

Investigation time	Group	Very anxious (%)	Relative anxiety (%)	Neutral (%)	Relatively no anxiety (%)	No anxiety (%)
Before teaching	Reform group	27.6	42.5	21.0	6.3	2.6
	Normal group	26.8	38.6	23.6	7.1	3.9
After teaching	Reform group**	3.5	16.2	29.3	35.4	15.6
	Normal group*	21.0	34.2	24.5	14.1	6.2

Note: ** means that the *P* value of the significance test of the difference between this group of data and the data of other groups and other times at the same time is less than the significance level, * means that the *P* value of the *t* test of this group of data and the data of the same group at other times is less than the significance level.

By analyzing the data in Table 1, it can be seen that the data distribution of students' anxiety level in the reform group after teaching is significantly better than that in the normal group and the reform group before teaching, and the data difference is statistically significant.

Conclusions: In view of the employment anxiety of domestic logistics professionals, this study puts forward a series of strategies to improve the professional ability and employment competitiveness of logistics professionals under the background of higher vocational colleges responding to the national "double high construction", and designs a teaching experiment to verify the real application effect of these strategies. The experimental results show that in the teaching mode and teaching environment adjusted according to these strategies, the employment anxiety level of the reform group receiving professional course teaching has been significantly improved, whether compared with the normal group after the experiment or the reform group before the experiment. The experimental results show that adjusting and optimizing the training scheme of logistics professionals according to the idea and standard of "double high construction" can effectively alleviate the employment anxiety of logistics professionals.

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THE INFLUENCE OF COLLEGE EDUCATION AND TEACHING REFORM ON COLLEGE STUDENTS' IDEOLOGY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. Its main research object is the learning and educational psychology of students and the teaching psychology of educators in the environment of receiving education. By studying the psychology of students and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students' learning motivation, assisting students to face difficulties in the learning process and so on. Because educational psychology helps to improve teaching methods, teachers and scholars often apply it to the teaching of subjects with high teaching or learning difficulties. The object of this research, that is, college students' ideological education, belongs to this type. Ideology refers to the social consciousness of an individual or organization that reflects a certain social class relationship and economic relationship. Ideology is mainly composed of morality, art, religion, philosophy and so on. Ideology can be classified into nonmainstream ideology and mainstream ideology. The ideology recognized by the vast majority of individuals in an economy is the mainstream ideology. The mainstream ideology can be guided by media, public opinion, culture and institutional means. For college students, because their mental intelligence is not yet mature, they are more vulnerable to the influence of bad social atmosphere and foreign media. Therefore, under the background of the current education reform in colleges and universities, it is necessary to use the powerful tool of educational psychology to optimize the ideological education methods of college students.

Objective: After collecting and analyzing the books and papers in the field of college students' ideology and educational psychology, summarize the strategies of using educational psychology to improve college students' ideological education, and then select a group of representative experts and scholars in the field of college students' ideological teaching, using Delphi method, obtain their evaluation of the impact of various strategies on college students' ideological education, so as to provide some useful references for promoting college students' Ideological education and improving the ideological health level of college students in our country in the future.

Objects and methods: After consulting the relevant literature and summarizing the strategies that may help to improve the ideological education of college students in China, 20 experts or scholars with sufficient authority and representativeness in the field of ideological education and educational psychology in colleges and universities were selected from China to form an expert group. Share the countermeasures with the expert group, ask the members of the expert group to evaluate the impact of the strategy on the ideological education of college students, then summarize the evaluation results of the expert group, adjust and summarize the strategies according to the evaluation results, and then send them to the expert group for evaluation again. The inquiry cycle will not stop until the evaluation opinions of the expert group become consistent. In addition, the impact degree is quantified according to the five-point system, that is, the number 1 represents the level of no impact, 2 represents the level of slight impact, 3 represents the level of general impact, 4 represents the level of obvious impact and 5 represents the level of full impact.

Results: After several rounds of expert inquiry and strategy adjustment, the expert comments reached an agreement. The statistical expert group's views on the impact of strategies on college students' ideological education are shown in Table 1.

Table 1. Statistics of final comments of the expert group

Strategy	No effect	Slight impact	General impact	Obvious influence	Full impact
Training to improve teachers' Ideological and political level	1	3	6	7	3
Adjust the teaching contents and methods of Ideological and Political Education	1	4	9	5	0
Improve campus culture and ideological atmosphere	2	4	5	8	1
Application of network new media tools for information dissemination	2	6	9	2	1

The numbers in columns 2 to 6 in Table 1 represent the number of people who the expert group believes that a strategy will have a corresponding impact on college students' ideological education. Secondly, the "Ideological and cultural adjustment" and "political observation" are the two most significant tools for college students to improve the ideological and cultural level of education, and the "Ideological and cultural adjustment" and "political observation" are the two most significant tools for teachers to improve the ideological and cultural level of campus education. The number of people whose influence the level of the above strategies is not lower than "obvious influence" is 10, 9, 5 and 3 respectively.

Conclusions: In view of the current insufficient ideological education of domestic college students and the relatively scattered ideology of college students as a whole, this study puts forward a number of countermeasures to optimize college students' ideological education based on the analysis of literature and the theory of educational psychology, and uses the Delphi method to consult the selected expert group. The results of the expert group's opinion statistics show that the expert group believes that the two strategies of "training to improve teachers' Ideological and political level" and "improving campus culture and ideological atmosphere" have the most significant impact on college students' ideological education, followed by "adjusting the teaching contents and methods of Ideological and political education", and the least impact is "using network new media tools for information dissemination", the number of people whose influence level of the above strategies is not lower than "obvious influence" is 10, 9, 5 and 3 respectively. The evaluation results of the expert group show that using the strategies proposed by educational psychology, such as considering the students' educational psychology, adjusting the content and methods of Ideological and political education in colleges and universities, adopting new media tools that more cater to the psychology of the new generation of college students, and so on, are indeed helpful to improve the quality of Ideological education in colleges and universities in China.

Acknowledgement: The research is supported by: Source: Education Department of Sichuan Province; Project name: Research and Practice on the Course Construction of TV Integrated Production Based on Cross Fusion; Project Number: JG2021-1488.

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THE POSITIVE INFLUENCE OF INTERNET PLUS COLLEGE ENGLISH TEACHING ON MENTAL DISORDERS OF COLLEGE STUDENTS