

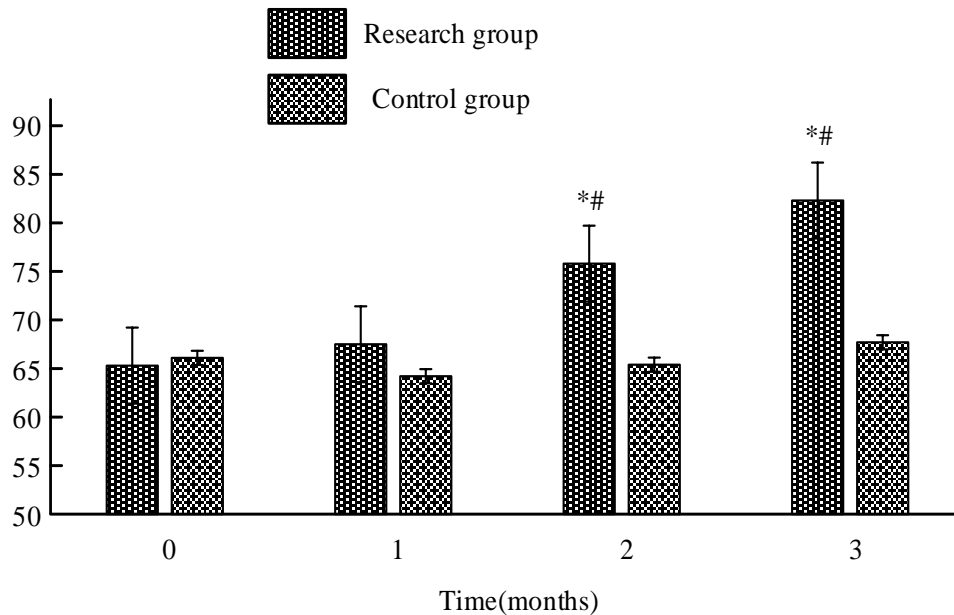
anxiety of students.

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

labor development of college students has become a concern of the whole society. University is an important turning stage for students. During the university period, students began to initially contact the society, accept all kinds of ideological impact in the society, and their mentality began to change rapidly. Some students are affected by some bad ideas, distorted value orientation, lack of sense of social responsibility and vague ideals and beliefs, resulting in poor mental health. When facing various pressures, such as academic pressure, employment pressure and interpersonal pressure, they are also more likely to have negative emotions such as anxiety and depression. When these negative emotions are overstocked for a long time and cannot be alleviated and released, it will lead to psychological diseases, reduce students' psychological cognitive ability, and affect students' normal study and life. Ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of ideological and political education in colleges and universities is relatively single and traditional. Students' learning enthusiasm and interest are not high, which cannot play its role in helping students shape positive, healthy and upward ideals and beliefs, establish correct outlook on life and values, and improve the level of mental health. Therefore, it needs to be improved and innovated.

Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organization under the educational situation. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching mode improvement, promoting students' learning motivation and helping students overcome psychological problems. Based on educational psychology, teachers can have a deeper understanding of students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. Therefore, the study analyzes the learning psychology and learning behavior of students in ideological and political education in colleges and universities in order to improve the teaching mode of ideological and political education in colleges and universities. In order to improve students' learning initiative and initiative, this paper studies the application of new media technology to ideological and political education, and puts forward corresponding strategies. Innovating and improving the teaching mode of ideological and political education in colleges and universities based on educational psychology can improve students' learning enthusiasm, help students shape positive, healthy and upward ideals and beliefs, alleviate negative emotions, and then improve their psychological cognitive ability, which is of positive significance to students' long-term development and the construction of a harmonious society.

Objective: Based on educational psychology, apply new media technology to ideological and political education, and put forward corresponding strategies to improve the teaching mode of ideological and political education, improve students' learning enthusiasm, help students shape positive, healthy and upward ideals and beliefs, alleviate negative emotions, and then improve students' psychological cognitive ability.

Research objects and methods: 100 students from a university were selected as the research objects. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist-90 (SCL-90) were used to evaluate students' mental health. Using the examination results of ideological and political education courses to evaluate students' learning effects.

Research design: Students were randomly divided into research group and control group, with 50 students in each group. The students in the research group were taught by the improved ideological and political teaching model based on educational psychology. The students in the control group were taught by the traditional ideological and political teaching mode. Three months later, the mental health level and test scores of the two groups were compared.

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

Table 1. SAS scores of two groups of students

Timing	SAS score		t	P
	Research Group	Control group		
Before teaching	71.9±11.3	72.1±12.8	0.542	0.659
After teaching	51.9±5.8	63.3±12.5	3.125	0.032
t	8.132	2.431	-	-
P	0.000	0.037	-	-

Results: After teaching, the SAS score, SDS score and SCL-90 score of the students in the study group were significantly higher than those in the control group ($P < 0.05$). The SAS scores of the two groups are

shown in Table 1.

Conclusions: Since the 20th century, China's economic level and science and technology have been improving rapidly, and the era of new media has also come. New media refers to the communication form based on digital technology, taking the network as the channel and taking high-tech products such as mobile phones, televisions and computers as the terminal to provide users with information or services. The rise of new media has promoted the optimization, upgrading and transformation of a large number of industries, and brought new opportunities and impetus to the development of various industries in China. Based on educational psychology, the research applies new media technology to ideological and political education and puts forward corresponding strategies to improve the teaching mode of ideological and political education. The experimental results show that after teaching, the SAS score, SDS score and SCL-90 score of the students in the research group are higher than those in the control group, and the difference is significant ($P < 0.05$).

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INTEGRATION AND PRACTICE OF RED CULTURE AND IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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Background: College students need to face academic pressure and employment pressure at the same time, so they are very prone to mental diseases, such as anxiety, depression and so on. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or 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, it is necessary to find an appropriate method to help students alleviate anxiety.

Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organization under the educational situation. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching mode improvement, promoting students' learning motivation and helping students overcome psychological problems. Through educational psychology, teachers can have a deeper understanding of students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. In the education system of colleges and universities, ideological and political education plays an important role in helping students alleviate anxiety. Based on educational psychology, the research integrates red culture into ideological and political education in colleges and universities to realize the deep integration of red culture and ideological and political education in colleges and universities. Based on educational psychology, the integration of red culture into ideological and political education in colleges and universities can effectively alleviate students' anxiety, and then transport high-level and high-quality talents for the country.

Objective: Based on educational psychology, to integrate red culture into ideological and political education in colleges and universities, effectively alleviate students' anxiety, and then transport high-level and high-quality talents for the country.

Research objects and methods: 80 students were randomly selected from a university as the research object. Using the examination results of ideological and political education courses in colleges and universities to evaluate students' learning effects.