

**Methods:** All data were statistically processed by SPSS22.0 software.

**Results:** Table 1 shows the changes of positive personality of college students in the two groups after 3 months of intervention. It can be seen from Table 1 that compared with the control group, the students in the experimental group scored higher in all dimensions of positive personality, with statistical difference ( $P < 0.05$ ).

**Table 1.** Changes of positive personality of college students in the two groups after 3 months of intervention ( $n=300$ )

Dimension	Control group ( $n=150$ )	Experience group ( $n=150$ )	$P$
Creativity	3.34±0.76	5.12±0.77	<0.05
Curiosity	3.65±0.81	6.38±0.77	<0.05
Judgment	3.78±0.66	6.51±0.84	<0.05
Studious	3.78±0.69	6.72±0.71	<0.05
Insight	3.15±0.67	6.01±0.62	<0.05
Brave	3.03±0.61	6.59±0.63	<0.05
Insist	3.06±0.79	5.97±0.67	<0.05
Sincere	3.34±0.76	5.12±0.77	<0.05
Enthusiasm	3.65±0.81	6.38±0.77	<0.05
Love	3.78±0.66	6.51±0.84	<0.05
Kindhearted	4.00±0.59	6.72±0.71	<0.05
Intelligence	3.09±0.65	6.01±0.62	<0.05
Team	3.09±3.60	6.59±0.63	<0.05
Fair	3.66±0.74	5.97±0.67	<0.05
Leadership	3.56±0.68	5.12±0.77	<0.05
Tolerant	3.77±0.73	6.38±0.77	<0.05
Modest	3.78±0.69	6.01±0.62	<0.05
Cautious	3.34±0.76	6.59±0.63	<0.05
Autonomy	3.65±0.81	5.97±0.67	<0.05
Appreciate	3.78±0.66	5.12±0.77	<0.05
Gratitude	3.78±0.69	6.38±0.77	<0.05
Hope	3.15±0.67	6.01±0.62	<0.05
Humor	3.03±0.61	6.59±0.63	<0.05
Faith	3.06±0.79	5.97±0.67	<0.05

**Conclusions:** The intervention model of college English micro curriculum resources based on social psychology can effectively improve college students' positive personality, and then has important value for students' psychological development. It is worth popularizing and applying in the construction of college English micro curriculum resources.

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## ANALYSIS ON THE EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM IN HIGHER VOCATIONAL COLLEGES ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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**Background:** Anxiety refers to the tension, uneasiness, worry, worry and other unpleasant complex emotional states caused by an individual's imminent and possible danger or threat. In other words, anxiety is people's emotional reflection of the serious deterioration trend of the value characteristics of real or future things. On the contrary, the emotional form is expectation, and immediate expectation is the

emotional reflection of people's obvious positive tendency to the value characteristics of reality or future things. Specifically, anxiety is a kind of irritability caused by excessive worry about the safety, future and fate of relatives or themselves. It contains worry, worry, sadness, tension, panic, uneasiness and other components. It is related to key situations and events that are difficult to predict and respond to. When the situation changes, anxiety may be relieved. Some people are in a state of anxiety for a long time without objective reasons. They are often afraid of major disasters for no reason, worried about incurable serious diseases, leading to symptoms such as agitation and panic. This abnormal anxiety is a manifestation of psychosis. In short, the clinical manifestations of anxiety disorder are chronic anxiety disorders such as tension, excitement of autonomic nerve function and excessive vigilance, accompanied by a series of symptoms such as muscle tension, autonomic nerve disorder and exercise anxiety, which last for a long time. It is generally believed that over compensation for negative emotions can lead to anxiety disorder. It should be pointed out that mild anxiety has a positive impact, which can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and make people confused all day. The "Employment anxiety" of contemporary college students is closely related to "graduation anxiety". "Graduation anxiety" is a common psychological phenomenon among graduates. With the popularization of higher education, the pressure faced by college graduates is increasing day by day. This is not only due to the difficult choice of finding a job or taking the postgraduate entrance examination before graduation, but also due to the tense atmosphere of the school, the urging of parents, the competition among peers, and the hesitation and anxiety caused by lack of work. The anxiety of college students in the upcoming graduation, job hunting or other learning stages of the university is mainly caused by excessive employment pressure, which is called "Employment anxiety". Employment anxiety is a strong and lasting emotional experience accompanied by physiological changes. In psychology, mild Employment anxiety is everyone's normal psychological response. Moderate anxiety will make people feel pressure and urge graduates to seek work hard. However, excessive anxiety will not only affect college students' career choice, but also interfere with their normal life.

There is no doubt that China's higher vocational education has developed rapidly and the situation is gratifying in recent years, but behind the appearance of prosperity, the current higher vocational education is facing many difficulties, many problems and contradictions are becoming more and more acute. At the specific level, the recognition of higher vocational education is not high, which is also the mainstream thought of today's society. Various phenomena seem to show that, in terms of national society, higher vocational education is secondary education. For parents and students, higher vocational education is a helpless choice. For employers, the enrollment rate of higher vocational graduates is generally low. In this situation, the employment anxiety faced by higher vocational graduates is undoubtedly more serious. Ideological and political education is not only the primary content of China's spiritual civilization construction, but also one of the main ways to solve social contradictions and problems. Ideological and political education is both important and difficult to do. There are many reasons for the poor effect of ideological and political work, but one of the important reasons is the long-term neglect of psychological education and training. Psychological education and cultivation are the basis of ideological and political education. Without this basis, ideological and political education is difficult to go deep. It is undeniable that ideological and political education based on psychological intervention or training is very important to alleviate the employment anxiety of higher vocational college students. Therefore, exploring the reform of ideological and political education in higher vocational colleges and taking this as the basis to alleviate the employment anxiety of higher vocational college students is undoubtedly a new idea and direction of higher vocational college education reform.

**Objective:** In order to alleviate the employment anxiety of higher vocational college students, this paper constructs an ideological and political education reform model based on psychological intervention, which aims to dredge the employment anxiety of higher vocational college students, and then establish confidence in their easy employment.

**Research objects and methods:** 400 higher vocational college students were randomly divided into control group and experimental group, with 200 students in each group. The control group implemented traditional ideological and political education, and the experimental group implemented the reform mode of ideological and political education based on psychological training for 3 months. Then, combined with the Self-rating Anxiety Scale (SAS), the psychological measurement of employment anxiety of higher vocational college students is carried out. The higher the score, the more serious the anxiety psychology is. Finally, the improvement of anxiety psychology of the two groups of higher vocational college students is compared and analyzed.

**Methods:** Complete the data analysis through SPSS23.0 data statistical analysis software.

**Results:** Table 1 shows the psychological improvement of employment anxiety of students in two groups of higher vocational colleges. As shown in Table 1, compared with the control group, the psychological improvement of employment anxiety of higher vocational college students in the experimental group is

more significant, with statistical difference ( $P < 0.05$ ).

**Table 1.** The improvement of employment anxiety of two groups of higher vocational college students ( $n=400$ )

Factor	Control group ( $n=200$ )	Experience group ( $n=200$ )	$P$
Somatization	3.75±0.61	1.45±0.56	<0.05
Obsessive compulsive symptoms	3.69±0.59	1.25±0.43	<0.05
Interpersonal sensitivity	4.47±0.43	1.43±0.57	<0.05
Depressive status	3.54±0.55	1.28±0.43	<0.05
Anxiety state	2.36±0.41	1.66±0.61	<0.05
Hostile situation	3.44±0.56	1.52±0.60	<0.05
Psychological state of terror	4.29±0.42	1.45±0.56	<0.05
Paranoid mental state	3.75±0.61	1.25±0.43	<0.05
Psychotic	3.69±0.59	1.43±0.57	<0.05

**Conclusions:** The reform mode of ideological and political education based on psychological intervention can effectively alleviate the employment anxiety of higher vocational college students. Therefore, the content of psychological education should be added in the ideological and political teaching practice of higher vocational colleges, so as to help higher vocational college students establish the confidence of smooth graduation and easy employment.

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## DISCUSSION ON RURAL REVITALIZATION STRATEGY TO PROMOTE THE INTEGRATED DEVELOPMENT OF AGRICULTURAL INDUSTRY UNDER THE BACKGROUND OF COGNITIVE IMPAIRMENT

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**Background:** Cognitive impairment is a kind of mental disease. In psychiatry, cognitive impairment is identified as ideological cognitive impairment and perceptual deficit disorder. At the same time, from the perspective of psychology, cognitive impairment is a kind of psychological problem, which is obtained after the psychological impact of patients. In clinical medicine, it is considered that the generation of cognitive impairment is the brain injury caused by the stimulation or external environment. The brain is the part that controls human activities. The impairment of brain cognitive function will lead to people's inability to accurately judge the external information they receive. In psychiatric research, the treatment of cognitive impairment mainly depends on the long-term efficacy of drugs. The treatment brought by drugs is limited, which can only alleviate individual cognitive impairment to a certain extent, and drugs have side effects. Long-term use will bring all kinds of unpredictable consequences. However, some psychiatrists have suggested that cognitive impairment, as an ideological disorder, can effectively cultivate the cognitive ability of patients with cognitive impairment through thinking and cognitive reconstruction. Thinking and cognitive reconstruction is the use of psychological induction to educate and cultivate patients with cognitive impairment, including reshaping the world outlook of patients with cognitive impairment, re understanding things and events, etc. In the modern society with the continuous development of society, people are more likely to have cognitive impairment under the influence of the external environment. Therefore, how to effectively alleviate and treat patients with cognitive impairment in different fields is of great significance.

In the context of national economic development, rural revitalization is proposed as an important strategy for agricultural economic development. In the rural revitalization strategy, take the countryside as the strategic point and drive rural development by looking for the path of rural development. The main purpose of rural revitalization strategy is to help agricultural development and promote agricultural economic growth. At the same time, in rural revitalization, it advocates the integration of the three major industries in agriculture to achieve common development. However, in the modern society of economic development, rural residents are easy to breed cognitive impairment psychology in the changing modern