

Conclusions: Under the background of Artificial Intelligence, the huge transformation challenge and the pressure of unemployment make some accountants suffer from anxiety. Based on the social cognitive theory and humanistic theory in personality psychology, this paper analyzes the psychological changes of accounting practitioners in the process of transformation under the background of Artificial Intelligence, and puts forward transformation strategies for the psychology of accounting practitioners to help accounting practitioners complete the transformation, so as to alleviate their anxiety and improve their quality of life, provide more high-quality accounting talents for China's market. The results showed that after 4 months, the SAS score, SDS score, and SCL-90 score of accounting practitioners in the study group were significantly higher than those in the control group ($P < 0.05$).

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THE EFFECT OF PHYSICAL EXERCISE ON ALLEVIATING THE ANXIETY OF MINORITY COLLEGE STUDENTS FUNCTION RESEARCH

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Background: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression, and so on. Ethnic minority college students are more likely to have anxiety than Han students because of differences in living habits, religious beliefs and cultural background. Anxiety refers to tension, anxiety, fear, and other negative emotions caused by the threat of imminent threat of an individual to something. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of the attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. Many studies have shown that maintaining moderate anxiety can help students concentrate so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life. Therefore, we need to find an appropriate method to help ethnic minority students alleviate anxiety.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, the individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. The interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationships on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of the surrounding environment on the individual. Based on the above theory, this study analyzes the factors that lead to the anxiety of ethnic minority college students, mainly including social environment factors, campus environment factors, interpersonal relationship factors, academic achievement factors, employment and career factors and love psychological factors. In view of the above factors, this paper analyzes the psychology of ethnic minority college students and summarizes that the main causes of students' anxiety psychology are lack of self-confidence, unclear goal, insufficient psychological adaptation and so on. Physical exercise is a kind of physical activity aimed at developing the body, improving health, enhancing physique, regulating spirit, enriching cultural life and dominating leisure time. From the perspective of social psychology, appropriate physical exercise can improve students' physical quality, improve students' self-confidence and alleviate students' anxiety. Therefore, based on social psychology, the research uses physical exercise to treat the anxiety of minority college students, alleviate the degree of anxiety and improve the learning efficiency of students.

Objective: Ethnic minority college students are more likely to have anxiety than Han students because of differences in living habits, religious beliefs and cultural background. Based on social psychology, this study uses physical exercise to treat the anxiety of minority college students and alleviate the degree of

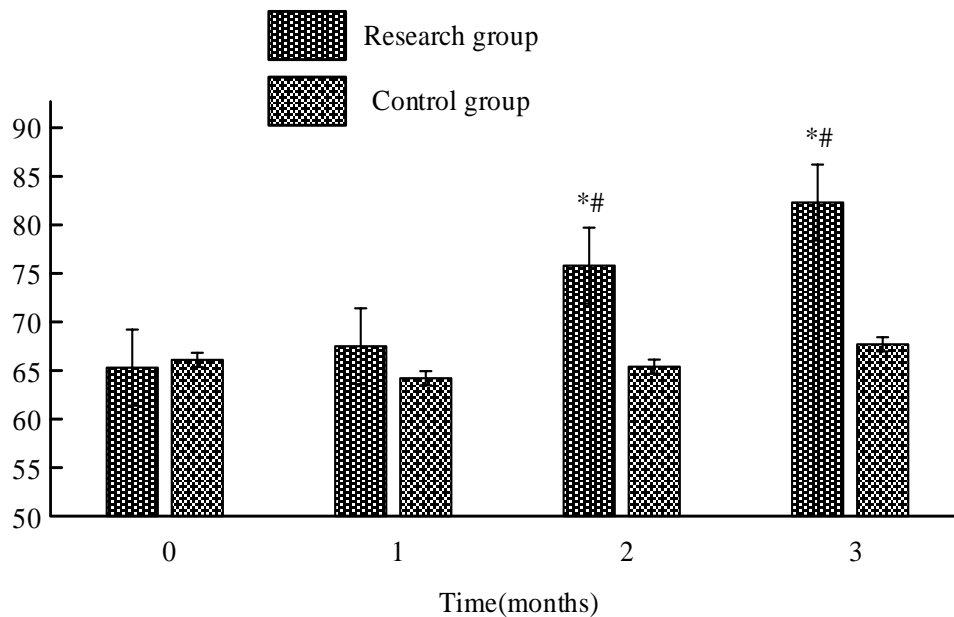
anxiety of students.

Research objects and methods: 80 ethnic minority students with anxiety psychology were selected from three colleges and universities as the research objects. The anxiety degree of students was evaluated by the Self-rating Anxiety Scale (SAS) and Symptom Checklist-90 (SCL-90), and the learning efficiency of students was evaluated by the scores of students' professional courses.

Study design: The students were randomly divided into study group and control group by the random number table method, with 40 people in each group. The students in the research group used physical exercise based on social psychology to intervene. The students in the control group were treated with blank intervention. After 3 months, the anxiety and learning efficiency of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After 3 months of intervention, the scores of students in the study group were significantly higher than those in the control group ($P < 0.05$), as shown in Figure 1.



Note: * means $P < 0.05$ compared with that before intervention; # indicates that compared with the control group, $P < 0.05$.

Figure 1. Professional course scores of the two groups of students

Conclusions: College students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very easy to suffer from mental diseases, such as anxiety, depression, and so on. Ethnic minority college students are more likely to have anxiety than Han students because of differences in living habits, religious beliefs, and cultural backgrounds. Based on social psychology, this study analyzes the factors that lead to the anxiety of ethnic minority college students and applies physical exercise to the treatment of anxiety. The experimental results showed that after 3 months of intervention, the scores of students in the study group were significantly higher than those in the control group ($P < 0.05$).

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THE INFLUENCE OF COLLEGE IDEOLOGICAL AND POLITICAL EDUCATION INNOVATION ON COLLEGE STUDENTS' MENTAL ANXIETY UNDER THE NEW MEDIA ENVIRONMENT

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Background: With the continuous progress of the times, the requirements for college students are becoming higher and higher. Nowadays, how to strengthen the moral, intellectual, physical, aesthetic and