

context of population aging

Factor	Safety	Functionality	Harmony
Elder population	4	4	4

Conclusions: Under the condition of social transformation, we should actively promote the process of cultural construction of public facilities in aging cities. The present situation of public facilities in our country seldom satisfies the cultural entertainment and spiritual needs of the elderly, and the public facilities in many areas are only able to be used, let alone meet people's spiritual needs. This requires us to systematically study the needs of aging society, urban public facilities, cultural construction guidelines, to better meet social needs, and promote social civilization development.

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THE INFLUENCE OF ENHANCING THE ABILITY OF IDEOLOGICAL AND POLITICAL EDUCATION ON THE MENTAL AND EMOTIONAL PRESSURE OF STUDENTS IN HIGHER VOCATIONAL COLLEGES UNDER THE SITUATION OF "GREAT THOUGHT AND POLITICS"

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Background: With the intensification of social competition, higher vocational college students have higher psychological inferiority than college students. Under the influence of traditional examination-oriented education, the employment pressure of higher vocational college students is increasing, which seriously affects the psychological health of students. Under the situation of "Great Thought and Politics", it is of certain research value and significance to carry out correct thought and politics education and to cultivate students' correct values and outlook on life. The system of "Great Thought and Politics" is to strengthen the ideological and political education of higher vocational college students from the overall situation and to improve the ideological and political education of college students fundamentally. It includes two parts: the course system and the working system of DST. Ideological and political courses and ideological and political education work with each other, complement each other, is conducive to better promote the "Great Ideological and political" work as a whole. The curriculum system of Great Thought and Politics includes: ideological and moral cultivation and legal basis, Mao Zedong Thought and the theory of socialism with Chinese characteristics, situation and policy, employment guidance for college students and mental health for college students. Ideological and political work system includes: ideological and political teachers, party and government cadres, counselors and other staff to participate in the ideological and political education of college students, from many aspects to guide students to give full play to their initiative. Ideological and political course teaching is a compulsory course and an important course in every school. It has been carried out for a long time, and its content is from simple to deep. But the higher vocational colleges student spirit mood alleviation ability raise actually quite lacks in the traditional university, even may say is neglects. Then with the help of the existing platform to promote the integration of the two, to carry out the training work, it will be able to achieve twice the result with half the effort. And the key to the integration of the two is to promote the system, in-depth study, to find common ground between the two, and to form a certain tendentiousness in education and teaching activities, to strengthen mental and emotional stress relief education.

Objective: Higher vocational education is an important part of higher education in our country, and it has the characteristics of vocational education. By relying on enterprises in the industry, cultivate highly skilled talents with strong practical ability and good professional ethics from their posts. At present, the main problem of higher vocational graduates is that the overall quality is too low to meet the requirements of enterprises, especially in professional literacy, but also lack of good professional literacy. Therefore, higher vocational colleges need to focus on cultivating students' ideological and political quality while strengthening students' professional promotion. Starting from the background of "Great Thought and Politics", this paper probes into the cultivation of students' ideological and political accomplishment and its effect on students' spiritual and emotional pressure.

Subjects and methods: A total of 400 students aged between 17 and 21 were selected and 400 questionnaires were distributed. 398 questionnaires were retrieved and 379 valid questionnaires were received. The self-rating scale of mental health was used in the questionnaire. The scale consists of 30

items, involving 4 factors: compulsion, stress, depression and anxiety. After the investigation, 100 students with abnormal psychological emotion were divided into groups of 50 in each group. The experimental group undertook ideological and political education in higher vocational colleges under the pattern of “big thought politics”, while the control group only carried out daily education. The experiment lasted for 3 months. After the experiment, 100 students were again given questionnaires to test their psychological status. SPSS15.0 software was used for data statistics.

Results: It is found that most of the students have different degrees of psychological problems. The experimental results for the students with abnormal emotional states are shown in Table 1.

According to the current situation of students’ mental health and their needs of physiological and psychological development, it is urgent to carry out all-round ideological and political education. It is necessary to establish school mental health education network, strengthen on-the-job training, set up mental health education courses, strengthen subject infiltration, set up students’ psychological archives, and strengthen parents’ psychological guidance and campus culture construction. Only through a variety of ways, forms and collective efforts to carry out psychological counseling activities, students can really improve their psychological quality, personality can be sound development.

Table 1. A comparison of psych emotional statistics between the two groups before and after the experiment / average

Group	Before and after the experiment	Enforce	Pressure	Depressed	Anxious
Experimental group	Before the experiment	13.2	11.9	15.8	11.6
	After the experiment	8.7	4.2	7.5	6.7
Control group	Before the experiment	13.5	12.0	14.7	12.4
	After the experiment	9.5	6.7	8.7	7.3

Conclusions: There is a certain compatibility between the relief of mental stress of higher vocational students and the pattern of “great thought and politics”, and the two complement each other. It is feasible to alleviate the mental and emotional pressure of higher vocational college students under the background of “Great Thought and Politics”, and there are still many ways worth exploring. In a word, according to the actual situation of students’ mental health, we should create a beautiful, quiet and tidy study and living environment. Classes, teams, teachers, parents and students should fully interact with each other to cultivate students’ cooperative spirit and improve their social ability, so as to make them meet their psychological needs to show their self-ability in a series of psychological education activities and promote students’ mental health.

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ANALYSIS OF THE INFLUENCE OF JAPANESE CULTURAL EDUCATION ON COLLEGE STUDENTS’ COMMUNICATION PSYCHOLOGICAL BARRIERS UNDER THE BACKGROUND OF CULTURAL MARKET

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Background: With the deepening of economic and political exchanges between China and Japan, Japanese learning has attracted more and more attention. Many colleges and universities have set up Japanese majors, and the number of Japanese learners has increased sharply. However, due to the limitations of school running experience and teachers, many new Japanese majors have various problems in Japanese teaching, such as slow improvement of students’ learning level, poor oral expression and so on. Many educators only analyze problems and seek solutions from the perspective of students’ knowledge and intellectual development, and often ignore the inseparable relationship between students’ emotional development and cognition. In fact, the psychological obstacles caused by emotional factors such as learning purpose, learning ability, emotion and self-concept also have a great impact on students’ Japanese learning.