cognitive impairment of college students, and to explore the level of cognitive impairment before and after the reform of pop music teaching in colleges and universities. MMSE mainly includes five levels: orientation, memory, attention and calculation, memory and language ability. The scores of each level are 10, 3, 5, 3 and 9 respectively, with a total of 30 points. In MMSE's criteria for cognitive impairment, if the score is less than 27, it indicates cognitive impairment, and the smaller the score, the more serious the cognitive impairment. If the score is in the range of 27-0 points, it means normal.

Methods: SPSS software and Stata software were used to calculate and analyze the MMSE evaluation data of students with cognitive impairment.

Results: Table 1 shows the comparison results of the average cognitive impairment scores of 74 students before and after the practical intervention of pop music teaching reform in colleges and universities. It can be seen from Table 1 that before the intervention, the average score of all indicators of cognitive impairment of all students was low, and the total MMSE score was only 14.49, indicating that the symptoms of cognitive impairment of students were serious. After the reform intervention, the average score of MMSE evaluation indexes increased significantly, and the average total score of MMSE of the tested students reached 27.82, an increase of 91.99%. This shows that the symptoms of college music majors with cognitive impairment have been effectively alleviated and are in a normal state.

Table 1. Comparison of MMSE scores of college students with cognitive impairment before and after pop music teaching reform

Evaluation time	Directional force	Memory	Attention and computational power	Recall ability	Language ability	Total score
Before reform intervention	5.27	0.77	2.56	1.04	4.85	14.49
After reform intervention	9.01	2.79	4.83	2.85	8.34	27.82
Growth range (%)	70.97	262.34	88.67	174.04	71.96	91.99

Conclusions: Exploring the practice of pop music teaching reform in colleges and universities under the background of cognitive impairment can provide targeted psychological counseling for college students with cognitive impairment and promote the smooth progress of pop music teaching reform. Moreover, the reform of pop music teaching in colleges and universities can significantly improve students' MMSE score and effectively alleviate their cognitive impairment.

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ANALYSIS ON THE EFFECT OF COLLEGE EMPLOYMENT ECOLOGICAL TRANSFORMATION ON STUDENTS' EMPLOYMENT ANXIETY IN THE ERA OF INTELLIGENCE

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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 often fear major disasters for no reason, fear of 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.

The rise and arrival of the intelligent era has promoted the renewal of the employment and entrepreneurship service system in colleges and universities. The era of wisdom has not only changed the entrepreneurial mode of colleges and universities under the traditional mode, but also changed the thinking mode and concept of participants and objects. At present, the development of employment service system in colleges and universities still lags behind the development speed of the intelligent era. There are some problems, such as lack of three-dimensional information release, imperfect platform function and so on. It is urgent to build a perfect employment service system in colleges and universities. On the whole, the main characteristics of college employment ecological transformation in the intelligent era include: wider information coverage, more three-dimensional information dissemination and feedback, and opening the barriers between traditional industries. In addition, the ecological transformation of college employment in the era of intelligence has also formed an interactive development mechanism of harmonious ecology among schools, enterprises, society and college students. In addition, in terms of the main body of the employment service system of colleges and universities, colleges and universities, governments, enterprises, social organizations and college students have formed an interrelated and interdependent benign development mechanism on the basis of network interaction. In the process of continuous running in and integration, the employment and entrepreneurship ability of college students and the level of government supervision have been improved, the enterprise benefits and the development level of social organizations have been reasonably developed, and finally the ecosystem of employment and entrepreneurship service system in colleges and universities has been improved. Relevant research points out that the construction of college employment ecological transformation system in the intelligent era plays an important role in alleviating modern students' employment anxiety. In view of this, this paper analyzes the impact of college employment ecological transformation on students' employment anxiety in the intelligent era.

Objective: In order to alleviate the employment anxiety of college students, this paper constructs the employment ecological transformation system of colleges and universities in the intelligent era, which aims to dredge the employment anxiety of college students, and then establish confidence for college students' easy employment.

Research objects and methods: 200 college students are selected as the research object, and the psychological measurement of college students' employment anxiety is carried out in combination with the Self-rating Anxiety Scale (SAS). The higher the score, the more serious the anxiety psychology is. Then, based on the ecological transformation system of college employment in the era of intelligence, the intervention cycle is June. Finally, the improvement of college students' employment anxiety before and after the intervention is compared and analyzed.

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

Results: The psychological anxiety of college students improved 6 months after the intervention. As shown in Table 1, compared with that before the intervention, after the implementation of the intervention of college employment ecological transformation system in the intelligent era, the employment anxiety of students has been improved, with statistical difference ($P < 0.05$).

Conclusions: The implementation of the intervention of college employment ecological transformation system in the intelligent era can effectively alleviate the employment anxiety of college students, so as to help college students establish the confidence of smooth graduation and easy employment.

Table 1. The psychological improvement of college students' employment anxiety after 6 months of intervention (*n*=200)

Factor	Before intervention	Intervention 3 months	Intervention 6 months
Somatization	3.75±0.61	2.28±0.43*	1.45±0.56*
Obsessive compulsive symptoms	3.69±0.59	2.66±0.61*	1.25±0.43*
Interpersonal sensitivity	4.47±0.43	2.52±0.60*	1.43±0.57*
Depressive status	3.54±0.55	2.45±0.56*	1.28±0.43*
Anxiety state	2.36±0.41	2.25±0.43*	1.66±0.61*
Hostile situation	3.44±0.56	2.43±0.57*	1.52±0.60*
Psychological state of terror	4.29±0.42	2.28±0.43*	1.45±0.56*
Paranoid mental state	3.75±0.61	2.66±0.61*	1.25±0.43*
Psychotic	3.69±0.59	2.52±0.60*	1.43±0.57*

Note: * $P < 0.05$ compared with that before intervention.

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THE INFLUENCE OF IMPROVING THE ABILITY OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' PSYCHOLOGICAL COGNITIVE ABILITY UNDER THE ENVIRONMENT OF NEW MEDIA

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Background: Self-cognition refers to the insight and understanding of oneself, including self-observation and self-evaluation. Self-observation refers to the awareness of one's own perception, thinking and intention. Self-evaluation refers to the judgment and evaluation of one's own thoughts, expectations, behavior and personality characteristics. It is an important condition for self-regulation. At a specific level, the formation of individual self-consciousness, or consciousness, comes from the individual's response to external environmental stimuli through memory and thinking. Therefore, before the formation of memory, individuals will not have self-consciousness. If memory is the basis of all thoughts, then self-awareness is the individual's response to the environment based on thoughts. When one's memory and thinking reach a certain level, such as thinking and imagination completely appear from the brain, one's self-consciousness will be stronger. I exist, I have, I need, I think, and constantly strengthen personal self-awareness through thinking and imagination until the end of personal organic life. Therefore, self-cognition is a continuous development process from the beginning of brain memory to the disappearance of memory. The psychological cognition of self-cognition is a relatively advanced cognitive ability. For people with low education or low intelligence, they may not have such self-awareness for a lifetime. For some people, they can go beyond this psychological cognition. Generally speaking, psychological cognition is an infinite process, because psychological activity itself is infinite. It will develop with the development of personal experience, memory, thought and imagination. Therefore, after the emergence of psychological activities different from the previous stage or period, individual psychology will be summarized and adjusted. If a person can't understand himself correctly, can't see his own advantages and feel inferior everywhere, he will have a sense of inferiority, lose confidence and dare not do anything. On the contrary, if a person overestimates himself, he will also be arrogant and blindly optimistic, leading to mistakes in his work. Since the popularization of new media network, the fragmentation of culture and thought has also come, so that college students can browse more information without restriction in the fragmented time. However, so far, fragmentation is not only a fragment of time, but also a fragment of content, which has a great negative impact on college students' psychological cognition. Therefore, how to improve the psychological cognition of contemporary college students in the new media environment has become a new problem that modern colleges and universities have to face. Because only by overcoming the cultural impact and corruption of the new media environment can college students fully understand themselves and form a correct and healthy psychological cognition.

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. Especially under the condition of market economy, China's ideological and political work is relatively weak and does not meet the requirements of the