interference of different factors such as academic competition, employment pressure and interpersonal communication, college students' anxiety will become more and more serious, which will have a huge negative impact on their own emotional state and daily life. This topic will make an in-depth analysis of college students' anxiety and its causes from the perspective of Ideological and political education, in order to effectively alleviate and eliminate college students' anxiety and problems through highly targeted psychological counseling, and finally achieve the purpose of promoting their mental health development.

Research objects and methods: In this project, students from five universities will be selected by stratified cluster random sampling, and 60 students will be randomly selected from each university for analysis, a total of 300. Through the form of questionnaire survey, this paper explores the improvement of anxiety of selected college students before and after the experiment.

Research design: According to the random number table method, college students were divided into control group and experimental group, with 150 students in each group. For the former, there is no ideological and political education, only general education. The latter will receive ideological and political education for three months. In this project, 300 questionnaires were distributed, and 296 valid questionnaires were recovered, with a recovery rate of 98.67%.

Methods: The core content of the questionnaire is self-rating Anxiety Scale (SAS), which is used to score and compare the anxiety state of the two groups of college students before and after participating in the subject experiment. The higher the SAS score, the more serious the anxiety state of the college students. Using Excel software and SPSS 22.0 software, the anxiety problems and their improvement of college students from the perspective of ideological and political education are counted and analyzed. The measurement data were $x \pm s$, and the comparison between groups was t-test. The difference between the two groups was expressed in percentage (%), $P < 0.05$ showed that the difference was statistically significant.

Results: There was no significant difference in SAS scores between the experimental group and the control group before the experiment ($P > 0.05$); After the experiment, the SAS score of college students in the control group decreased slightly, while the SAS score of college students in the experimental group decreased significantly, which was significantly lower than that in the control group. The difference between the two groups was statistically significant ($P < 0.05$). The results are shown in Table 1.

Table 1. Statistical results of SAS scores of two groups of college students before and after the experiment

Group	Before the experiment	After the experiment
Experience group	52.61±8.91	23.47±7.36
Control group	51.49±7.25	43.85±6.54
t	1.993	1.992
P	0.539	0.000

Conclusions: Ideological and political education can enable college students to adopt certain ideological and political theories, effectively improve their ideological level, and facilitate their formation of independent and perfect personality. Exploring the anxiety of college students from the perspective of Ideological and political education, we can find that ideological and political education can effectively alleviate the anxiety of college students. After a three-month experiment, the anxiety of college students receiving ideological and political education has been significantly improved, and their stress resistance and mental health have been improved to varying degrees.

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DILEMMA AND OUTLET CHOICE OF BIG DATA TELECOM NETWORK FRAUD INVESTIGATION FROM THE PERSPECTIVE OF COGNITIVE IMPAIRMENT

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Background: With the continuous development of information technology, the types of fraud crimes lurking under the network emerge one after another, and the number of fraud cases is gradually increasing. With the continuous improvement of fraud technology, it is imperative to use big data for investigation cooperation and investigation and evidence collection. In areas where telecommunications fraud is frequent, the Public Security Bureau has established an anti-fraud center to crack down on telecommunications fraud through big data technology, and achieved good results. Nevertheless, the investigation of big data telecom

network fraud crime is still in a dilemma. Under the influence of traditional investigation thinking, public security is helpless in the face of non-contact telecom network fraud, resulting in low case handling efficiency and great difficulty in arresting Telecom fraud criminals. Telecom network fraud contains high-tech technology, which makes the investigation complex. If the cognitive obstacles brought by traditional thinking cannot be changed, it will not be conducive to the investigation of big data telecom network fraud crime. In the process of investigation, the investigators' investigation professionalism is insufficient, and the evidence they have cannot be fully screened and used, which will lead to the omission of key evidence, which is also one of the reasons for the low efficiency of case handling, which will lead to the reduction of the authority and credibility of the investigation organ. In addition, the mechanism of investigation cooperation is the same as the traditional investigation mode, and the cooperation object is mainly people. This method has great defects in the face of complex telecom network fraud. The case information cannot be seamlessly connected, which hinders the case handling process.

Objective: To recognize the shortcomings of traditional investigation thinking, investigation cooperation mechanism and investigation professionalism, correctly understand the cognitive obstacles and cognitive deviations in these aspects, make corresponding innovations and breakthroughs, timely and effectively discover, expose and truthful telecom network fraud, and adopt an open mind to screen and use the data information obtained from investigation, We are skillfully using big data investigation means to mine and analyze huge data resources, so that these technologies can become a helper in solving cases. In addition, to improve the professionalism of the investigation team, train special talents for big data network fraud crime, and comprehensively improve the deficiencies existing in the previous investigation and handling of cases.

Research object and methods: The research object is the investigators of the anti-fraud center. 450 investigators were selected by stratified cluster random sampling. 85 questionnaires were distributed to them. The number of recovered questionnaires and effective questionnaires were 445 and 440 respectively. The questionnaire recovery rate and effective rate were 98.9% and 97.8% respectively. In addition, the questionnaire was made with reference to the guidance of a number of investigators with rich investigation experience. The scoring method is grade 1-5, and 1-5 points respectively mean no, slightly, general, obvious and complete. SPSS software is used to statistically process the data collected in the questionnaire, and analyze the effect of improving the investigation mechanism of big data telecom network fraud crime from the perspective of cognitive impairment.

Results: The data of relevant questionnaires were processed by SPSS software, and the results are shown in Table 1.

Table 1. Score of relevant investigation ability of investigators

Inquiring officer	Evidence screening ability	Big data technology utilization capability	Synthetic operational awareness
Male	4	5	4
Female	4	4	4

In Table 1, the scores of male investigators on evidence screening ability, big data technology utilization ability and synthetic combat awareness are 4, 5 and 4 respectively, and the scores of female investigators on evidence screening ability, big data technology utilization ability and synthetic combat awareness are 4, 4 and 4 respectively. Male investigators have slightly better big data technology utilization ability than female investigators, The other two investigative abilities are equal.

Conclusions: Under the background of the continuous improvement of big data technology, it is necessary to carry out continuous reform and development of telecom network fraud investigation, and the continuous efforts and exploration of investigation organs. Facing the complex and severe situation of Telecom fraud, investigators should speed up the transformation of investigation thinking and improve professional skills, and make rational and efficient use of data and information resources. So as to ensure the smooth development of investigation, improve the efficiency of investigation and case solving, speed up the speed of cracking down on telecom network fraud, and ensure the property safety of the people.

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STUDY ON THE IMPORTANCE OF LANGUAGE COMMUNICATION AND PSYCHOLOGICAL NURSING IN PSYCHIATRIC NURSING

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