

the experimental objects through positive emotion scale, negative emotion scale and literary works appreciation.

Method design: The subjects were divided into experimental group and control group. Taking three literary works with different emotional tone and narrative mode as research tools, they were allowed to make a personal aesthetic interpretation of the value pursuit transmitted by literary works, and record the data. With the help of the experimental scale, this paper analyzes the differences in the aesthetic level of female readers before and after the experiment. The total number of returned and effective questionnaires were 289 and 277 respectively, and the effective rate was 95.84%.

Methods: Excel was used to analyze the aesthetic differences of disease on female readers in the appreciation of literary works, as well as the differences of divergent thinking and creativity of women with different degrees of disease in aesthetic reading.

Results: Affective disorder has a certain influence on the aesthetic level of female readers, which makes the sick readers worse than the normal readers in the appreciation of literary works, the grasp of the author's thoughts and the appreciation of text sensitivity. The more serious the disease is, the easier it is to limit their creative thinking and imagination in the process of reading. Figure 1 shows the score difference of readers' fluency and uniqueness in literary aesthetic reading.

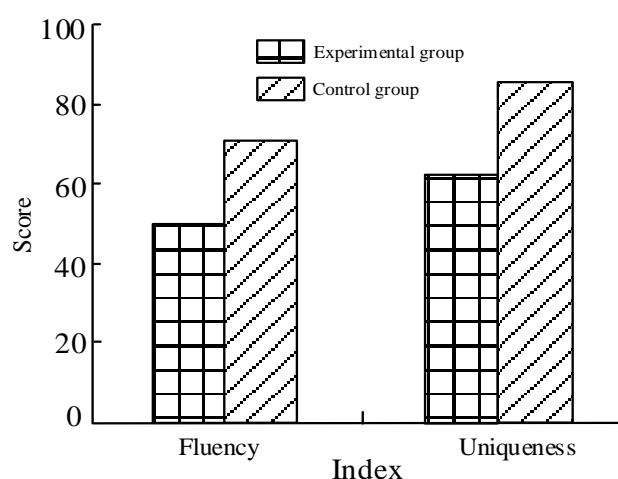


Figure 1. Comparison of the scores of fluencies and uniqueness of readers in literary aesthetic reading

Conclusions: Literary works are finally written around the literary aesthetic paradigm, which is based on the cultural identity as the spiritual pillar of writers. Different groups have different aesthetic abilities of literary works, and their different starting points and reading perspectives make their perception of literary works different. Modern and contemporary women with affective disorders lack creativity in the aesthetics of their works and are seriously affected by emotions. Better exploring the differences in their aesthetic interpretation and putting forward targeted suggestions will help to appease the emotional fluctuations of patients and alleviate the negative emotional situation.

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ANALYSIS OF THE EFFECT OF THE TRANSFORMATION OF IDEOLOGICAL AND POLITICAL EDUCATION MODEL ON ALLEVIATING STUDENTS' ANXIETY SYMPTOMS

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Background: With the development of market economy, the needs of educational subjects are increasingly diversified and comprehensive, and its regularity and direction are more and more difficult to grasp. The implementation of Ideological and political teaching reform is the basic requirement for the full implementation of quality education. The traditional "cramming" education mode makes students forced to accept education, resulting in "exam-oriented education" that blindly pursues scores, to some extent, the cultivation of practical ability and creative ability is ignored. And the teaching-based education model ignores students' initiative and practicality. The same boring teaching plan design reduces students' interest in learning and limits the teaching content to "dogmatism". However, ideological and political teaching

should be derived from life and higher than life, so as to provide theoretical guidance for solving some problems in life. The transformation of Ideological and political teaching mode is an effective way to promote the interaction between teachers and students, promote the integration of cultural knowledge and rational thinking, and create a harmonious, equal and pleasant learning atmosphere between teachers and students. The development trend of Ideological and political teaching reform should change in the adjustment of teaching objectives, teaching design and the improvement of assessment mechanism, that is, pay more attention to the cultivation of humanistic quality and help students realize the unity of correct emotional cognition and “three views”. Teachers should highlight “people-oriented” in combination with the content of the outline, and clarify the ability objectives, knowledge objectives, attitudes, emotions and values objectives. At the same time, teachers should make flexible and rational use of teaching resources, realize the organic unity of objectives, establish an assessment mechanism for evaluating students’ comprehensive quality, and highlight the unity of motivation and development.

As the main body of the teaching model, students’ enthusiasm and learning efficiency of participating in the classroom will affect the teaching quality and the completion of teaching objectives. Most college students are in a noisy and crowded living environment, which is easy to lead to students’ psychological problems such as fatigue, slowness and irritability, However, the change of learning environment and students’ relaxation of their own requirements make it difficult for them to invest in learning focus when dealing with college education and curriculum learning, and the learning effect is poor, resulting in negative emotions such as anxiety. Anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. It is often manifested in negative emotions such as anxiety, shame, disappointment, anxiety and fear, which will have a certain impact on learning, life and mental health. The international health organization claims that the number of patients with anxiety and depression among college students is still increasing, and the incidence group is becoming younger and younger.

Objective: In order to alleviate the anxiety symptoms of college students, improve their mental health level and improve the quality of Ideological and political teaching, the research provides guiding suggestions for the alleviation of students’ anxiety after the transformation of Ideological and political mode, and provides useful value for improving students’ mental health and learning quality.

Research objects and methods: 800 college students of different grades in a university were selected as the research objects. Using the method of stratified cluster sampling, the changes of anxiety and mental health of college students after the ideological and political teaching reform were analyzed by self-rating Anxiety Scale (SAS) and Hospital Anxiety and Depression Scale (HADS).

Method design: The subjects were divided into control group and experimental group. The control group was taught according to the conventional ideological and political teaching mode. The experimental group was taught according to the Internet plus curriculum thinking and other innovative education mode, and the mental health status and anxiety level of the university students were evaluated by scale score before and after the implementation of the teaching plan. The total number of returned and valid questionnaires were 800 and 795 respectively, and the effective rate was 99.37%.

Methods: Excel was used to analyze the scores of the scale before and after the implementation of the teaching mode.

Results: After the application of the Internet plus curriculum thought and teaching mode, the anxiety of college students was improved significantly. There was a significant difference between the two groups in SAS scores and HADS scores. The SAS scores of the two groups of students before and after the implementation of the ideological and political innovation teaching mode are shown in Figure 1.

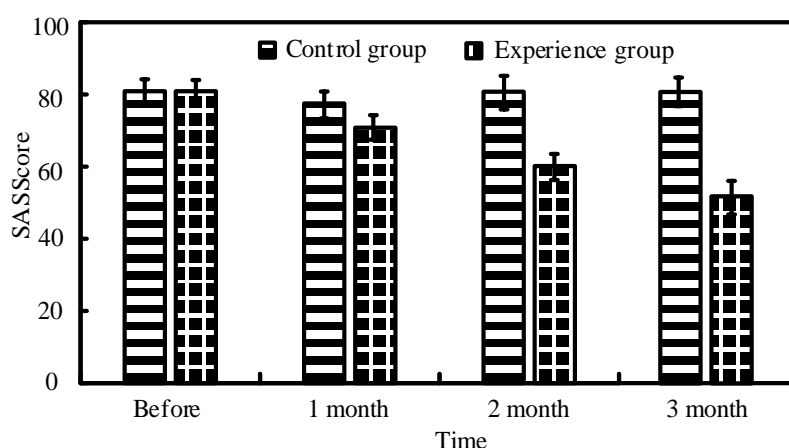


Figure 1. SAS scores of two groups of students before and after the implementation of Ideological and political innovation teaching mode

Conclusion: Ideological and political education is an important part of the construction of spiritual civilization. Students' Ideological and political quality is related to the future and destiny of the party and the country. However, under the influence of the external environment and their own internal causes, students' emotional anxiety is more prominent, which affects their physical and mental health, study and life. Speeding up the teaching reform of Ideological and political education helps to alleviate students' anxiety level and greatly improve students' learning efficiency and quality. The ideological and political education reform model can better guide students to improve their three views and improve their ability to regulate their emotions.

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RESEARCH ON THE INFLUENCE OF ART PATTERN SYNTHESIS COURSE ON COLLEGE STUDENTS' COMMUNICATION ADAPTATION BARRIERS

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Background: With the continuous expansion and improvement of the application scope and frequency of network social platforms, people are more and more inclined to express their likes and dislikes and express their views on the network, but they are extremely timid and afraid of communicating with others in real life. Among them, college students show the most typical and common communication adaptation barriers. As the successors of the new century, college students have strong ability to understand and accept emerging things, mostly in a state of high spirits and complacency, but some college students are still self-closed and unwilling to communicate with the outside world. College students with communication adaptation disorder usually have certain mental health problems, cognitive impairment, language cognitive impairment, or psychological loneliness and depression, which leads to the continuous decline of their language communication ability, difficult to accurately or directly express their ideas or ideas, and unable to communicate with others. College Students' communication adaptation disorder seriously hinders their own physical and mental health and academic development, and the symptoms of communication adaptation disorder will become more and more serious under the negative effect of their inferiority or autistic psychology. Art pattern synthesis course is a teaching course focusing on the cultivation of aesthetic consciousness. In the actual teaching process, college students often need to communicate with each other, exchange each other's aesthetic opinions and jointly improve the artistic aesthetic level; Teachers and students also need to strengthen communication and contact. Teachers should spread aesthetic and artistic knowledge and encourage students to think, do and ask more. Taking the art pattern synthesis course as a communication bridge can alleviate the communication and adaptation obstacles of college students, enable college students to realize friendly communication with teachers or classmates in the process of art pattern synthesis, and finally improve their mental health level.

Objective: To solve the communication and adaptation obstacles of college students by using the art pattern synthesis course. In the process of classroom teaching or group cooperation, promote the friendly communication between college students with communication adaptation barriers and teachers and students, enhance their communication and communication ability while improving their artistic pattern synthesis and artistic aesthetic level, and then effectively eliminate their communication adaptation barriers.

Research objects and methods: This study uses the method of stratified cluster sampling to select 120 students with communication adaptation disorder from 4 universities as the research object. The self-made communication ability evaluation scale is used to evaluate students' communication ability. The scale includes 10 different dimensions, such as smooth speech, clear speech, clear logic and willingness to communicate. The score range of each dimension is 1 - 10 points, and the full score of the scale is 100 points. If the score of the communication ability assessment scale of the tested college students is higher, it means that the symptoms of communication adaptation disorder are lighter and their communication ability is stronger.