

## THE WAY TO STRENGTHEN THE GUIDANCE OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology refers to the use of psychological theories or research results to carry out educational intervention, carry out conscious intervention according to the psychological laws and change characteristics of both teaching subjects and objects, and explore its teaching effect in a specific situation. Educational psychology can help teachers effectively intervene and solve students' psychological and learning problems in curriculum design, teaching method improvement and teaching motivation guidance. Based on psychology, educational psychology constructs the relationship between pedagogy and psychology, discusses the relationship between students' personality development and educational environment, the relationship between ability development and knowledge learning, social development and standardized learning, and the regularity between teaching effectiveness and talent training, and is committed to improving teaching quality and meeting the needs of teaching subjects. On the basis of practicing the cultivation concept of people-oriented and cultivating people through moral education, educational psychology actively intervenes in the teaching process and teaching subject and object with the help of psychological theory, which is imperceptibly internalized in mind and practice, providing ideological weapons and innovative ideas for curriculum design. The teaching method is the link between teachers' teaching design and students' actual learning effect. It is the best test means of curriculum effect. In terms of ideological and political education, various schools of pedagogy in history have directly established their own theoretical system based on the corresponding psychological point of view. The teaching process is the process of teaching interaction. Its essence is the choice of methods, and the psychological characteristics of teachers and students will make the teaching effect and teaching focus different. Different psychological characteristics and goal orientation will lead to the difference and enthusiasm of students' learning attitudes. At present, efficient college students often ignore the importance and urgency of ideological and political education and study with the mentality of coping with exams and single pursuit of achievement, which makes it difficult for students' ideological and moral cultivation to be greatly improved. At present, the current situation of ideological and political education mainly focuses on teachers' teaching, and the teaching means are relatively single and solidified, which makes teaching a mere formality, and there are still some deficiencies in improving students' enthusiasm and initiative to participate in the classroom. It is unable to give full play to the guidance and guidance of ideological and political education, and it is difficult to improve students' ideological and political level. Therefore, from the perspective of educational psychology, it is of great practical significance and value to carry out teaching reform from the aspects of the design of teaching content, the selection of teaching resources and the evaluation of teaching mode, pay full attention to the needs and psychological change characteristics of students, innovate the teaching path of ideological and political education and give full play to its leading power.

**Objective:** To analyze the law and characteristics of students' psychological changes in the process of ideological and political education with the help of educational psychology, so as to improve the goal and teaching effect of ideological and political education on students' ideological guidance and moral quality training, improve the teaching quality, and explore a new promotion path of ideological and political education.

**Research objects and methods:** Taking the students of three majors in a university as the research object, the research first collects information on the current situation of ideological and political teaching and the learning problems and needs of college students, then innovates and optimizes the teaching mode of ideological and political education, and constructs a new promotion path in line with students' psychological needs and ideological and political teaching objectives from the perspective of educational psychology. This model is used to test the quality and effect of teaching and the changes in students' ideology and morality.

**Method design:** Explore the correlation between educational psychology and ideological and political education with the help of principal component analysis, innovate and optimize the original ideological and political education classroom on this basis, analyze the learning effect and ideological and moral improvement of the experimental objects within three months with the new model, and make statistical comparison of the experimental data. To explore the influence mechanism of educational psychology on college students' ideological education level.

**Methods:** Principal component analysis was used to explore the correlation between educational psychology and ideological and political education 0 analysis tool to process the experimental data, and

with the help of the teaching situation changes before and after the application of the new ideological and political teaching model.

**Results:** From the perspective of educational psychology, strengthening the innovation of teaching means of ideological and political education will help to improve students' ideological level, enrich the diversification of ideological and political education, and play its leading and guiding exemplary role. The research explores the innovation of the teaching path of ideological and political education from the perspective of educational psychology. The results show that educational psychology can greatly improve students' enthusiasm to participate in the classroom and their ideological and moral level on the basis of considering students' needs and ideological and political teaching objectives. Table 1 shows the score statistics of students' ideological and political teaching effect before and after the improvement of classroom teaching mode.

**Table 1.** The score statistics of students' ideological and political teaching effect before and after the improvement of classroom teaching mode

| Time               | Ideological and moral level | Ideological knowledge reserve | Learning enthusiasm | Establishment of correct values |
|--------------------|-----------------------------|-------------------------------|---------------------|---------------------------------|
| Before improvement | 17.79±3.15                  | 14.16±3.31                    | 12.44±5.32          | 18.24±4.15                      |
| After improvement  | 24.35±4.52                  | 28.37±1.26                    | 19.45±7.15          | 27.87±3.46                      |

**Conclusions:** Educational psychology can lay a psychological scientific foundation for China's teaching reform, and is committed to serving practical education so that teachers can improve teaching level and quality on the basis of grasping the psychological laws and teaching characteristics of teaching subjects and objects. The application of educational psychology in ideological and political teaching can make the coordinated development of educational resultant force and the leading force of ideological and political education, and promote the formation of correct values of college students.

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## APPLICATION OF NATIONAL TRADITIONAL PHYSICAL EXERCISE BEHAVIOR AND AEROBIC EXERCISE IN ADULT PSYCHOLOGICAL ANXIETY

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**Background:** In essence, psychological anxiety refers to a strong and lasting emotional experience produced by individuals in the face of irresistible external pressure. At the same time, psychological anxiety will also produce corresponding physiological and behavioral changes, which is an adaptive response formed in the process of human evolution. Individuals with different degrees of psychological anxiety have different effects. Moderate psychological anxiety can make people in a more urgent and positive psychological state, and then provide motivation for their work and life. Excessive psychological anxiety will cause people's emotional regulation imbalance, and then fall into an "emotional trap" and have a negative impact. Studies have shown that 30%-50% of adults have varying degrees of psychological anxiety, and the factors affecting their psychological anxiety mainly include social cognitive factors, personality factors and work pressure. Adults have certain differences between their own cognitive level and social cognition, as well as differences in individual personality and psychological tolerance, which makes adults produce great psychological pressure and anxiety in complex working environment and social competition. The psychological anxiety of adults will not only affect their physical and mental health, but also lead to work efficiency, family situation and other problems. Some experts and scholars have put forward the "work demand control support" model for adults' psychological anxiety in order to improve their mental health level, but the effect of the model mainly depends on adults' control and binding on their own ability, which is not conducive to the dredging of their psychological emotions to a certain extent. The key to alleviating adults' psychological anxiety is to help them realize correct self-cognition and social cognition and find ways to vent their emotions. The traditional national physical exercise and aerobic activities focus on the overall view of human life, emphasize the relationship between human life activities and the natural environment, and pursue a harmonious internal and external health state, which can effectively regulate people's emotional and psychological problems. Therefore, with the help of physical exercise forms and aerobic activities, helping adults release their emotions and guiding them to pay attention to their cognition