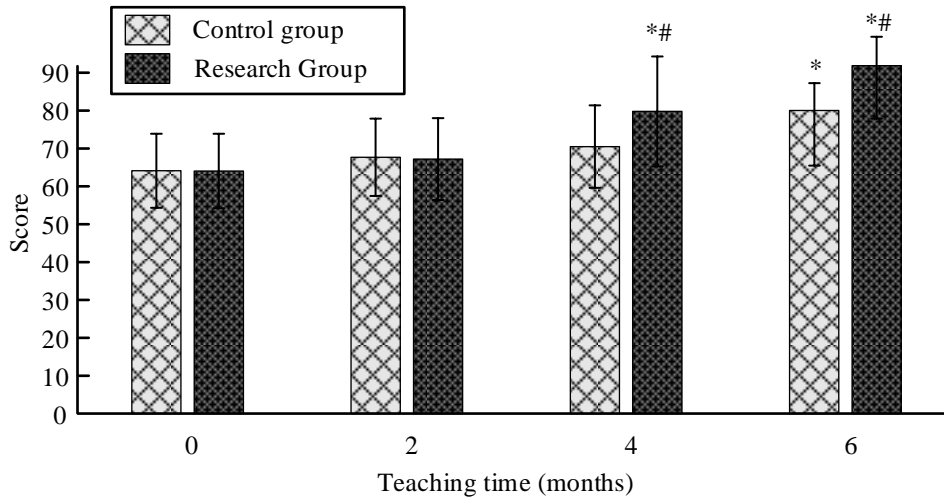


evaluated by self-rating anxiety scale, self-rating depression scale and test scores. Compare the psychological and learning conditions of the two groups of students before and after teaching, and then evaluate the role of “on the cultivation of communist party members” in ideological and political education.

**Methods:** SPSS 17.0 and excel were used to count and analyze students’ mental health and academic performance.

**Results:** After teaching, the scores of Ideological and political educations of the two groups of students were significantly improved ( $P < 0.05$ ), and the scores of the students in the control group were significantly lower than those in the research 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.** Results of two groups of students

**Conclusions:** The teaching method of ideological and political education combined with “on the cultivation of Communist Party members” can effectively alleviate students’ anxiety, improve students’ understanding of Ideological and political education, and then establish a correct outlook on life and values.

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## EFFECT OF MECHANICAL CONTROL MANUFACTURING TECHNOLOGY ON ALLEVIATING OPERATOR ANXIETY

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**Background:** Since the reform and opening up, China’s society and economy have been developing continuously, and the level of industrialization is also improving. At the same time, the requirements for machining and manufacturing in various fields are becoming higher and higher, including the quality, appearance and performance of mechanical products. Therefore, there are higher requirements for the technology, experience, patience and care of mechanical manufacturing operators. In order to improve the quality of mechanical manufacturing products, many enterprises link the product quality with the operator’s performance and salary. In order to improve the salary, the operator can only work under a high tension. Therefore, many operators suffer from anxiety symptoms. Proper anxiety can make the operator concentrate and improve the production quality of mechanical products. However, excessive tension will lead to sweating, shaking and excessive tension of operators, which not only reduces the work efficiency of operators, but also affects the production quality of mechanical products.

With the improvement of computer technology and process technology, intelligent manufacturing technology has developed rapidly and played an important role in mechanical manufacturing. Intelligent manufacturing, namely mechanical control manufacturing technology, is a combination of mechanical manufacturing technology, mechanical control technology, information technology, sensor technology and

other technologies. It plays an important role in the production, service and repair of mechanical products. After setting the work route, the mechanical control manufacturing technology can accurately and efficiently complete the production and assembly of machinery, greatly reduce the workload and work error probability of operators, alleviate the anxiety of operators and improve work efficiency.

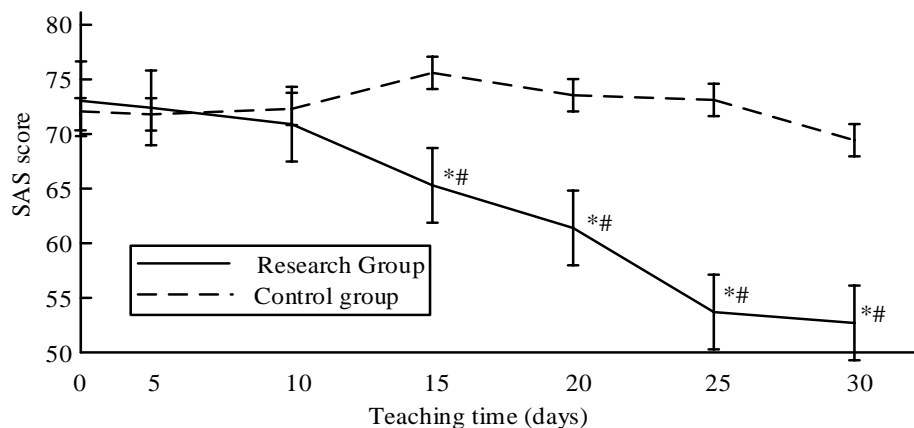
**Objective:** Because of high-intensity and long-time work, coupled with the worry and fear of operation errors, operators are prone to anxiety symptoms, affecting work efficiency and work quality. Mechanical control manufacturing technology can reduce the workload and work error probability of operators. Therefore, this paper studies and discusses the alleviating effect of mechanical control manufacturing technology on operator anxiety, provides a new method to alleviate operator anxiety, and provides a new idea to improve work efficiency for machining and manufacturing enterprises.

**Research objects and methods:** 100 operators were randomly selected from 10 machining or machinery manufacturing enterprises by stratified cluster sampling. The age of the operator is 24 - 46 years old, and the time of working as an operator is 1 - 15 years. Self-rating Anxiety Scale (SAS) was used to evaluate the anxiety level of the subjects. Self-rating Depression Scale was used to evaluate the degree of depression. The work efficiency of the research object is evaluated according to the time and error rate of the research object.

**Study design:** 100 subjects were randomly divided into study group and control group by random number method, with 50 people in each group. The research group applies mechanical control manufacturing technology to mechanical production and processing. The control group was mechanically produced and processed in the traditional way. One month later, Self-rating Anxiety Scale (SAS) and self-rating depression scale were used to evaluate the psychological status of the two groups. Evaluate the work efficiency according to the production efficiency of the two groups.

**Methods:** SPSS 17.0 and excel were used to count and analyze the mental health status and work efficiency of the subjects.

**Results:** After working for one month, the anxiety of the operators in the study group was significantly relieved ( $P < 0.05$ ), while the anxiety of the operators in the control group had no significant change compared with that one month ago ( $P > 0.05$ ), and the SAS score was significantly higher than that in the study 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.** Anxiety of the two groups

**Conclusions:** The application of mechanical control manufacturing technology for machining and production can effectively improve the production efficiency, alleviate the anxiety of operators, reduce the error rate, improve the product quality, and then promote the development of machinery manufacturing industry.

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## ANALYSIS OF THE INFLUENCE OF THE TEACHING REFORM MODE OF HOTEL MANAGEMENT ON COLLEGE STUDENTS' COGNITIVE IMPAIRMENT

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