

and most students have gained at different levels, of which the most gain comes from moral cultivation.

**Conclusions:** The application of educational psychology in the concept of ideological and political education in colleges and universities can more effectively promote college teaching to follow students' psychological laws, close to students' actual life, combine ideological training with psychological counseling, and explore innovative educational methods, so that students can better absorb educational content and produce subjective initiative driven by positive ideas, actively cultivate correct self-awareness and realize self-improvement and self-development.

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## INFLUENCE OF IDEOLOGICAL AND POLITICAL TEACHING ON MENTAL HEALTH OF ANXIETY STUDENTS IN COLLEGES AND UNIVERSITIES

Zengqiang Kong

*Office of Party and Administration, Dongguan City College, Dongguan 523419, China*

**Background:** College is a transitional period of life that will have an important impact on life. At this stage, college students are faced with many important tasks in life, such as breaking away from their student identity and entering society. During this period, although college students are eager to be close to adults physically and mentally, in fact, their minds are not fully mature. It is often difficult to find appropriate relief channels in the face of various pressures such as graduation and work, especially in the contemporary era with highly developed media technology, all kinds of misleading values information are more likely to make college students deviate from the path of healthy psychological development. It is common for college students to have mental health problems such as depression and anxiety under the pressure of all kinds of pressure and information. Therefore, while carrying out knowledge education for college students, scientific and reasonable ideological, political and psychological education is also indispensable.

Ideological and political education in colleges and universities can provide students with methods to judge the right and wrong of external information and deal with their own psychological pressure. Ideological and political education is multifaceted for college students' mental health education. In the aspect of self-cognition, ideological and political teaching can help college students identify and correct wrong ideas through classroom discussion and after-school guidance, and improve students' moral cultivation and self-cognition. In terms of social adaptability, ideological and political teaching can help students better adapt to the society through positive value orientation, reduce anxiety in interpersonal relationships, and make college students have stable and optimistic emotions. In terms of spiritual power, ideological and political education can establish beliefs and ideals for students as spiritual power. With the support of internal power, college students are easier to focus on responding to beliefs and ideals with action, so as to eliminate the root of anxiety and get rid of anxiety. In terms of personality shaping, ideological and political teaching can help students form a perfect legal personality and moral personality. The perfect personality has stability and internal unity, and can play an important role in eliminating anxiety.

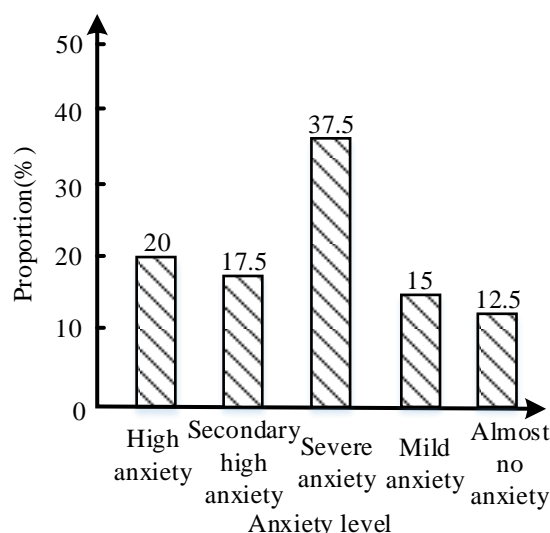
**Objective:** Contemporary college students are likely to have anxiety when facing the pressure of study and life and the misleading of external information. This study investigates and counts the current situation of anxiety psychology of college students, and on this basis, explores the impact of Ideological and political teaching on the mental health of anxiety students in different aspects, so as to ensure the physical and mental health of college students in their daily study and life.

**Subjects and methods:** This study combines theoretical analysis with questionnaire survey, analyzes the literature theory, explores the causes and types of students' anxiety psychology, and designs a questionnaire on the basis of theory to explore the current situation of college students' anxiety psychology and the impact of Ideological and political education on the mental health of college students with anxiety disorder.

**Study design:** The questionnaire of this study was conducted in the form of self-administered questionnaire. The questionnaire subjects were selected by stratified random sampling from students of different grades and majors. A total of 200 questionnaires were distributed in the experimental process, of which 6 were not successfully recovered and 194 were successfully recovered.

**Methods:** The questionnaire data were counted and classified by Excel software.

**Results:** This study investigates the general situation of anxiety psychology of contemporary college students. The specific results are shown in Figure 1.



**Figure 1.** Statistical chart of anxiety degree

As shown in Figure 1, it can be seen that the distribution of Anxiety Psychology among contemporary college students is relatively common, and the number of people with almost no anxiety is the least. Therefore, it is necessary to improve teachers' psychological education level and enrich teachers' knowledge literacy in the process of Ideological and political teaching, which is the basis of improving ideological and political education and psychological education. On this basis, according to the actual situation of anxiety college students, reshape the teaching objectives, establish a perfect ideological and political education and psychological education system, and help students get rid of anxiety.

**Conclusions:** The anxiety of college students often comes from all kinds of pressures that are difficult to be effectively dredged in their study and life. In view of the mental health status of anxiety students, colleges and universities should actively expand the teaching contents of ideological and political education, innovate teaching methods, combine psychological education with ideological and political education, provide spiritual guidance and psychological counseling for students' study and life through ideological and political education, create a harmonious and interactive teaching environment and help students establish a more perfect personality.

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## ANALYSIS OF STUDENTS' AFFECTIVE BARRIERS AND COUNTERMEASURES IN COLLEGE ENGLISH TEACHING

Qian Huang

*School of Foreign Languages, Zhijiang College of Zhejiang University of Technology, Shaoxing 312030, China*

**Background:** Compared with other teaching types, English teaching has certain particularity. In the process of English teaching, the high frequency of interaction between teachers and students is rare in other classes. This high frequency of interaction directly determines the complexity of psychological activities in the process of English teaching. In the absence of real language situation, students may make mistakes. In the special public environment of teaching classroom, such mistakes may cause students' negative emotions such as inferiority complex and self-doubt. This negative emotion further leads to psychology such as fear and tension, and once again forces students to make mistakes unintentionally, Form a vicious psychological cycle of English teaching. In efficient English teaching, similar students' emotional barriers are very common. Therefore, in the teaching process, we should not only pay attention to the teaching of knowledge, but also pay attention to emotional education, eliminate students' emotional barriers, and create a comfortable learning environment for students.

In language learning, emotional factors have been concerned for a long time. In view of the impact of emotional factors on language learning, there have been a variety of language learning methods based on emotional training, such as suggestion method, whole-body response method, community practice method