

control group and intervention group, with 55 cases in each group. The control group was treated with routine nursing, and the intervention group was treated with neurology nursing with fine management. The recovery of central nervous system diseases was assessed by the National Institutes of Health Stroke Scale (NIHSS), with a full score of 42. The specific evaluation criteria are: 0-1 points are normal or close to normal, 2-4 points are mild symptoms, 5-15 points are moderate symptoms, 16-20 points are moderate to severe symptoms, and 21-42 points are severe symptoms. The changes in neurological function before and after nursing were compared between the two groups.

Methods: SPSS16.0 software was used for data statistical processing.

Results: Table 1 shows the application effects of two nursing methods in the treatment of central nervous system diseases. According to Table 1, there was no significant difference in NIHSS scores between the two groups before nursing ($P > 0.05$). After nursing, the NIHSS score of the two groups decreased ($P < 0.05$), and the NIHSS score of the intervention group was lower than that of the control group. This shows that neurology nursing based on detailed management has a good nursing effect in the treatment of central nervous system diseases.

Table 1. Application effect of two nursing methods in the treatment of central nervous system diseases ($n=110$)

Group	Number of cases	NIHSS score		<i>t</i>	<i>P</i>
		Before nursing	After nursing		
Intervention group	55	16.50±3.50	5.20±1.00	26.514	0.000
Control group	55	16.00±3.22	8.50±1.50	15.478	0.000
	<i>t</i>	0.485	13.575	-	-
	<i>P</i>	0.400	0.00	-	-

Conclusions: As a scientific modern management technology, the application of fine management in the nursing management of hospital neurology department can effectively reduce the NIHSS score of central nervous system diseases, so as to improve the nursing quality of central nervous system diseases, which is worthy of clinical application.

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THE INFLUENCE OF THE INTEGRATION OF RED CULTURE INTO IDEOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' MENTAL HEALTH QUALITY IN THE CONTEXT OF NEW MEDIA

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Background: College students are a new force in the construction of China's socialist cause. They shoulder a very important mission in the great rejuvenation of the country and nation. Their own physical and mental health is the premise for them to complete their mission and give full play to their value. However, influenced by various subjective and objective factors, the current situation of college students' physical and mental health is not optimistic. In terms of mental health, many college students have more or less psychological problems, and even develop mental diseases. The reason for this situation is not only closely related to the fact that most contemporary college students are only children, spoiled from childhood, have weak psychological quality and are vulnerable to external influence, but also closely related to the weak development of college students' mental health education. What is college students' mental health education? Or what is the content of college students' mental health education? It is the cornerstone of college students' mental health education research. Only on the premise of clarifying the content of mental health education can mental health education be carried out in an orderly manner. Generally speaking, the content of college students' mental health education mainly includes the following

two points: first, the correction of psychological problems. Influenced by various subjective and objective factors such as family environment and employment situation, the incidence of college students' psychological problems is rising, which seriously affects the healthy growth of college students. Second, the development of mental health. Mental health is not only an important part of physical and mental health, but also an indispensable part of college students' learning, growth and life. The mental health of college students directly determines the final result of college education and their own development prospects. The core content of college students' mental health education is to guide college students to cultivate a positive and healthy mental outlook and living state with different forms of educational methods and means. In short, as an important part of higher education, mental health education is not only an important link in the growth and development of college students, but also the objective need for colleges and universities to practice the concept of quality education and fulfill the responsibility of talent training. At the same time, college students' mental health education also plays an inestimable role in the country.

Facing the new media environment of value diversification, political multi-polarization and economic globalization, in order to fully broaden the teaching resources and teaching ideas of ideological and political education and promote the psychological development of college students in the right direction, it is necessary to incorporate the red culture containing rich cultural value, historical material value and political value into the construction of contemporary ideological and political education, in the process of realizing the healthy and sustainable development of red culture, we should achieve the goal of stabilizing the mental health of modern college students. Because the shock and appeal beyond time and space contained in the advanced red culture is not only the voice and theme of contemporary ideological and political education, but also the key to boost the Chinese spirit and infuse the cultural gene. It can be said that the ideal and belief fire of red culture is good medicine to solve the physical and mental problems of contemporary college students facing the complex new media environment. In view of this, facing the complex new media context, this study constructs a new ideological and political education model in colleges and universities based on red culture, and on this basis, analyzes the mental health problems of modern college students, so as to continuously output the main force of all-round physical and mental development for the construction of China's socialist cause.

Objective: In order to accurately grasp the psychological changes of college students and improve the mental health level of college students, starting from the background of the new media environment, this study constructs a teaching mode of ideological and political education in colleges and universities based on red culture, in order to carry forward China's excellent red culture on the basis of ensuring the physical and mental health of college students.

Research objects and methods: 300 students from a university were randomly divided into control group and experimental group, with 150 students in each group. Among them, the control group adopted traditional ideological and political education, while the experimental group adopted ideological and political education based on red culture for half a semester. The mental health status of college students was assessed with SCL-90, which includes 10 factors such as somatization, interpersonal sensitivity, depression, paranoia and anxiety. Each factor item is evaluated with a five-level scoring standard of 1-5 points. Finally, the mental health changes of the two groups of college students before and after the intervention were compared and analyzed.

Methods: All data were statistically processed by SPSS18.0 software.

Table 1. Comparison of self-assessment scores of mental health between the two groups of college students ($n=300$)

Project	Control group ($n=150$)	Experience group ($n=150$)	<i>P</i>
Somatization	2.15	1.28	<0.05
Obsession	2.17	1.85	<0.05
Sensitive	2.44	1.70	<0.05
Depressed	2.26	1.51	<0.05
Anxious	2.18	1.40	<0.05
Hostile	2.63	1.45	<0.05
Fear	2.59	1.32	<0.05
Paranoid	2.39	1.53	<0.05
Psychotic	2.15	1.44	<0.05
Ad-items	2.17	1.47	<0.05

Results: Table 1 shows the comparison of self-assessment scores of mental health between the two

groups of college students. On the whole, compared with the traditional ideological and political education model, the scores of students' self-assessment of mental health decreased half a semester after the implementation of ideological and political education intervention based on educational red culture ($P < 0.05$). This shows that the ideological and political education model based on red culture can effectively improve students' mental health.

Conclusions: Facing today's society of value diversification, political multi-polarization and economic globalization, red culture, as the witness and recorder of the historical development of Chinese revolution, contains rich cultural value, historical material value and political value. This undoubtedly determines the status and role of the integration of red culture into contemporary ideological and political education, that is, to broaden the teaching resources of ideological and political education, guide the all-round and healthy development of students' body and mind, and promote the construction of socialist core value system.

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THE INNOVATION OF COLLEGE ENGLISH INFORMATION TEACHING UNDER THE BACKGROUND OF DIVERSIFICATION AND ITS IMPACT ON COLLEGE STUDENTS' ANXIETY

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Background: With the continuous progress of social and economic development, the application of the "informatization" action plan under the diversified background has gradually expanded to all aspects of daily life, promoting the innovation and development of all walks of life. The industrial platform of diversification + informatization mainly combines the Internet industry with other traditional industries through the information network platform, makes full use of the advantages and advantages of information and communication technology, and opens up a new development ecology. Under the background of "informatization", the education industry has ushered in new opportunities for innovation and development, and the college English teaching model is also significantly innovated and optimized. From the perspective of "informatization under diversified background", the innovation and upgrading of college English teaching ideas and models can effectively improve the effectiveness of college English teaching, enhance college students' enthusiasm and initiative in learning English, ensure that college English teaching conforms to the trend of the times and meet the needs of college students' English learning and all-round development. In the process of daily study and life, college students often face pressure from study, employment and interpersonal communication. Because their psychological development is in a key stage, anxiety is very common among college students.

In China, college English education is a very important part of the higher education system. As an important compulsory subject in higher vocational colleges, modern college students' English foundation is generally weak and their English level is relatively low. Most college students have a certain fear and weariness of English learning. They have great psychological pressure and anxiety in the English classroom. This is because language learning is a very complex psychological process. The whole process of language learning is bound to be deeply affected by psychological and emotional factors. Among all affective factors, anxiety is a major factor affecting students' English learning and is considered to be one of the most critical psychological variables. Studies at home and abroad have shown that affective factors have a great impact on students' foreign language learning. As an important factor in emotional factors, anxiety is considered to be the most important and one of the most critical psychological variables. In the whole process of foreign language learning, foreign language anxiety has a great impact on learning results. Foreign language anxiety is a psychological term put forward by American psychologist Horwitz in 1986. Horwitz believes that foreign language anxiety is related to foreign language learning. Foreign language anxiety exists in the whole process of students' foreign language learning, from acquiring knowledge to applying knowledge. As a result, the level of anxiety plays an important role in one's foreign language learning. Compared with the commonly used traditional teaching methods, a more effective teaching method to alleviate students' foreign language anxiety is worth exploring. In view of this, based on the teaching background of "diversification + informatization", this paper carries out the innovation and optimization of college English teaching, in order to alleviate the anxiety of college students, shape their healthy personality and improve their psychological quality.

Objective: Based on the teaching background of "diversification + informatization", this paper launches the innovative design of college English informatization teaching, aiming to enrich the diversity and interest