities. Vice versa. The teaching of Ideological and political theory course should be based on the strong needs of college students to become talents and the needs to improve theoretical thinking and realize self-worth in serving the society, stimulate the students' motivation and needs to learn theory in teaching, and enhance the attraction of Ideological and political education. Maintaining and regulating the attention of the educated in Ideological and political education is an important link for educators to successfully carry out education. Therefore, in teaching, we should reasonably arrange the teaching plan according to the characteristics and laws of the educates' attention, so that the educates' intentional attention and unintentional attention can be changed rhythmically and reasonably. The ideological and political theory course should not only enable the educated to accumulate perceptual knowledge through perception and learn theory through memory, but also raise perceptual knowledge into rational knowledge through thinking to master the essence and law of things, so as to achieve the purpose of improving ideological knowledge and personal quality.

Table 1. Student satisfaction results

Factor	Dissatisfied	General satisfaction	Very satisfied
Number of people	15	20	25

Conclusions: The starting point and foothold of ideological education should focus on improving the comprehensive quality of college students and cultivating qualified talents with all-round development of morality, intelligence, physique and beauty. We should mobilize all positive factors and implement the systematic management mode and operation mode of college students' participation, interconnection and interaction, we should really ensure the strengthening of Ideological and political education for college students in terms of system, mechanism and ideology. All personnel engaged in the daily ideological and political education of college students should adhere to the correct political direction, strengthen ideological and moral cultivation, enhance the sense of social responsibility, and become the guide and guide for the healthy growth of college students.

Acknowledgement: The research is supported by: Teaching reform project of 2021 School-level Ideological and political course's demonstration subject of Chongqing Water Resources and Electric Engineering College; Key Program of Chongqing Water Resources and Electric Engineering College: Research on the Improvement of Legal Literacy of Higher Vocational College Students in the New Era. (Project Number: K201822).

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THE INFLUENCE OF THINKING LOGIC BARRIER ON COLLEGE STUDENTS' FINANCIAL EDUCATION MANAGEMENT

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Background: China is not only a big economic country, but also an important member of the WTO, which makes China's financial industry open to the world, the financial industry continues to develop and improve, and the source and combination of capital are gradually facing globalization. A new international financial market is in front of mankind. At this time, if we want to develop in the financial industry, we must cultivate ourselves into comprehensive talents in line with today's financial background. Therefore, financial internationalization is one of the main talents in China's financial industry. The group of college students who are from school to society is an important part of financial investment. Their most expressed financial behavior is the control and management of their own capital, storage and investment. Therefore, relevant financial education should be based on cultivating financial investment talents suitable for today's international financial investment phenomenon, and actively innovate teaching methods, cultivate a group of modern financial talents with strong comprehensive strength for the development of China's financial industry. Of course, logic plays an important role in the financial industry. Only by popularizing logic knowledge can we improve the quality and innovation ability of financial employees and be in an invincible position in the fierce competition.

Logic and language are closely related to everyone. At present, human society has entered the information age. Correct thinking and successful communication are particularly important. However, we