

students in the university is counted, so as to analyze the current situation of the students with cognitive impairment in the university. Taking the number of students in music education in colleges and universities as an example, count the number of students with cognitive impairment in recent years and the changes of cognitive ability of students with cognitive impairment, and evaluate the mitigation effect of students with cognitive impairment in music education.

**Result:** In college music teaching, the statistics of the number of students with cognitive impairment and the changes of cognitive ability are shown in Table 1. Table 1 shows that the number of students with cognitive impairment in music teaching shows a decreasing trend, and the number of patients with severe impairment also gradually decreases, while the number of students with mild cognitive impairment does not increase significantly. Comparing the differences between the results and data, it was found that the number of students with cognitive impairment after music education was significantly different from that before education ( $P < 0.05$ ).

**Table 1.** Changes in music cognitive impairment of middle school students

Degree of cognitive impairment	Before teaching	After teaching	<i>P</i>
Total number	65	48	<0.05
Light	32	36	<0.05
Moderate	21	9	<0.05
Severe	12	3	<0.05

**Conclusions:** Alleviating college students' cognitive impairment is a key topic of social concern. Therefore, colleges and universities need to carry out relevant courses that can effectively alleviate students. In college education, music education is proposed to alleviate students' cognitive impairment. In order to explore the effect and significance of music education in the alleviation of college students' cognitive impairment, the students in college music education courses are taken as the research object. The application value of music education to the alleviation of students' cognitive impairment is judged by analyzing the change of the number of students with cognitive impairment and the change of students' cognitive ability. The results show that the number of college students with cognitive impairment is gradually decreasing in the process of receiving music teaching. At the same time, among the students with cognitive impairment, the number of students with severe cognitive impairment has decreased significantly. It can be learned that in higher education, in order to solve the problem of students' cognitive impairment, colleges and universities should carry out more perfect music teaching to expand students' knowledge level, guide students' subjective thoughts, improve students' cognitive impairment level, and also provide corresponding practical materials for the reform and innovation of higher education.

\* \* \* \* \*

## THE EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION BASED ON EDUCATIONAL PSYCHOLOGY ON THE CULTIVATION OF COLLEGE STUDENTS' SENSE OF SOCIAL RESPONSIBILITY

Wei He

*School of Marxism, Hunan Polytechnic of Environment and Biology, Hengyang 421000, China*

**Background:** Some students are influenced by some bad thoughts, their value orientation is distorted, their sense of social responsibility is missing, their ideals and beliefs are vague, their mental health level is low, and they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat of imminent threat of an individual to something. 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.

In the education system of colleges and universities, ideological and political education plays a role in helping students shape positive, healthy and upward ideals and beliefs, establish a correct outlook on life and values, cultivate students' sense of social responsibility and improve their mental health level. Educational psychology is a psychological theory put forward for teaching reform. It has important

theoretical and practical significance in deepening the reform of education. Educational psychology theory is more complex, including learning theory, learning motivation, learning strategies, learning styles, learning transfer, network and learning, learning and teachers and so on. The main research content of educational psychology is the change and development law of students' psychological activities under the relief of education, including the psychological law of students' mastering knowledge and skills and the psychological law of students' personality formation. The application of educational psychology in teaching can help teachers analyze students' behavior psychology, help students dredge psychological problems, improve the pertinence and effectiveness of teaching work, optimize teaching ideas, and improve teaching methods and teaching modes. The research applies educational psychology to the teaching mode of ideological and political education in order to improve ideological and political education, so as to improve the teaching quality of ideological and political education in colleges and universities, better alleviate students' anxiety, cultivate students' sense of social responsibility, and transport high-quality, high-level and high-ability talents for the society.

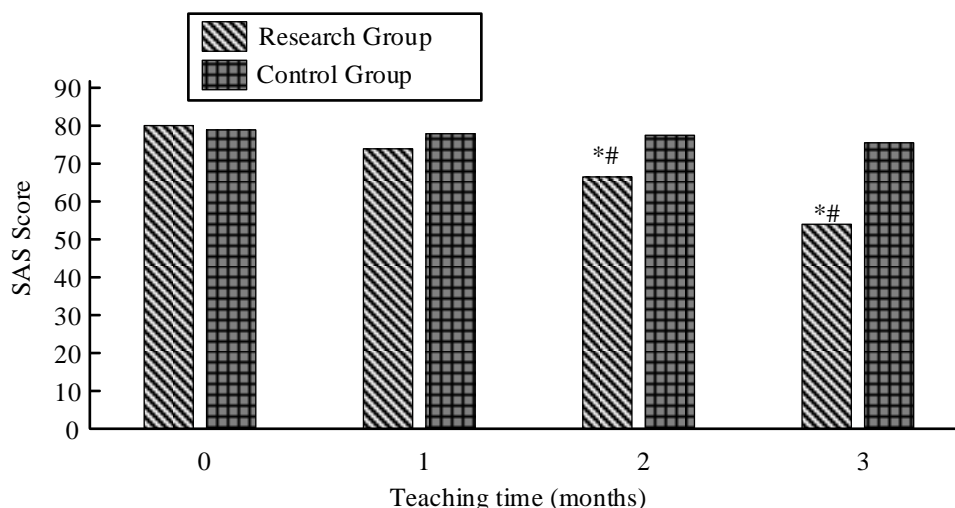
**Objective:** Some students are affected by some bad thoughts, their value orientation is distorted, their sense of social responsibility is missing, their ideals and beliefs are vague, their mental health level is low, and they are easy to fall into mental anxiety. Based on educational psychology, the research improves the teaching mode of ideological and political education, so as to improve the teaching quality of ideological and political education in colleges and universities, better alleviate students' anxiety and cultivate students' sense of social responsibility.

**Research objects and methods:** 100 students were selected as the research objects in a university. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and SCL-90 are used to evaluate students' anxiety, and the examination results of ideological and political education courses in colleges and universities are used to evaluate the teaching effect.

**Research design:** Using the random number table method, 100 students were randomly divided into research group and control group, with 50 students in each group. Among them, the students in the research group used the improved college ideological and political teaching mode based on educational psychology to teach. The students in the control group used the traditional ideological and political teaching mode in colleges and universities. After teaching for a period of time, the anxiety levels of the two groups of students were compared.

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

**Results:** Before teaching, there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups ( $P > 0.05$ ). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ( $P < 0.05$ ). The changes in SAS scores of the two groups of students are shown in Figure 1.



Note: \*  $P < 0.05$  compared with that before teaching; # It means that compared with the control group at the same time,  $P < 0.05$ .

**Figure 1.** Changes in SAS scores of students in the two groups

**Conclusions:** Some students are affected by some bad thoughts, their value orientation is distorted, their sense of social responsibility is missing, their ideals and beliefs are vague, their mental health level is low, and they are easy to fall into mental anxiety. In the education system of colleges and universities,

ideological and political education plays a role in helping students shape positive, healthy and upward ideals and beliefs, establish a correct outlook on life and values, cultivate students' sense of social responsibility and improve their mental health level. The research applies educational psychology to the teaching mode of ideological and political education in order to improve the ideological and political education, so as to improve the teaching quality of ideological and political education in colleges and universities, better alleviate students' anxiety, cultivate students' sense of social responsibility, and transport high-quality, high-level and high-ability talents for the society. The results showed that there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups before teaching ( $P > 0.05$ ). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ( $P < 0.05$ ).

\* \* \* \* \*

## THE INFLUENCE OF IMPROVING THE ABILITY OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' SPIRITUAL AND EMOTIONAL ANXIETY UNDER THE MULTIMEDIA ENVIRONMENT

Yong Gao

*Department of Student Affairs Management, Wuxi Vocational College of Science and Technology, Wuxi 214028, China*

**Background:** In college education, we should not only pay attention to the cultivation of college students' academic level, but also pay attention to the cultivation of college students' own psychological quality. College students have high psychological pressure and poor psychological quality, so they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat of imminent threat of an individual to something. 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. Clinically, researchers have divided anxiety disorders into two types: pathological anxiety and realistic anxiety. The mental anxiety of college students is generally realistic anxiety, which is caused by college students' worries about their studies, achievements, social and work. Finding a suitable way to solve the anxiety of students in the process of learning is of great significance to students' personal development.

Ideological and political education in colleges and universities is an important way to improve students' mental health and alleviate students' anxiety. However, the traditional teaching mode of ideological and political education in colleges and universities is solidified, the teaching content is vague and difficult for students to understand, which leads to its role in alleviating anxiety is not ideal. 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. Therefore, based on educational psychology, the research analyzes the psychological changes of students in ideological and political education courses, so as to improve the teaching mode of ideological and political education in colleges and universities, apply multimedia technology to ideological and political education, improve teaching quality and alleviate students' anxiety.

**Objective:** College students have high psychological pressure and poor psychological quality, so they are easy to fall into mental anxiety. 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. The research is based on educational psychology to improve the teaching mode of ideological and political education in colleges and universities, improve the teaching quality and alleviate students' anxiety.

**Research objects and methods:** 80 students from a university were selected as the research objects,