

investigated from four dimensions: (1) Emotional response dimension, which reflects the sensitivity and emotional stability of individuals to stimuli from the external environment. (2) Self-position dimension, which reflects those individuals can have a clear sense of self and adhere to their own views and positions in the face of pressure. (3) Emotional disconnection dimension, which reflects personal fear and intimacy. (4) The dimension of integration with others reflects the phenomenon of emotional dependence with others.

Self-rating Anxiety Scale: It consists of 20 questions, 20 items in total, 15 negative word statements and 5 positive word statements. It is scored by four levels (1 no or little time - 4 most or all of the time). The higher the score, the higher the degree of anxiety.

Methods: Statistical methods: all data were processed by SPSS 20.0 statistical analysis software, mainly using the statistical methods of correlation and regression analysis.

Results: The self-differentiation and anxiety of students before and after the experiment are counted, and the experimental results are shown in Table 1.

Table 1. Comparison of self-differentiation and anxiety status between the two groups/average

Group	Before and after the experiment	Emotional response	Self-position	Emotional severance	Total anxiety score
Experimental group	Before the experiment	4.17	3.89	4.26	44.16
	After the experiment	5.58	5.47	5.85	17.52
Control group	Before the experiment	4.13	3.95	4.31	45.36
	After the experiment	4.14	4.17	4.18	28.14

As can be seen from Table 1, the self-differentiation item is 3.5 points higher than the medium critical value, indicating that college students are emotionally stable and have less volatility, indicating that college students can adhere to their personal views and beliefs and are not vulnerable to the influence of others. After the experiment, the anxiety of the experimental group was significantly relieved, while the control group had some relief, but the effect was not obvious. This shows that ideological and political education can alleviate students' anxiety to a certain extent, but ideological and political education from the perspective of positive psychology can alleviate students' anxiety to a greater extent.

Conclusions: The university stage is a stage in which young students' Outlook on life and values are gradually shaped, which makes the ideological education work in the university stage particularly important. The most important task of Ideological and political education in colleges and universities is to promote the physical and mental health development of college students, realize people's all-round development, help people have a correct understanding and healthy and harmonious psychology, and make them form ideological and political quality in line with the requirements of social development.

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THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION AND LEGAL INTEGRATION ON COLLEGE STUDENTS' ANXIETY

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Background: In the university education, because of the social pressure as well as the academic pressure, the university student appeared the obvious anxious mood. Therefore, colleges and universities should do a good job in the guidance of students, with patience, careful, responsible and sincere attitude to treat the work of psychological intervention, so that students maintain a good state of mind and body to help college students alleviate anxiety. The integration of ideological and political education and legal education will help broaden the platform of legal education through ideological and political education, student activities and campus culture construction, and form a good atmosphere for the integration and development of ideological and political education and legal education in schools, so as to improve the comprehensive quality of students and achieve the goal of educating students in an all-round way. In reality, the management of some colleges and universities, teachers and students do not have a correct understanding of ideological and political education, and feel that ideological and political education has nothing to do with students' skills, employment, etc. Schools do not pay attention to ideological and political education will affect the allocation of resources and teachers and students of ideological and political class views. Teachers should also be aware of the importance of ideological and political education, take the initiative

to study and improve their own quality, and constantly innovate teaching methods. Improve students' attention to ideological and political education, and understand that the quality of their study is directly related to their own quality improvement, and will also affect their future employment. Only those who have passed the professional skills and solid professional ethics can achieve success in the future. Both school leaders and teaching staff should pay enough attention to the ideological and political education of students and teach them to arm themselves with scientific theories. At the same time, when we optimize and adjust the teaching content of ideological and political course, higher vocational colleges and ideological and political course teachers need to consider the students' majors and their future employment, educate the students on their professional ideals and life ideals on the basis of publicity and education and theoretical knowledge teaching, and highlight the contents of legal education so as to provide more support for the integration of the two.

Objective: With the rapid development of society, anxiety has become one of the most common problems of contemporary college students. If we do not intervene in time, it will affect students' normal life and study. Higher education is different from compulsory education in that its content pays more attention to the cultivation of college students' professional technical ability, and it is an important channel for the development of society. The ideological and political course in colleges and universities provides students with moral and legal basis to promote students to form a correct outlook on life and values, which can better integrate into society and contribute to society. Therefore, how to integrate the ideological and political courses and legal education in colleges and universities has become the focus of more and more ideological and political workers. In this study, the ideological and political courses and law courses are combined to carry out integration education for college students, to explore the role of such integration education in alleviating anxiety.

Subjects and methods: A total of 200 law majors were randomly divided into experimental group and control group, 100 in each group. The experimental group adopted the method of ideological and political education combined with legal education, while the control group adopted the traditional teaching method. The period is 3 months. Questionnaires were distributed to the students before and after the experiment. The questionnaires included 23 questions to test the students' anxiety. SPSS17.0 software was used to count up the results of investigation on students' psychological status.

Results: The results of student psychological anxiety status before and after the experiment are shown in Table 1. As can be seen from Table 1, the psychological anxiety between the first two groups was not obvious, and the psychological anxiety of the experimental group was relieved to some extent. The improvement of psychological anxiety was not obvious.

Table 1. Comparison of anxiety status between the two groups/number of people

Group	Before and after the experiment	No anxiety	Low anxiety	Moderate anxiety	Severe anxiety
Experimental group	Before the experiment	39	30	25	6
	After the experiment	53	33	17	0
Control group	Before the experiment	32	36	24	8
	After the experiment	39	36	22	3

Conclusions: The main battlefield of ideological and political class is ideological and political class. The advantage of classroom teaching lies in the concentration of time and the relatively high teaching efficiency. In order to integrate them perfectly, the key lies in the fusion of knowledge and content, which can fully embody the teaching value of them. Generally speaking, in the curriculum arrangement, take the ideological and political curriculum content as the foundation, auxiliary by the legal education content. First of all, through the ideological and political courses to help students establish a correct outlook on life and values, we must first grasp the basis for them to have a basic position and understanding of themselves. Then, through the law course teaching, train their moral bottom line and professional ethics, on this basis, combining with the ideological and political content of the initial study, the two carry on the comprehensive study, excavate the ideological and political core content from the law teaching, so as to achieve the goal of echoing each other. In addition, the ideological and political courses, but also reasonable use of the case analysis on the law, so that students have a preliminary evaluation and understanding of the law for the teaching of matting. Through the mutual integration of teaching content, we can give full play to their respective advantages, so as to maximize the value and effect of teaching, but also to some extent to ease the anxiety of students.

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THE MITIGATION OF BEHAVIORAL DISORDER BY THE DESIGN OF PUBLIC LEISURE AREAS UNDER THE BACKGROUND OF AGING POPULATION

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Background: In western developed countries, the design for the elderly research has been a lot of people concerned about the issue. Some countries in Europe and the United States have formulated many guidelines for the design and research of elderly groups, and have done a lot of barrier-free design and practice in cities, environment, roads, buildings and other fields. According to the regulations of UNESCO, the total population of a country or region over 60 years old accounts for 10% or more of the total population of that country or region, or the total population of a country or region over 65 years old accounts for 7% or more of the total population of that country or region, which indicates that the country or region has entered the aging society. According to this standard, as early as 1999, China has officially entered the ranks of aging countries. The coming of aging society is a sign of the development of society, economy, culture and science of a country or a region. Meanwhile, due to the special physical and mental conditions of the elderly, higher requirements are put forward for the general design of public leisure areas. For the elderly, prolonging the time of healthy life is more significant than prolonging the life span. Regular moderate exercise can effectively improve people's physical fitness, regulate people's mental stress and release tension. Therefore, with the aggravation of population aging, it is particularly necessary in the public leisure areas. In recent years, with our country stepping into the aging society, how to meet the needs of the elderly group has become the focus of attention of society.

Objective: With the rapid development of economy, the demand of the elderly group is also increasing. The demand of the elderly group and the limited supply capacity of public goods have been imbalance. Therefore, it is necessary to construct a modern social service system for the elderly and design public leisure areas suitable for the aging, which can effectively meet the social needs of the elderly and promote the sustainable development of China's economy and society. Therefore, it is of great significance to study the aging design of public leisure areas under the background of population aging to alleviate behavioral disorders.

Subjects and methods: The cultural construction of public facilities for the aged refers to the cultural construction of public facilities that mainly serve the aged. Actively improving the quality and level of life of the elderly can not only respond to the arrival of the elderly society and meet the needs of the elderly, but also help to improve the national cultural literacy and promote the development of urban civilization. Therefore, this paper mainly from the safety of the elderly, functional, and coordination, the three aspects of investigation and analysis.

Study design: Using a stratified group random sampling method, 500 questionnaires from 500 elderly retirees of different genders and occupations, with a total of 500 questionnaires, 487 recovered and a valid number of 473.

Methods: The effect of behavioral disorder mitigation using an aging-appropriate design in public leisure areas in the context of excel statistical population aging.

Results: In the construction system of urban public cultural facilities, we should first consider the safety. People are the users of public facilities, people in public places and public facilities have a direct link, a substandard public facility will bring damage to users, bring irreparable harm, so safety is particularly important, especially for an aging society, safety is even more crucial. The cultural construction of urban public facilities must consider people's physiological and psychological needs, and make sure that it is more convenient for people to move in the street. Public facilities should have material function, aesthetic function and symbolic function. It allows users to have a full range of public facilities in contact with the material and spiritual multiple enjoyment. Especially for the aging society of public facilities should be easier to identify, easy to operate, easy to maintain, to increase the convenience of use, improve the fun of use, reduce the cost of use. The cultural construction of urban public facilities is an important part of a city. It is the basis for the normal function and operation of a city and constitutes a part of the urban environment. It does not exist in isolation from the environment. Therefore, the construction of public facilities documents should be coordinated with the urban environment. For the construction of street facilities, it is not only a useful tool, more importantly, to integrate with the surrounding environment, can alleviate the behavioral disorders of elderly people.

The results of this survey use 0 to 4 levels to quantify the influence values of specific factors. 0 means irrelevant, 1 means slight influence, 2 means general influence, 3 means obvious influence, and 4 means full influence. The obtained statistical table is shown in Table 1.

Table 1. Behavioral impairment mitigation effects of age-appropriate design in public leisure areas in the