

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 ($P < 0.05$).

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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,

and the mental health status of students was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist-90 (SCL-90).

Study design: 80 students were randomly divided into study group and control group, with 40 students in each group. For the students in the research group, the teaching mode of ideological and political education in colleges and universities based on the improvement of educational psychology is adopted. For the students in the control group, the traditional teaching mode of ideological and political education in colleges and universities is adopted. After teaching for a period of time, the mental anxiety levels of the two groups of students were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: After teaching, the degree of anxiety and depression of the students in the study group decreased significantly ($P < 0.05$). The anxiety and depression of the control group had no significant change ($P > 0.05$), and was significantly worse than that of the study group ($P < 0.05$). The anxiety of students is shown in Table 1.

Table 1. Anxiety of two groups of students

Timing	SAS Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	71.9±12.3	72.1±13.1	0.403	0.762
After teaching	52.4±9.6	71.7±13.4	8.452	0.001
<i>t</i>	8.943	0.147	-	-
<i>P</i>	0.001	0.652	-	-

Conclusions: 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. 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. based on educational psychology, this study 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, improve the teaching quality and alleviate students' anxiety. The results showed that the anxiety and depression of the students in the study group decreased significantly after teaching ($P < 0.05$). The anxiety and depression of the control group had no significant change ($P > 0.05$), and was significantly worse than that of the study group ($P < 0.05$).

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RESEARCH ON URBAN CULTURAL CONSTRUCTION STRATEGY OF PUBLIC MANAGEMENT UNDER COGNITIVE IMPAIRMENT

Yiran Wang

School of Public Policy and Management, Guangxi University, Nanning 530000, China

Background: Urban culture is the symbol of urban spiritual civilization. The public's evaluation of the city comes from the internal and external cognition of the city. Public management plays an important role in the construction of urban culture and is the basis of the construction of urban culture. In the process of urban cultural construction based on public management, due to many problems in public management, the process of urban cultural construction is slow, and the relevant staff have negative emotions, resulting in psychological diseases such as anxiety, depression and cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brain's intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. The learning, memory and life of patients with cognitive impairment will be affected, which reduces the quality of life of patients and is not conducive to the harmonious development of society. Therefore, finding appropriate methods to treat cognitive impairment is of great significance to patients themselves and social development. Therefore, many experts have carried out in-depth research on cognitive impairment.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of