Technology" is divided into six project modules by adopting the project-based teaching design idea, namely, light control lamp, direct current speed control device, switching power supply, medium frequency induction heating power supply, electric fan and frequency converter. Each project module uses online and offline hybrid teaching model, the implementation of each project is divided into three stages, namely, before class, in class, after class. Using network teaching platform to complete the task before class, using task-driven teaching method in class, according to the task analysis - task training - task display and evaluation. In order to carry out the basic task of cultivating students, in the process of training students to achieve the knowledge and ability goals of the course of "Power and Electronics Technology", we should sort out the teaching contents of the six items, refine the elements of ideological and political education, design excelsior craftsman spirit, green design spirit, diligent in working, team spirit, professional spirit of engineering practice and patriotic struggle and dedication spirit in accordance with the ideas of "digging-integration-implementation-evaluation", and integrate them into different teaching links of each item to study "thinking politics", understand "thinking politics" and practice "thinking politics". With the intervention of educational psychology, this paper analyzes the influence of ideological and political education reform on the realization of students' quality and ability goals.

Study design: Randomly selected 100 students majoring in electronic technology, using a questionnaire survey. A total of 100 questionnaires were distributed and 96 questionnaires were returned, of which 92 were valid.

Methods: With the intervention of Excel 2007 statistical educational psychology, the effect of innovation in the ideological and political education of college electronic technology curriculum is analyzed.

Results: In order to reduce the large error caused by individual subjectivity in the assessment, the results of the survey are rounded off by rounding the values of 100 students to an average, with 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence and 5 indicating full influence.

Table 1. Effect of ideological and political teaching reform in universities under the intervention of educational psychology

Factor	Achieve quality goals	Achieve ability goals	Master the key points and difficulties in teaching
Values	5	5	4

Conclusions: Curriculum politics is an important position to strengthen moral education in colleges and universities. As a professional course teacher, we should be fully aware of the importance of ideological and political education. While imparting knowledge, we should also be duty-bound to play the role of disseminators of advanced ideology and culture and instructors of students' healthy growth. Based on educational psychology and in light of the characteristics of different courses, the elements of socialist core values such as patriotism, devotion to work, innovation ability and responsibility shall be organically integrated into knowledge teaching, so as to truly form a new mechanism of higher education featuring whole-process, whole-staff and all-round education, and guide students to establish correct values on life in the new era, so as to cultivate more healthy and upward talents for society.

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RESEARCH ON THE INFLUENCE OF THE DEVELOPMENT OF COLLEGE STUDENT ASSOCIATIONS ON THE ALLEVIATION OF COLLEGE STUDENTS' MENTAL STRESS IN THE NEW PERIOD

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Background: College students' association is a kind of social organization, which is led by students in nature. It is very common on the college campus. Many students exercise their abilities and improve their overall quality by participating in college students' associations so as to better adapt to the competition of the future society. Students' associations are also places for students to study. Colleges and universities

should create conditions for the construction and development of students' associations and let students' associations really become important positions for colleges and universities to carry out education work. College student associations are one of the main places for students to show their talents. Many colleges and universities have set up various associations, which attract a large number of students to participate and add a bright color to college life. Club activities are very rich in content, diverse in form, flexibility, both to fully display the style of students, but also to enrich the lives of students, by many college students. The vigorous development of college associations has provided students with a platform for practical training, and the comprehensive ability of college students will be constantly improved as a result. Student associations have become an indispensable part of college students' campus life, and are also the main way to alleviate college students' mental stress. Colleges have fully realized this, and have made use of association activities to alleviate college students' mental stress, explore its path, and achieve remarkable results.

Objective: The college stage is an important stage of one's physical and mental development. In recent years, the mental health of college students has aroused the concern of all sectors of society, and there are more and more researches on college students' mental health. College students' mental health is a multi-dimensional organic system. From the previous in-depth study and theoretical thinking on the nature and performance of college students' mental health, mental stress is the core factor affecting college students' mental health. With the rapid development of economy and the intensification of social competition, college students are under more and more pressure to study and choose a career, and the mental pressure of daily life is also increasing and has a great impact on their daily life.

Subjects and methods: Mental stress can maintain mental health and lead to mental disorders. Moderate Mental stress can maintain individual mental health, but strong and lasting Mental stress can make people lose psychological balance and physiological dysfunction, and then lead to psychological distress and even mental disorders. Club activities can not only enrich students' knowledge, but also help to improve students' communication ability, and combine the advantages of participation, practicality and interest of club activities, which can adjust students' active initiative and delight students' mood. Random selection of 100 college students, age unlimited, gender unlimited, professional unlimited. Methods: A total of 100 college students were randomly divided into two groups according to the results of self-assessment of psychological stress. There was no significant difference between the two groups in terms of performance indicators and academic character, which did not affect the experimental results. The experimental group of college students in addition to the normal daily learning life, to participate in weekly community activities for 3 months. The control group was only normal school life and normal daily activities outside the campus. Three months later, the two groups of college students were tested again for psychological stress. Through the comparison of the statistical results, this paper analyzes the influence of college student associations on alleviating college students' mental stress.

Methods: All the data were collected, summarized, and analyzed by SPSL 3.0 statistical software.

Results: The anxiety status of the two groups before and after the experiment was statistically analyzed. The specific results were shown in Table 1.

Table 1. Scores of two groups of students

Groups		Average value
Experimental group	Before experiment	6.2786
	After the experiment	6.8623
Control group	Before experiment	6.2632
	After the experiment	6.2662

The results showed that the students in the experimental group were affected by the activities of college student associations, and the psychological anxiety of the students in the control group changed significantly. Therefore, it is concluded that the development of college student associations has a positive impact on alleviating college students' mental stress.

Conclusions: Under the background of the new era, colleges and universities should carry out the activities of college students' mass organizations by setting up a platform inside and outside the school, highlighting the students' main body status, strengthening students' participation in extracurricular practice, optimize the organization form of mass organizations, improve the quality of activities, and urge students to strengthen their sense of social responsibility and ability of public participation in the process of participation, and strengthen the research on the construction of college students' mass organizations can alleviate the mental pressure of college students, promote college students to establish correct world outlook, outlook on life and values, and promote the overall growth of college students.

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ANALYSIS OF THE INTERVENTION MEANS OF ANXIETY DISORDERS IN THE PROCESS OF INNOVATION AND ENTREPRENEURSHIP

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Background: With the enrollment expansion of colleges and universities, the number of college students continues to increase. More and more people receive higher education, and the national quality of our country has been improved to a certain extent. Under the pressure of various aspects, the anxiety of college students is serious, and the current employment situation is not optimistic. In the face of this employment situation, we should effectively and rationally intervene with students with anxiety disorders to make them realize that only with innovative ideas and innovative thinking can they be competitive in an increasingly competitive and rapidly changing world.

Heavy anxiety will affect the daily behavior and life enthusiasm, the long-term existence of anxiety tendency as a negative emotional response. Research shows that the current college students have anxiety, anxiety disorders accounted for 5 to 1 in 1000 of the totals. But they seldom take the initiative to go to the hospital, so they have great concealment. At the same time, they will cause serious damage to college students' body and mind, reduce their study efficiency and quality of life, and have a negative impact on their adaptation to college life and their own healthy development. Therefore, the effective alleviation of psychological anxiety of college students is one of the focuses of current research.

Objective: Because of their own physiological and psychological reasons, university students often have great emotional ups and downs, so we must pay attention to their physical and mental health in the process of entrepreneurship. First of all, college students need to understand their own emotional points, recognize the root cause of the emergence of bad emotions, and then for the reason of the emergence of emotional restraint, in the process of innovation and entrepreneurship, in order to achieve the success of entrepreneurship on the premise of maintaining physical and mental health. Based on this, this paper focuses on the innovation and entrepreneurship process in the face of stress should be how to maintain physical and mental health analysis.

Subjects and methods: The ability to innovate and start a business is the condition that the entrepreneur has a pioneering thought, idea, personality, will, style of work, quality and so on, and is the source of the entrepreneur's innovative consciousness and spirit, which is embodied in such spiritual conditions as bravery in innovation, taking risks, unity and cooperation, and perseverance. At present, strengthening the students' mental health education is the most important in the development of entrepreneurial talents. Whether college students have good mental quality is directly related to their successful entrepreneurship. Entrepreneurship requires college students to be prepared in advance to withstand risks, to have the tolerance and courage to face the adverse consequences, these need to have a very good psychological quality. The questionnaire is divided into five parts: personal background factors, innovation, and entrepreneurship education experience, innovation and entrepreneurship quality, innovation and entrepreneurship intention and innovation and entrepreneurship behavior.

Study design: In recent years, with the rapid development of our economy, various economic industries emerge one after another, in order to alleviate the increasing employment pressure year by year. College students, as the pioneer force of innovation and entrepreneurship, need not only their own innovation ability, but also the cultivation of entrepreneurship. So, it is urgent to solve the problem of college students' psychological anxiety. In order to alleviate the anxiety symptoms of college students, cultivate college students to learn the concept of entrepreneurship, improve entrepreneurial ability, and cultivate innovative talents. Methods: 50 college students with anxiety disorder were randomly selected to take part in the survey. The purpose and content of the study were informed before the survey. The interview time was limited to 30 min-45 min. The interview mainly analyzes the effect of the intervention on the above five parts in the process of innovation and entrepreneurship of college students with anxiety disorders.

Methods: Excel 2007 was used to analyze the effect of intervention on college students with anxiety disorders during innovation and entrepreneurship.

Results: In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation values of 50 college students with anxiety disorders are rounded off to the average to obtain the rounded results.