

ABSTRACTS

ANALYSIS ON THE INFLUENCE OF COLLEGE STUDENTS' PSYCHOLOGICAL INTERVENTION ON ALLEVIATING STUDENTS' ANXIETY

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Background: Anxiety disorder of college students is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity. The causes of the disease are depression, mental stimulation, personality, congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear and so on. After entering the university, college students are facing great changes in learning styles. At the same time, with the increase of learning pressure and learning tasks and their poor psychological tolerance, their mental health problems are becoming increasingly prominent. The international health organization claimed that the number of patients with anxiety and depression among college students still showed a growing law of change, and the incidence group showed a younger trend. With the increasingly serious phenomenon of students' anxiety, colleges and universities must take corresponding measures to intervene students' anxiety. At present, college teachers do not pay attention to students' psychological needs in the teaching process, which leads to a serious phenomenon of students' anxiety.

At present, the common psychological intervention programs include seven aspects. First, investigate the students' mental health status, family situation and living habits, find the students' psychological problems, evaluate the severity of psychological problems, and find the reasons to alleviate psychological pressure. Second, establish learning associations to guide students to fully understand the main causes of psychological anxiety and the negative effects of anxiety through a good atmosphere. Third, role play, assign each person corresponding roles and identities for communication and interaction. Fourth, cooperate with students to complete the game. Fifth, build a mental health support system and regularly organize mental health knowledge publicity to enable students to change their cognition and behavior. Sixth, pay attention to the physical and psychological needs of students, guide students to learn to actively communicate and interact, and master the methods to correctly eliminate anxiety. Seventh, behavior suggestion, which has a behavioral impact on the problem population through the behavior of the intervener.

Objective: This paper analyzes the effect of college psychological intervention program on students' anxiety disorder, in order to help students with anxiety disorder alleviate anxiety phenomenon and provide corresponding ideas for the formulation of college psychological intervention program.

Research objects and methods: According to the random grouping method, college students were divided into control group and experimental group. The control group received normal routine intervention scheme, while the experimental group adopted psychological intervention scheme. The number of students in each group was 60, and the intervention time was 3 months. The intervention effects of the two groups of students were AdaBoost. The intervention effect was evaluated by different levels of anxiety. The anxiety levels were set as no anxiety, mild anxiety, moderate anxiety and severe anxiety, and the corresponding scores were < 50 points, 50-59 points, 60-69 points and more than 69 points. In order to ensure the reliability of the obtained research results, the average value of all researchers is the final result.

Methods: This study analyzes the impact of college students' psychological intervention on alleviating students' anxiety through Excel data analysis software. In order to ensure the reliability of the research results, the research subjects include freshmen, sophomores, juniors and seniors.

Results: The anxiety of the experimental group before and after the intervention of the general scheme is shown in Table 1. It can be seen from Table 1 that the anxiety of the experimental group was significantly relieved before and after the intervention combined with the intervention scheme of psychology. Therefore, the intervention program combined with psychology can be applied to the subsequent improvement of students' anxiety. Teachers take corresponding measures and methods to reduce students' anxiety in the teaching process. First, create a good and relaxed classroom environment, quickly improve the ability of communication and expression, and reduce the anxiety of students themselves. Second, in classroom teaching, we should pay more attention to cultivating students' ability to actively answer questions, and encourage and praise students who are introverted and lack of confidence.

Conclusions: College students' anxiety disorder has been widely concerned by domestic experts and scholars. Moderate anxiety can help students improve their vigilance and determination to overcome difficulties, but excessive anxiety will damage their physical and mental health. College teachers need to

improve the teaching content and learning methods, and actively apply the knowledge related to psychology to reduce students' anxiety, so as to improve the learning ability and comprehensive quality of most students.

Table 1. The anxiety of the experimental group before and after the intervention of the general scheme

Type	Before	After 2 weeks	After 4 weeks	After 8 weeks	After 12 weeks
No anxiety	0	4	6	8	10
Mild anxiety	24	19	14	12	11
Moderate anxiety	28	26	27	26	23
Severe anxiety	8	11	1.3	14	16

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ANALYSIS OF PSYCHOLOGICAL OBSTACLES AND ANXIETY RELIEF STRATEGIES OF GRASS-ROOTS DISCIPLINE INSPECTION STAFF IN COLLEGES AND UNIVERSITIES

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Background: Since the 18th National Congress of the Communist Party of China, the CPC Central Committee has strengthened its efforts to govern the party strictly, continuously promoted the policy of governing the party strictly, made it cover multi-level leadership from top to bottom, and continuously expanded and extended to the grass-roots level. The Party Central Committee and local governments have resolutely dealt with the problem of loose party governance by means of inspection and inspection. The party organization puts forward and emphasizes the core idea of strictly administering the party, that is, we need to put political discipline and political rules in the first place, strengthen the implementation of political supervision, and effectively punish corruption and relevant personnel with a strict attitude of zero tolerance on the basis of resolutely implementing and implementing the spirit of the eight provisions of the Central Committee. In this context, colleges and universities resolutely implement the guiding ideology and policy of the Party Central Committee in strictly administering the party, comprehensively strengthen strictly administering the party, and complete their basic task of Building Morality and cultivating people by maintaining the clean and positive political ecology of colleges and universities, so as to provide strong support for cultivating socialist successors. The discipline inspection staffs at the grass-roots level in colleges and universities occupy an important position in the work of strictly administering the party in colleges and universities. They should not only give play to the main responsibility of the Party committee in the construction of Party style and clean government, but also bear the corresponding supervision responsibility of the discipline inspection commission, and fully show the supervision probe role of the discipline inspection staff of grass-roots party organizations, in order to promote the in-depth development of comprehensively administering the party strictly. With the continuous reform of the discipline inspection system in colleges and universities, higher requirements are put forward for the discipline inspection staff at the grass-roots level. The discipline inspection staff at the grass-roots level in colleges and universities should not only have high political professional quality and political theoretical literacy, but also master all kinds of professional knowledge, including party rules and discipline, laws and regulations, financial audit and so on. In the daily discipline inspection work, due to the lag of professional guidance and insufficient professional training, it is difficult for the grass-roots discipline inspection staff in colleges and universities to carry out their work, and it is difficult to play a strong role in discipline inspection and supervision, which leads to the problems of psychological obstacles and anxiety of the grass-roots discipline inspection staff in colleges and universities.

Objective: The psychological obstacles and anxiety of grass-roots discipline inspection staff in colleges and universities will have a negative impact on their discipline inspection and supervision to a certain extent. In order to improve the work efficiency of grass-roots discipline inspection staff in colleges and universities, ensure the smooth development of discipline inspection and supervision, and achieve better discipline inspection and supervision results, this study will explore the causes of psychological obstacles and anxiety of grass-roots discipline inspection staff in colleges and universities, and put forward corresponding solutions, aiming to eliminate the psychological obstacles of grass-roots discipline inspection staff in colleges and universities, eliminate their anxiety and truly implement the work related to