

college students, colleges and universities introduce maker education. Therefore, the research determines its impact on alleviating college students' employment anxiety by analyzing the relevant characteristics of maker education.

Research objects and methods: The impact of maker education in colleges and universities is analyzed from four aspects: the professionalism of educational teachers, curriculum system, maker education funds and educational environment. Taking junior and senior college students and graduate students as the research object, 800 questionnaires were distributed to them, and 794 questionnaires were recovered. At the same time, the anxiety rating scale was used to evaluate the psychological anxiety of college students, and excel was used to count the anxiety of students and the current situation of college education.

Research design: In order to eliminate the external interference of college students in the evaluation of maker education, 100 students were randomly selected for interview. The interview content was whether there was a willingness to modify the questionnaire results, and the students were interviewed again to confirm the content of the anxiety scale.

Results: In the survey results, five levels of 1-5 were used to quantify the influence value of specific factors. 1 means irrelevant, 2 means slight impact, 3 means general impact, 4 means significant impact and 5 means full impact. In order to reduce the impact, individuals have made great mistakes subjectively. Take the evaluation value of 1000 students, take the average value, and round to determine the result. See Table 1 for specific statistics.

Table 1. Influence of maker education on college students' employment anxiety

Factor	Teacher professionalism	Curriculum system	Maker education funds	Educational environment
Junior	5	5	4	3
Senior	5	5	4	4
Graduate student	4	5	4	4

Table 1 shows that through the analysis of maker education, it can be seen that improving the professionalism of teachers and improving the maker education curriculum system can link students' employment anxiety to the greatest extent. In addition, the educational environment has a low impact on the alleviation of students' employment anxiety, but it still plays an important role in the alleviation of students' Employment anxiety.

Conclusions: Mental health is a prominent problem affecting the growth and development of college students and the harmony and stability of colleges and universities. For college students about to graduate, the psychological problems caused by employment pressure will seriously affect the follow-up development of college students. Among them, employment anxiety disorder will lead to mental fatigue and emotional irritability of students. In serious cases, it will also lead to depression, fear and other psychological imbalance problems of college students. Therefore, by analyzing the current situation of education in maker education in colleges and universities, and analyzing the impact of various factors on students' Employment anxiety, we can formulate corresponding mitigation methods, and gradually improve college students' employment enthusiasm and self-confidence through maker education in colleges and universities.

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RESEARCH ON THE COOPERATIVE EDUCATION STRATEGY OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES AND ITS IMPACT ON COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: With the continuous development of society and the continuous improvement of economic level, the demand for talents in society and market is also increasing. Talents are not only required to have rich theoretical knowledge and practical experience, but also required to have strong psychological quality and high stress level. University is an important stage for students. During this period, students' mentality

and cognition are changing rapidly. If they are not guided, it is easy for students to have incorrect and unhealthy ideas, such as money worship, profligacy, worship foreign countries and so on. College students are about to enter the society, so they are facing great pressure and fierce competition. Many students fall into confusion about the future in this environment, resulting in anxiety and depression, affecting the level of mental health, and then affecting the healthy growth of students. Ideological and political education in colleges and universities is the main way to shape students' personality, cultivate students' Outlook on life and values, and improve college students' psychological quality. Therefore, ideological and political education in colleges and universities plays an important role in school education. Ideological and political education in colleges and universities is an important way to evaluate and improve students' mental health level. Therefore, it is necessary to explore the impact of curriculum interactive teaching on college students' psychological activities in college ideological and political teaching, analyze the changes of college students' learning anxiety in curriculum interactive teaching, and put forward relevant countermeasures. However, due to the shortage of teachers, the mental health education courses of college students in many colleges and universities adopt the mode of large class public elective courses. The students come from various majors and grades, and the professional background is more complex. Therefore, the teaching effect of Ideological and political education in colleges and universities is not ideal. This paper combines ideological and political education with educational strategies to improve the teaching mode of Ideological and political education in colleges and universities, so as to comprehensively and effectively evaluate students' mental health level, and help students alleviate their psychological anxiety.

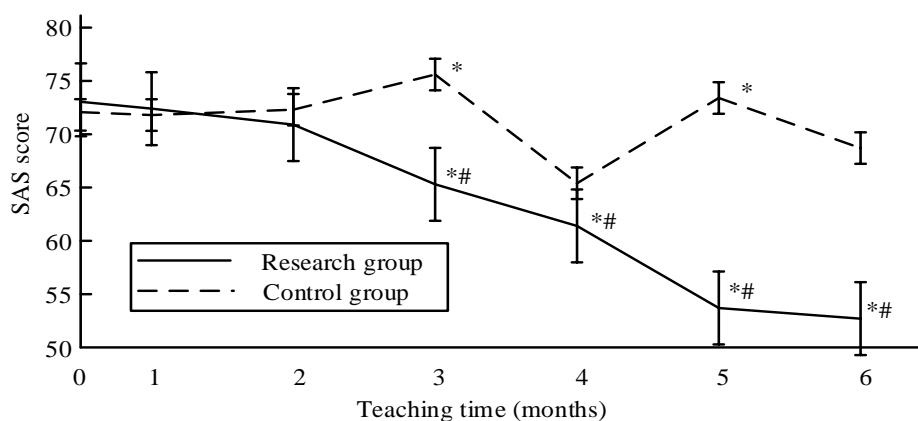
Objective: College students are about to enter the society, so they are facing great pressure and fierce competition. Many students fall into confusion about the future in this environment, resulting in anxiety and depression, affecting the level of mental health, and then affecting the healthy growth of students. Ideological and political education in colleges and universities is the main way to shape students' personality, cultivate students' outlook on life and values, and improve college students' psychological quality. This paper combines ideological and political education with educational strategies to improve the teaching mode of Ideological and political education in colleges and universities, so as to comprehensively and effectively evaluate students' mental health level, and help students alleviate their psychological anxiety.

Subjects and methods: 120 students in a university were selected to conduct a questionnaire survey, analyze the psychological anxiety of students, and improve the ideological and political education mode in colleges and universities combined with educational strategies. Self-rating Anxiety Scale (SAS), hospital anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' mental health.

Study design: Students were randomly divided into study group and control group. The students in the research group received the improved college ideological and political education model teaching combined with educational strategies, while the control group received the traditional college ideological and political education model teaching. There was no significant difference in baseline data such as age and gender between the two groups.

Methods: The data of the scale were processed by software SPSS 17.0.

Results: Results of anxiety in both groups over time are shown in Table 1. The table shows that there was no significant difference in HADS scores between the first teaching groups ($P > 0.05$), the anxiety decreased ($P < 0.05$), and the anxiety was significantly better than the control group ($P < 0.05$), as shown in Figure 1.



Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups of students

Conclusions: As an important part of college curriculum, ideological and political education in colleges and universities needs to pay attention to how to alleviate students' increasing anxiety. Taking the current situation of college students' learning anxiety as the starting point, this paper explores the impact of collaborative education strategy of college ideological and political education on college students' psychological anxiety, and finds that improving college ideological and political education model combined with education strategy can significantly alleviate students' anxiety and improve students' overall learning ability.

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USING POSITIVE PSYCHOLOGY TO INNOVATE THE EDUCATION OF COLLEGE STUDENTS' SOCIALIST CORE VALUE SYSTEM

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Background: The education of socialist core values for college students is to use activities, methods and methods in class or off-class training and other activities to promote college students to establish correct socialist core values. The construction of socialist core values is the foundation for the construction of college students' correct world outlook and values, as well as also the basis for guiding college students to make a healthy development. The socialist core values reflect the rich connotation and practical requirements of the socialist core value system, which contains the assumptions of the country, the expression of a better life, and the basic moral norms are all measures and means of correct guidance for college students. Use psychology, especially positive psychology, can be correctly grasp when the psychological demands and activities of surrogate college students change, and active psychology can tap the internal potential of college students and stimulate students' enthusiasm in life. Under the action of positive psychology, it can provide constructive suggestions for college students' socialist core value system education, and for college students to form the core logic of the socialist core value system, so positive psychology is an important part of the innovative socialist core value system education for college students, and it is also an important path to promote the development of the value system.

Objective: To explore the learning enthusiasm of college students by using the education of students' socialist core value system, construct the positive quality of students' learning, and cultivate the positive and correct life values of college students.

Research objects and methods: Investigate the socialist core value education methods in contemporary colleges and universities, and design a questionnaire based on the socialist core value education methods in Ideological and political classroom. The questionnaire includes two parts: satisfaction and expectation. These two aspects are measured according to Likert's five points scale. Students are required to score the current situation of education, 1 = very poor, 2 = relatively poor, 3 = average, 4 = better and 5 = very good. 500 students in a university were selected as the research object and a questionnaire was issued. According to the content of the first questionnaire, innovate the education mode of College Students' socialist core value system, and guide the correct values from the cultivation of positive psychology.

Research design: There are two surveys in the study. For the first time, a questionnaire survey was conducted under the traditional college students' socialist core value system to analyze students' views on and attitudes toward education. For the second time, after innovating the education of college students' socialist core value system by using the paradigm of positive psychology, the questionnaire was distributed to the same group of students, the students' views on college students' socialist core value education were analyzed again, and the students' positive psychological situation was counted.

Results: The positive psychological activities of students were investigated and the positive psychological changes of students under different education modes were analyzed. The positive psychological changes of students are shown in Table 1.

Table 1 shows that students' positive psychological evaluation scores have increased significantly after innovative college students' socialist core values education and teaching, and the positive psychological