

establish the confidence and self-identity of middle-aged and young people in mountainous areas, and finally achieve the purpose of alleviating the mental pressure of middle-aged and young people. Based on the perspective of social psychology, this study discusses the impact of economic revitalization in Qinling mountain area on alleviating the mental pressure of middle-aged and young people in this area, and formulates a questionnaire to conduct a questionnaire survey on middle-aged and young people in Qinling mountain area, which provides a guiding theory for alleviating the mental pressure of middle-aged and young people in mountain area, promotes the development of poor and remote mountain areas in China, and then promotes the progress of society in China.

The mental stress of middle-aged and young people is widespread in remote mountainous areas, which seriously affects the daily life of middle-aged and young people in mountainous areas. In view of this problem, based on social psychology, the research discusses the alleviation of the spiritual pressure of middle-aged and young people in Qinling mountain area by economic revitalization, which provides a solution to alleviate the spiritual pressure of middle-aged and young people in Qinling mountain area and promotes the improvement of China's overall economic level.

Subjects and methods: 1600 middle-aged and young people in Qinling mountain area were selected as the research objects, and a questionnaire survey was carried out. Among the 1600 subjects, 956 were young and middle-aged men. 644, aged between 30-39 years. Based on social psychology and the current situation of mental stress of middle-aged and young people, this paper formulates relevant questionnaires to investigate the impact of economic revitalization on mental stress of middle-aged and young people.

Study design: 12 experts in social psychology and economics were invited to evaluate the questionnaire, and some questionnaire questions were deleted or added according to the expert's evaluation. Using the orthogonal rotation method, know measure and Bartley sphere test are used to evaluate the validity of the questionnaire, and then to evaluate the reliability of the questionnaire results. Finally, according to the questionnaire survey results, this paper analyzes the impact of economic revitalization on alleviating the mental pressure of middle-aged and young people in Qinling mountain area.

Methods: The relevant data were processed and analyzed by IBM SPSS software.

Results: The validity of the questionnaire was evaluated by orthogonal rotation method, KMO measure and Bartley sphere test, and then the reliability of the questionnaire results was evaluated. As shown in Table 1, the reliability test results show that the reliability of the questionnaire is good, indicating that the questionnaire survey results have high reliability.

Table 1. Reliability test of questionnaire survey

Kaiser-Meyer-Olkin	Measurement sampling appropriateness	0.976
Bartlett's spherical test	Approximate chi square	8183.786
-	<i>df</i>	352
-	Significance	0.000

Conclusions: With the acceleration of China's modernization process, the development space of middle-aged and young people in remote Qinling Mountains is blocked due to the limitation of the objective environment, so the middle-aged and young people in this area have had great mental pressure. Based on social psychology, this study discusses the alleviation of mental pressure of middle-aged and young people in Qinling mountain area by economic revitalization, and carries out a questionnaire survey on middle-aged and young people in Qinling mountain area. The research provides a guiding theory for alleviating the mental pressure of middle-aged and young people in mountainous areas, and then promotes the progress of our society.

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

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Background: With the rapid development of society and economy, the pace of life is faster and faster, the competition is more and more intense, and the pressure is more and more. Many people have psychological problems to varying degrees. Some people suffer from depression because of long-term depression and anxiety. Depression is now the most common psychological disease, with continuous and long-term depression as the main clinical feature. It is the most important type of psychological disease in modern people. Depression is a recurrent and long-term disease. The onset time of most depression will last one to two years, and there will be repeated episodes after cure. University is a special stage for students. In this period, students begin to contact all kinds of ideas in society. At the same time, they are faced with academic pressure, interpersonal pressure and employment pressure, so they are in a confused stage. Many college students suffer from depression because they are too confused and worried about the future. Depression will damage students' physical and mental health and affect students' normal life and study. Therefore, finding a way to alleviate students' negative emotions and reduce students' anxiety and depression will help students establish a correct outlook on life and values, improve students' psychological quality, provide high-quality talents for the society and promote the development of the society.

Ideological and political education is not only an important link in the college education system, but also an important way for colleges and universities to cultivate students' personality, help students establish self-confidence and alleviate students' negative emotions. With the development of the times and science and technology, the traditional ideological and political education model in colleges and universities has gradually been unable to adapt to the changes of the environment and bear the responsibility of cultivating college students' good character, transmitting correct ideas and improving students' comprehensive quality. Therefore, it is urgent to improve and optimize. This paper puts forward some strategies to improve and optimize the traditional teaching mode of Ideological and political education in colleges and universities, including innovating teaching ideas and improving the practical role of Ideological and political theory in combination with the development needs of the times. Combining information technology, innovating the teaching form of ideological and political education in colleges and universities. Strengthen the cultural construction of colleges and universities and set up a scientific and reasonable teaching effect evaluation system; Innovate teaching mode and give full play to students' subjective initiative. Improving the teaching mode of Ideological and political education in colleges and universities can effectively alleviate students' depression, improve students' psychological quality, provide high-quality talents for the society and promote the development of the society.

Objective: The traditional ideological and political education model in colleges and universities has gradually been unable to adapt to the changes of the environment, and cannot bear the responsibility of cultivating college students' good character, transmitting correct ideas and improving students' comprehensive quality. Therefore, it is urgent to improve and optimize. The research puts forward some strategies to improve and optimize the traditional teaching mode of ideological and political education in colleges and universities, which can effectively alleviate students' depression and improve students' psychological quality.

Research objects and methods: 80 students were selected as the research objects, and the Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate the students' mental health status, and the students' ideological and political education examination results were used to evaluate the teaching effect.

Research design: The students were randomly divided into research group and control group. The students in the research group used the improved ideological and political education model for teaching. The students in the control group were taught by the traditional ideological and political education mode. After 4 months, the anxiety, depression and academic performance of the two groups were compared.

Methods: The relevant data were processed and analyzed by SPSS 17.0 software.

Results: The SAS and SDS scores of the students in the study group were significantly lower than those in the control group ($P < 0.05$). The test scores of students in the research group were higher than those in the control group, and the difference was significant. The SAS scores of the two groups are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research Group	Control group		
Before teaching	71.9±12.3	72.1±13.1	0.123	0.874
After Teaching	53.4±9.2	65.8±10.5	6.425	0.047
<i>t</i>	7.954	4.352	-	-
<i>P</i>	0.001	0.035	-	-

Conclusions: University is a special stage for students. During this period, students begin to contact various ideas in society, and face academic pressure, interpersonal pressure and employment pressure, so they are in a confused stage. Many college students suffer from depression because they are too confused and worried about the future. The research puts forward strategies to improve the traditional ideological and political education model in colleges and universities, alleviate students' negative emotions, reduce students' anxiety and depression, help students establish correct outlook on life and values, improve students' psychological quality, provide high-quality talents for the society and promote social development.

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RE-ESTIMATION OF TOTAL FACTOR PRODUCTIVITY AND GROWTH MOMENTUM ANALYSIS UNDER THE CONSTRAINTS OF ENERGY CONSERVATION AND EMISSION REDUCTION UNDER THE OBSTACLE OF THINKING LOGIC

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Background: Carbon emission, also known as greenhouse gas emission, is the emission of various greenhouse gases formed by human activities or nature, such as carbon dioxide, freon and methane, into the atmosphere. Greenhouse gas emissions will cause the greenhouse effect, lead to the increase of global temperature and affect the global ecological environment. Most of the greenhouse gas emissions come from the development of heavy industry and automobile exhaust in the world. Once the greenhouse gas exceeds the atmospheric standard, it will cause the greenhouse effect, increase the global temperature and threaten human survival. Therefore, controlling greenhouse gas emissions has become a major problem facing all mankind. Global warming has a significant impact on the living environment of human beings and other organisms, and it is also an important obstacle to the sustainable development of human economy and society. Therefore, it is necessary to take measures to achieve energy conservation and emission reduction, and attach great importance to the control of pollutants and greenhouse gas emissions. For the atmospheric environmental pollution caused by carbon emissions, at the end of 2015, the Paris climate change conference incorporated the relative and absolute quantitative emission reduction actions promised by Member States into a legally binding and unified framework. The construction of low-carbon economy, ecological economy and the transformation of economic development model have become the common aspirations of all countries in the world.

Today, China's economic growth has slowed down, which is limited by the rising cost of land, resources, ecological environment and labor and the lack of market demand. Therefore, our government has issued relevant policies in the hope of optimizing the allocation of market resources and environmental resources, so as to promote the adjustment of economic structure and the improvement of the quality of economic growth. To sum up, rational, scientific and efficient use of resources and energy can maximize productivity and form a social development mode of low-carbon production, low-carbon life and low-carbon economy. Low carbon development is not only an important way to realize the transformation from industrial civilization economic development mode to ecological civilization development mode, but also the primary choice to realize sustainable economic development. Thinking logic disorder is a kind of Alzheimer's disease. It is defined as the pathological state that thinking lacks its inherent logical connection and cannot be understood by normal people. Taking the Yangtze River economic belt as an example, the re estimation of total factor productivity and growth dynamics analysis under the constraints of energy conservation and emission reduction from the perspective of thinking logic barriers. The directional distance function based on Data Envelopment Analysis (DEA) is used to calculate total factor productivity. Considering a variety of situations, two primary indicators, input index and output index, are selected. Finally, through the re estimation of total factor productivity under the constraints of energy conservation and emission reduction under the thinking logic barrier, the growth power analysis is carried out to analyze the loss of total factor productivity, the characteristics of regional economy and the impact of technology on total factor productivity, so as to provide guiding suggestions for the application of energy conservation and emission reduction and promote the sustainable development of social economy.