

and political ideas with professional teaching, while the students in the traditional teaching group were taught by the traditional teaching mode, The preliminary integration group uses the existing ideological and political concept of the curriculum and the preliminary integration mode of professional teaching in colleges and universities to teach. The implementation time of the experiment is one semester. In the process of the experiment, the research object has six professional learning hours per week, and both of them study two professional knowledge courses. By comparing the mental health level and curriculum professional achievements of students in the experimental group and the control group, this paper discusses the therapeutic effect of the combination of college curriculum ideological and political ideas and professional teaching on college students with cognitive impairment.

**Results:** The evaluation statistical results of the students in the experimental group on the new professional teaching mode after the experiment are shown in Table 1. The students in the experimental group have high satisfaction scores on the teaching concept, teaching method, teaching content and teaching evaluation of the new professional teaching mode.

**Table 1.** The evaluation and statistical results of the students in the experimental group on the new professional teaching model after the experiment

Survey object	Experience group
Teaching philosophy	3
Teaching methods	4
Content of courses	3
Teaching evaluation	4

**Conclusions:** Apply the curriculum ideological and political concept to the teaching reform of professional courses in colleges and universities, integrate the ideological and political education of college students on the basis of following the characteristics of professional courses, cultivate college students' professional knowledge and skills through different teaching methods, guide college students to improve their ideological and political consciousness, and promote the all-round development of college students' psychology and professional skills. Using the organic integration of college curriculum ideological and political ideas and professional teaching reform to promote the improvement of college education quality can effectively help college students with cognitive impairment improve their mental health quality and professional level, which has important practical significance to alleviate the problem of college students' cognitive impairment.

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## THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING STUDENTS' ANXIETY

Cheng Su

*School of Marxism, Northwestern Polytechnical University, Xi'an 710000, China*

**Background:** Psychological anxiety refers to a kind of fear and anxiety when an individual faces unsolvable difficulties or insurmountable obstacles. With the advancement of social process, social competition is becoming increasingly fierce, and people's life pressure is gradually increasing. In such a fast-paced life, college students bear the pressure from academic burden, interpersonal communication and other aspects, and are easy to fall into tension and anxiety. Appropriate anxiety can promote the study and life of college students, but some college students do not know enough about their mental health problems and do not take corresponding countermeasures in time, which makes them in a high state of anxiety for a long time and seriously reduces the quality of life. Therefore, it is necessary to strengthen the ideological and political education of college students, through the means of ideological and political education and psychological intervention, help college students eliminate psychological crisis and promote the comprehensive development of college students' physical and mental health.

Ideological and political education helps college students improve their ideological and political awareness by intervening in their ideological concepts, and promotes college students to learn to look at things in life from a dialectical perspective. Under the guidance of Marxist philosophy theory, ideological and political education adjusts their own pace of study and life, and improves the ideological level of college students. With the advent of the new media era, the development of networked information

technology has opened up a new development path for the ideological and political education of college students. Colleges and universities are required to establish a new innovative teaching mode of ideological and political education of college students, break the tradition, and deeply excavate the value significance of ideological and political education of college students to improve the level of mental health of college students. College students' enthusiasm and enthusiasm for ideological and political education.

**Objective:** To analyze the current situation of college students' ideological and political education under the new social situation, understand the problems existing in the traditional mode of college students' ideological and political education, and explore the innovative development path of college students' ideological and political education. Starting from the development mode of college students' ideological and political education under the new media environment, this study analyzes the impact of the innovative development of college students' ideological and political education on alleviating college students' anxiety, and analyzes the application value of college students' ideological and political education on improving college students' mental health level, hoping to provide reference for alleviating college students' anxiety.

**Research design:** Based on the general survey of college students' mental health level in 2021, this study obtains the relevant statistical data of college students' mental health quality, analyzes the current situation of college students' psychological anxiety, and understands the source and degree of college students' psychological anxiety. This study uses the artificial neural network evaluation method to analyze the impact of the innovative development of college students' ideological and political education on alleviating college students' anxiety, uses BP neural network to construct the innovative development model of college students' ideological and political education, and takes the psychological anxiety data of college students in the census data as the input variable of the model, to analyze the therapeutic effect of the innovative development of college students' ideological and political education in alleviating college students' psychological anxiety.

**Results:** The statistical analysis results of the sources of anxiety of contemporary college students are shown in Table 1. The psychological anxiety of contemporary college students mainly comes from the nervous state of college students on academic performance, interpersonal communication and employment development. Some college students are difficult to adapt to the university learning mode and have poor initiative and enthusiasm for learning, resulting in academic performance anxiety. Some college students are afraid of interpersonal communication in daily life and future employment development, afraid of contact with people and confused about future development.

**Table 1.** Statistical analysis of the sources of anxiety of contemporary college students

Survey object	Freshman	Sophomore	Junior	Senior
Academic	4	3	3	4
Social	3	4	3	3
Obtain employment	3	3	4	4

**Conclusions:** To carry out the ideological and political education of college students, we should take the reality of college students' life and study as the basis, have an in-depth conversation with college students with psychological problems, help college students with psychological anxiety solve their mental health problems, deal with specific things in life, and improve their mental health level. Mental health education is an important part of college students' ideological and political education. Colleges and universities should pay attention to the mental health education of college students, analyze the laws and characteristics of college students' physical and mental development, establish the training mechanism of college students' mental health development on this basis, and formulate a scientific and reasonable mental health education plan for college students. Moreover, colleges and universities should establish a sound ideological and political education system and mental health education mechanism, and do a good job in the allocation of resources for ideological and political education and mental health education, so as to provide a good environmental atmosphere for alleviating college students' anxiety.

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## THE INFLUENCE OF COLOR APPLICATION ON PSYCHOLOGY IN CHINESE ANTIQUE INTERIOR DESIGN

Jing Song

*School of Arts Design, Wuchang University of Technology, Wuhan 430000, China*