

**Objective:** The development of community pension services is not only a necessary supplement to establish and improve the social pension security system, but also to improve the quality of life of the elderly, but also a realistic choice to form a new pattern of socialist pension.

**Subjects and methods:** Community pension service is a new pension service model produced in the process of China's social and economic development. It is the main content of community service. The so-called community elderly care service is to mobilize enterprises, institutions, social groups and individuals to actively intervene under the macro guidance and policy support of the government, and make full use of the existing resources of the community to carry out various service modes to meet the various needs of the elderly. It is a new choice for the future elderly care model in China. The community pension model is the best combination between the weakened family pension model and the ideal institutional pension model. It not only provides corresponding care services for the elderly, but also makes full use of the resources of the elderly family. It is a pension model suitable for China's national conditions both economically and psychologically.

**Study design:** Twenty elderly psychiatric patients were randomly selected as experimenters and talked with experimenters in the form of interview. The access time shall be controlled within 30 - 40 mins. The content of the interview is the evaluation and satisfaction of life, spirit and psychological needs based on today's community elderly care service model.

**Methods:** Excel was used to calculate the satisfaction of elderly psychiatric patients with community elderly care service model.

**Results:** In this survey, the influence values of specific factors are quantified in four grades 1-4. 1 indicates dissatisfaction, 2 indicates general satisfaction, 3 indicates very satisfaction and 4 indicates special satisfaction. In order to reduce the large error caused by personal subjectivity in the evaluation, the evaluation values of 20 elderly psychiatric patients are taken as the average, and the results are rounded, the specific statistical table is shown in Table 1.

**Table 1.** Satisfaction of elderly psychiatric patients with community elderly care service model

| Content                      | Aspects of life | Spiritual aspect | Psychological needs |
|------------------------------|-----------------|------------------|---------------------|
| Elderly psychiatric patients | 4               | 3                | 3                   |

The research shows that the community elderly care service model has a positive impact on the elderly psychiatric patients.

**Conclusions:** The aging of the population will aggravate the elderly's demand for daily life care: in terms of the elderly's own conditions, with the growth of age, the elderly's physical and psychological functions will gradually decline, their health status will deteriorate, the probability of illness will increase, their ability to take care of themselves in daily life will decline, and there is a certain risk of living alone, thus reducing their ability to live independently. Accordingly, the demand for daily care, life care and other services increased, and the dependence on others increased. In terms of the overall population structure of society, the aging of population groups will increase the number of middle-aged and elderly people, reduce the number of young people, increase the dependency ratio of the elderly, reduce the number of people who can provide care for the elderly, and make the responsibility of taking care of the elderly increasingly arduous.

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## IDEOLOGICAL AND POLITICAL INNOVATION IN HIGHER VOCATIONAL COLLEGES AND ANALYSIS ON THE CURE OF COLLEGE STUDENTS' ANXIETY

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**Background:** Anxiety disorder is different from ordinary anxiety. It not only has all negative feelings of anxiety, but also is not only a reflection of a certain anxiety. It may be the accumulation of a variety of anxiety. It always worries about what adverse things will happen to itself, or feels that it is difficult to pay when it happens, which is so serious that it is unable to carry out normal study, work and life and needs

medical treatment. Anxiety generally has the following manifestations: physiological characteristics: insomnia and dreaminess, general weakness, dizziness and headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics: It is difficult to concentrate, often in a daze, blocked thinking, etc. Emotional characteristics: irritable, nervous, uneasy, difficult to calm, pessimistic, etc. Social characteristics: lack of self-confidence and belittle yourself. According to the influence of contemporary college students' personality characteristics, growth environment and college life experience on college students' anxiety, college students' anxiety is subdivided into five types: learning anxiety, economic anxiety, emotional anxiety, social anxiety and employment anxiety. Although these five kinds of anxiety of contemporary college students are all realistic anxiety, they also include neurosis anxiety and moral anxiety, which are mainly reflected in the conscience situation in the pressure of personal growth and success. Although moderate anxiety has certain positive significance for some living conditions of individuals, in the final analysis, anxiety is a negative emotion, which not only brings positive effects to people, but also brings a series of negative effects. When anxiety develops to an excessive state, it is seriously harmful to individual physical and mental health. Excessive anxiety has entered the field of medical treatment, that is, medical anxiety disorder (anxiety neurosis). Anxiety disorder not only seriously endangers physical and mental health, but also accompanied by anxiety, there will be serious sleep disorders, inability to concentrate, energy loss, thinking confusion and so on. Therefore, excessive anxiety will make individuals unable to study, live and work normally.

**Objective:** Mental health education is an important part of Ideological and political education in colleges and universities. However, the traditional mental health education lacks due attention to the widespread anxiety of college students, and there is a shortage of simply pointing to students with mental diseases. Therefore, this study selects "contemporary college students' anxiety" as the research object. Under the great ideological and political pattern, combined with the questionnaire survey, this paper studies the characteristics and adjustment countermeasures of contemporary college students' anxiety.

**Subjects and methods:** Taking alleviating anxiety as the index to alleviate college students' anxiety, 100 college students in a school were selected to fill in the questionnaire, which was mainly evaluated by self-made anxiety self-assessment form (SAS), including 27 questions. The time for students to fill in the questionnaire was controlled within 20 - 60 mins, 92 questionnaires were recovered, and the recovery rate was 92%.

**Study design:** College students were randomly divided into two groups. The experimental group included 100 students. They were given ideological and political education, which mainly penetrated into the current ideological and political pattern, and taught students to have positive psychology for the purpose of improving students' psychological quality and life values. Each education time was 30-90 minutes, and the education method was one-to-many or propaganda activities. The experimental time was 2 months. The control group did not receive special education within 2 months, but only daily education.

**Methods:** The changes of anxiety of the two groups of students before and after the experiment were counted by Excel, and summarized, recorded and archived.

**Results:** The anxiety status of the two groups of students before and after the experiment is shown in Table 1. It can be found that modern college students have varying degrees of anxiety, and the proportion of students with moderate anxiety and severe anxiety cannot be ignored. Before the experiment, there was no significant difference in anxiety between the experimental group and the control group. After the experiment, the anxiety of the experimental group was significantly improved, and the number of college students with severe and moderate emotions decreased significantly, while the number of students in the control group also decreased, but there was no significant difference.

**Table 1.** Anxiety status of two groups of students before and after the experiment

| X/y   | No anxiety | Mild anxiety | Moderate anxiety | Severe anxiety |
|-------|------------|--------------|------------------|----------------|
| Yes/% | 22         | 55           | 18               | 5              |
| No/%  | 18         | 59           | 16               | 7              |

**Conclusions:** With the increasing social pressure, the anxiety of college students is becoming more and more serious. Carrying out psychological research on college students and exploring the law of their psychological changes is one of the important topics of Ideological and political education in colleges and universities. However, the traditional research on mental health education has the deficiency of simply pointing to students with mental diseases, ignoring the widespread anxiety of college students. In reality, there are some misunderstandings about anxiety, which makes it difficult for college students to effectively dredge and adjust their anxiety, and is easy to cause psychological diseases such as depression, fear, neurasthenia and even anxiety disorder. The experiment found that under the background of Ideological and political education, targeted ideological and political education for college students with different degrees

of anxiety is conducive to alleviate students' anxiety and provide a new idea for psychological counseling in colleges and universities.

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## POSITIVE INFLUENCE OF LITERARY READING ON THINKING LOGIC DISORDER-TAKING ANGEL ISLAND POETRY AS AN EXAMPLE

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**Background:** Thinking is the generalization and indirect reaction of human brain to objective things. It includes image thinking, logical thinking and epiphany thinking. Logical thinking is an advanced form of thinking, which refers to the thinking form in which people reflect reality with the help of concept, judgment and reasoning in the process of cognition. It is characterized by abstraction, leaving aside the concrete image, and revealing the essential attributes of things. Thinking logic obstacle means that thinking logic will be hindered by its own cognition, that is, by some unreliable factors in its own logical thinking, resulting in logical thinking confusion.

Angel Island, California, as the gateway for early Asian immigrants, carries the first impression of early Chinese immigrants on the United States and has been constantly reproduced in American and Chinese history and literature. It appeared in the memories of the early Chinese immigrants' experience of the Angel Island Immigration office, and sank the dark history of the U.S. government's exclusion of China. It is engraved on the wooden wall of the dormitory of the Immigration Bureau of Angel Island and has become a precious historical and literary heritage - "Angel Island Poetry". It also appeared in the works of Chinese American poets and became the image of Angel Island to mark their ethnic origin and identity legitimacy.

**Objective:** Literary reading can cultivate a person's quality and make people have a correct and elegant outlook on life. By reading Angel Island Poetry, we can master the dynamics of social development in the past and study the direction of social development. The poetry of Angel Island embodies the essence of human thought and art, which can edify thought and sentiment and give people deep thinking space. Therefore, this paper studies the positive effects on thinking logic barriers through literary reading.

**Subjects and methods:** This paper mainly analyzes the effect of social psychology on the ideological impact in ancient Chinese literature. It is studied from three aspects: cultural model, nationalism and literary identity.

**Study design:** Through the method of literature investigation, this paper refers to the literature on Angel Island Poetry and literary thought in recent 10 years. This paper studies and analyzes the epic and literariness of "Angel Island Poetry". Literature investigation is a very convenient, free and safe investigation method. Literature investigation helps researchers select topics, so that the research is based on science. At the same time, the research scope is not limited by time and space, the research process has strong authenticity, the research is simple and easy, and the cost is low.

**Methods:** Use excel to count the positive effects of literary reading on thinking logic barriers.

**Results:** The presentation of national consciousness has an impact on the cultural model of "family and country isomorphism", the detention environment of weak national power and living under the fence of others, the discontent and hatred of Chinese immigrants in Angel Island are increasing day by day, and the mood of national self-esteem is even fermented to an extreme state. Through the transformation of literary model, people's thinking logic of reading can be improved. The cultural nationalism in Angel Island's poems appears in many aspects, including the aforementioned recognition of the troubled country, the discriminatory title of alien race and a sense of cultural superiority of Chinese centralism reflected in it. At the same time, a considerable number of poems show the characteristics of using allusions, especially the literati cultural tradition. As a lyric narrative poem, Angel Island Poetry, on the one hand, narrates in a normal discourse and colloquial way, which is very different from the refinement of literati poetry, showing the original ecology of Angel Island detention, which can truly reflect the characteristics of the historical period.

In this survey, the influence values of specific factors are quantified in five grades from 1 to 5. 1 means irrelevant, 2 means slight influence, 3 means general influence, 4 means obvious influence and 5 means full influence. In order to reduce the large error caused by personal subjectivity in evaluation, the rounding method of the obtained results is determined. The specific statistical table is shown in Table 1.

**Table 1.** Positive effects of literary reading on thinking logic barriers