

have anxiety and fear.

Objective: Under the guidance of the concept of Chinese and Western cultural communication, this study studies the English learning anxiety of college students, explores the new model of English translation teaching, the intervention effect on college students' English learning anxiety, and helps teachers clarify students' English learning anxiety in the process of English translation teaching. Starting from the research on the causes of college students' English learning anxiety and the spread of English learning culture, we hope to provide help for college students to improve their English learning anxiety.

Research design: Using the evaluation method of artificial neural network, this paper analyzes the effect of English translation teaching reform under the concept of Chinese and Western cultural communication on alleviating college students' English learning anxiety, constructs an English translation teaching model combined with BP neural network, and uses the deep learning performance of BP neural network. To solve the intervention effect of students' English learning anxiety under different English translation teaching modes, and explore the intervention effect of students' learning anxiety under different English translation teaching modes. BP network is used to analyze the teaching quality and anxiety intervention effect of the new English translation teaching mode under the concept of Chinese and Western cultural communication and the traditional English translation teaching mode. The students' English translation learning index and learning anxiety index vector under the two modes are used as the input data of BP neural network to obtain the students' learning effect and anxiety change of different teaching modes. Combined with the output results, understand the differences between the new English translation teaching model and the traditional teaching model under the concept of Chinese and Western cultural communication, and analyze the intervention effect of the new English teaching model on alleviating college students' English learning anxiety. Based on the evaluation results of neural network, this paper discusses the development and reform direction and strategies of the new English translation teaching model, so as to provide help for alleviating college students' English learning anxiety.

Results: The input vector of college students' English learning anxiety is shown in Table 1. College students' English learning anxiety level is high, and college students generally have English learning anxiety.

Table 1. Input vector of college students' English learning anxiety

Survey object	Freshman	Sophomore	Junior	Senior
Classroom	3	3	4	3
Examinations	4	4	4	4
Communication	4	3	4	3
Negative evaluation	3	3	3	4

Conclusions: The existence of English learning anxiety will affect students' learning effect. Teachers should actively adjust the English translation teaching mode, take the new Chinese and Western cultural communication concept as the guidance, innovate and optimize the teaching concept and teaching mode, and alleviate students' English learning anxiety.

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THE ROLE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: Anxiety refers to the tension, anxiety and other emotions caused by an individual's excessive worry about safety, future and destiny. Individual anxiety includes anxiety, tension, panic and other psychological states. Many factors such as society, family and environment may lead to individual anxiety, make individuals fall into a restless psychological state, and reduce the quality of individual mental health. In recent years, with the accelerating speed of social and economic development and the changing social situation, the problem of college students' employment has gradually appeared. In recent years, the proposal of college enrollment expansion policy has also increased the number of college graduates and further increased the employment difficulty of college students. Under this social situation, many college

students bear strong employment anxiety, and feel nervous and uneasy about the future employment prospects at the stage of college study. On the other hand, the university stage is an important stage for the formation of college students' outlook on life, values and world outlook. Many college students' ideas are not mature and their grasp of the employment situation and their own ability is not accurate enough, which makes some college students fall into employment anxiety, worry too much about their future development direction and fear of employment choice, affect the daily life of college students.

Since the reform and opening up, the reform of ideological and political education in colleges and universities has been continuously promoted. After continuous adjustment and standardization, the ideological and political education system in colleges and universities has been continuously developed. It has been adjusted in time with the needs of the development of the times. Although the mode of ideological and political education in colleges and universities continues to improve, colleges and universities always put the correct guidance of ideological and political education to students' consciousness in an important position, adhere to the principle of moral education first, and correctly guide students' moral personality and ideological consciousness through ideological and political education. In the face of the general situation of college students' employment anxiety, colleges and universities should give full play to the intervention role of ideological and political education in students' mental health, help college students' employment anxiety through ideological and political education, dredge their mental health problems, and alleviate their employment anxiety.

Objective: To analyze the employment anxiety of college students, understand the degree of anxiety of college students about their employment prospects, master the mental health level of contemporary college students, and explore the causes of employment anxiety of college students. The research analyzes the role of college ideological and political education in college students' psychological intervention, excavates the application effect of college ideological and political education in alleviating college students' employment anxiety, and hopes to put forward a new solution to alleviate college students' employment anxiety.

Research design: Combined with Delphi method and experimental method, this study analyzes the impact of college ideological and political education on students' employment anxiety, uses Delphi method to carry out three rounds of expert consultation and empowerment, and understands the correlation between college political education and college students' employment anxiety. The selected experts are required to have been engaged in scientific research or practical work in the fields related to ideological and political education for more than 5 years, with high professional quality, and are required to ensure the whole process participation during the research consultation, and all experts are willing to participate in the consultation and research. The study used the comparative experimental method to understand the alleviating effect of college ideological and political education on college students' employment anxiety. 50 college students were randomly selected as the experimental objects for three months of ideological and political education. The ideological and political education was taught once a week for 1.5 hours each time. Compare the scores of employment anxiety of the subjects before and after the experiment, and analyze the application effect of ideological and political education in colleges and universities in alleviating college students' employment anxiety.

Results: The statistical results of the anxiety of the subjects before the experiment are shown in Table 1. The employment anxiety of the subjects showed certain differences in grades. With the approaching of the employment period, the employment anxiety of college students gradually increased.

Table 1. Statistical results of subjects' anxiety before the experiment

Survey object	Experience group	Control group
Choice of employment direction	3.47±0.21	3.46±0.25
Choice of employment mode	3.10±0.34	3.13±0.33

Conclusions: At present, there are still many problems in the ideological and political education in colleges and universities in China, which requires the teachers of ideological and political education in colleges and universities to constantly optimize the curriculum reform, improve and innovate the educational evaluation standards and educational contents, and keep the ideological and political education in colleges and universities in line with the development pace of the times. The employment of college students is the key issue of people's livelihood. In order to alleviate the employment anxiety of college students, the ideological and political education in colleges and universities should strengthen the psychological endurance and pressure resistance of college students through ideological intervention, help college students establish a diversified concept of employment and alleviate the employment anxiety of college students.

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THE NECESSITY OF MENTAL HEALTH EDUCATION IN HIGHER EDUCATION

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Background: With the advancement of social process and the acceleration of social development, the social competition situation is becoming increasingly severe. The fierce social competition makes college students face pressure from family, society, environment and other aspects. The number of college students with mental health problems is increasing year by year. The mental health level of college students is not optimistic. A considerable number of college students suspend or drop out due to mental diseases. In serious cases, a few college students cause bad social events due to mental health problems. In their daily life and study, college students are faced with pressures from academic achievements, interpersonal communication, social practice, employment competition and other aspects. Some college students have anxiety and fear when facing difficulties or obstacles that are difficult to solve, resulting in college students falling into a state of psychological anxiety or depression, which has seriously affected the normal life of college students, it reduces the quality of life of college students.

The government and society always pay attention to the education quality level of higher education, including professional knowledge and skill education and mental health education for college students, and require college students to achieve comprehensive development in professional, psychological and physical quality. As a key link, college students' mental health education is directly related to the overall promotion of higher quality education. Strengthening college students' mental health education can effectively help college students establish a good psychological mechanism and promote college students to establish a correct and mature outlook on life, values and world outlook. College students' mental health education is also a key part of college moral education and a necessary factor for the development of college moral education under the new situation. Colleges and universities are required to strengthen college students' mental health education according to the growth characteristics and psychological characteristics of college students under the new situation, so as to cultivate college students' adaptability and pressure resistance to social life.

Objective: To analyze the importance of college students' mental health education in higher education, and to explore the necessity and value of college students' mental health education in higher education system. The research deeply analyzes the significance of college students' mental health education to the healthy growth of college students, and puts forward the ways and paths of college students' mental health work in higher education, hoping to provide help for improving college students' mental health level and mental endurance.

Research design: Through the analysis of the relationship between the mental health education of middle school students in higher education and the mental health level of students, this study understands the impact of college ideological and political education on the psychological quality level of students, and explores the necessity of college ideological and political education in promoting the all-round development of higher education in China. Based on the comprehensive evaluation of teaching quality in colleges and universities carried out by a city in 2021, the research obtains the relevant evaluation information data of ideological and political education in colleges and universities from the evaluation report of colleges and universities, and analyzes the problems existing in the existing ideological and political education in colleges and universities from the perspectives of educational concept, publicity and popularization, intervention mechanism and resource allocation, on this basis, it explores the key role of ideological and political education in colleges and universities. The research uses Pearson correlation coefficient to analyze the correlation between ideological and political education in colleges and universities and the development of college students' mental health, deeply excavates the internal relationship between ideological and political education in colleges and universities and students' mental health, and discusses the necessity of ideological and political education in higher education.

Results: The statistical analysis results of the problems existing in the current mental health education in colleges and universities in the evaluation report are shown in Table 1.

Table 1. The statistical analysis results of the existing problems of mental health education in colleges and universities in the evaluation report