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INFLUENCE OF IDEOLOGICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS’ MENTAL ANXIETY UNDER THE BACKGROUND OF DIVERSIFICATION

Chengjun Yuan

Department of Mathematics, Harbin University, Harbin 150086, China

Background: Since entering modern society, with the rapid change of life mode and the intensification of social competition, anxiety has become a common problem in daily life. Anxiety Psychology, as a psychological disease, has not been widely concerned, but it has an important impact on all fields of society. From the perspective of conceptual analysis, anxiety is mainly due to the tension and fear derived from the inability to achieve their own goals or overcome the potential threats around them. Being anxious for a long time will not only frustrate people’s self-esteem and self-confidence, but also distract people’s attention, and then have a negative impact on people’s normal daily life. From the physiological level, the increase of psychological anxiety is the result of disturbing brain memory and thinking, making people show anxiety, tension, indecision and disturbing emotional changes. Anxiety can lead to neurological dysfunction, mental illness or abnormal anxiety. However, if these manifestations are excessive, they will evolve into anxiety disorders, even physical and language stiffness, mental breakdown, or common mental diseases in medicine, which will undoubtedly bring great threats and challenges to people’s body and mind, study and work. At the same time, anxiety, as a common and common psychological disease, also has an important impact on people’s judgment and thinking in their daily life, that is, people in a state of anxiety will not be able to deviate from the normal track of daily life and fall into a kind of self-repression that cannot extricate themselves, so it is difficult to practice their goals, and linger in place in depression. In short, anxiety has spread to all areas of people’s daily life, which should be paid attention to.

With the increasing complexity of human society and the development of information circulation, the renewal and transformation of culture are accelerating day by day. The development of various cultures is facing different opportunities and challenges, and new cultures will emerge one after another. In the modern complex social structure, it is inevitable that different cultures are needed to serve the development of society. However, facing the impact of multiculturalism, college students generally have mental anxiety, which is mainly reflected in indulging in multiculturalism and unable to make a correct value judgment. 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 development of modern society. 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 foundation, ideological and political education is like a rootless duckweed, always drifting on the surface of people’s thoughts and cannot go deep. Relevant studies have pointed out that ideological and political education in colleges and universities has an important impact on alleviating college students’ mental anxiety, and can help college students form correct values, so as to deal with the impact and corrosion of pluralistic culture. Therefore, based on the multicultural background, exploring the role of ideological and political education in alleviating college students’ mental anxiety has both theoretical and practical value.

Objective: Facing the impact and corrosion of multiculturalism, in order to alleviate the mental anxiety of college students, this paper constructs a reform model of ideological and political education in colleges and universities with psychological training, which aims to dredge the mental anxiety of college students, so as to promote college students to correctly judge the content of multiculturalism and ensure the all-round development of college students’ physical and mental health.

Research objects and methods: 300 college students were randomly divided into control group and experimental group, with 150 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 mental anxiety of college students is measured. The higher the score, the more serious the spirit is. Finally, the improvement of mental anxiety of the two groups of college students is compared and analyzed.

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

Results: Table 1 shows the improvement of mental anxiety of college students in the two groups. Compared with the control group with routine ideological and political education, the experimental group with the reform mode of psychological training ideological and political education improved college students' mental anxiety more significantly, and there was significant difference between the two groups ($P < 0.05$).

Table 1. The improvement of mental anxiety of college students in the two groups ($n=300$)

Factor	Control group ($n=150$)	Experience group ($n=150$)	P
Somatization	2.47±0.43	1.39±0.43	0.00
Obsessive compulsive symptoms	2.54±0.55	1.45±0.56	0.00
Interpersonal sensitivity	2.36±0.41	1.25±0.43	0.00
Depressive status	2.44±0.56	1.43±0.57	0.00
Anxiety state	2.29±0.42	1.28±0.43	0.00
Hostile situation	2.47±0.43	1.39±0.43	0.00
Psychological state of terror	2.54±0.55	1.45±0.56	0.00
Paranoid mental state	2.36±0.41	1.25±0.43	0.00
Psychotic	2.44±0.56	1.43±0.57	0.00

Conclusions: Facing the impact and corrosion of multiculturalism, the reform mode of ideological and political education based on psychological training has an important impact on alleviating college students' spiritual anxiety, helping college students form correct values and promoting the healthy development of college students' body and mind. Therefore, it can be said that the reform model of ideological and political education based on psychological training has high theoretical and practical value.

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ANALYSIS ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION INNOVATION ON STUDENTS' SPIRITUAL AND EMOTIONAL PRESSURE UNDER THE PATTERN OF "GREAT IDEOLOGICAL AND POLITICAL EDUCATION"

Wei He

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

Background: The teaching contents and tasks provided in college teaching are stricter, which also causes a large number of students to have mental and emotional pressure. The mental and emotional stress of students can be collectively referred to as psychological anxiety in psychology. The generation of psychological anxiety is mostly due to the difference of students' expectations in learning, that is, students are difficult to complete the predetermined goal under pressure, resulting in mental anxiety. In addition, in college life, not only the teaching pressure in learning leads to students' mental and emotional pressure, but also the surrounding students and school environment will bring serious mental pressure to students in daily life, resulting in students' mental and emotional pressure. In psychological research, the treatment for students' mental and emotional stress is educational reform, and students' psychological trauma is repaired through innovative teaching programs. A large number of studies have proved that in college education, students' mental and emotional pressure can be induced by teachers to alleviate the phenomenon. In view of this, major colleges and universities have successively carried out teaching courses to alleviate students' spiritual and emotional pressure, among which the ideological and political education course in colleges and universities has the most remarkable effect. The core content of ideological and political education is to cultivate students' correct values, guide students to build a complete value system by instilling positive