

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 ( $n=150$ )	<i>P</i>
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.

**Acknowledgement:** The research is supported by Projects of the National Social Science Foundation of China: "Social Education Function and Implementation Path of Public Digital Cultural Service" (No.18BTQ011).

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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"

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**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

ideas into students, and expect students to be able to deal with external shocks in their study and life.

With the proposal of the great ideological and political pattern, the ideological and political teaching in colleges and universities is defined as the system and mechanism of “integrated leadership, professional operation and collaborative education”. In the practice of ideological and political education in colleges and universities for many years, the pattern of great ideological and political education has become more and more perfect, and has gradually become the basic theory of ideological and political education in colleges and universities. In view of the students’ mental and emotional pressure, ideological and political teaching forms a special ideological system for students from the students’ ideological construction, so as to alleviate the students’ emotional pressure. Under the great ideological and political pattern, there are further understanding and requirements for the ideological and political education in colleges and universities. Under the great ideological and political pattern, it is emphasized that the ideological and political teaching in colleges and universities needs to build a more perfect teaching system and a more comprehensive team of teachers, so as to further improve the teaching quality of ideological and political classroom teaching. The innovation of ideological and political education in colleges and universities under the great ideological and political pattern is the main development direction of ideological and political education in colleges and universities. On the basis of the original ideological and political education, the innovative scheme will undoubtedly have a more direct and obvious impact on students’ spiritual and emotional pressure. Therefore, this paper studies and constructs the innovative scheme of college ideological and political education under the great ideological and political pattern, so as to analyze its specific impact on students’ spiritual and emotional pressure, so as to provide reference for the development of efficient ideological and political education, in order to reduce college students’ negative emotions.

**Objective:** This paper discusses the construction process of the innovation scheme of ideological and political education in colleges and universities under the great ideological and political pattern, and explores the impact of the innovation of ideological and political education under the influence of the great ideological and political pattern on the spiritual and emotional pressure of college students.

**Study design:** Taking a university as the research object, the number of students with mental and emotional anxiety in colleges and universities was counted. Professional performance assessment is used to determine the scores of college students’ ideological and political courses, and Self-rating Anxiety Scale is used to count the anxiety of students. The innovative scheme of ideological and political education is constructed by using the great ideological and political pattern. The scheme is applied to the ideological and political education courses in three schools, and the teaching time is 6 months. Compare and analyze the differences of students’ ideological and political course scores and students’ learning anxiety before and after teaching, and analyze the effect of ideological and political innovation education program under the great ideological and political pattern and its impact on students’ learning anxiety. Adopt SPSS24.0. The data difference before and after statistical analysis was statistically significant ( $P < 0.05$ ).

**Results:** The number of college students suffering from mental and emotional stress is 119. The changes of student performance and anxiety evaluation after passing the ideological and political innovation teaching program under the great ideological and political pattern are shown in Table 1. Table 1 shows that there are significant differences in students’ professional scores and mental and emotional stress before and after the teaching of innovative programs, and they have been significantly improved after teaching.

**Table 1.** Changes of students before and after teaching

Project	Before teaching	After teaching	P
Ideological and political achievements	63.4	78.9	<0.05
Mental and emotional stress	66.37±2.12	35.78±1.65	<0.05

**Conclusions:** The emotional stress of college students is the main factor affecting the normal development of students’ study and life. Therefore, colleges and universities need to pay close attention to students’ psychological problems and treat them. Based on the theoretical basis of the great ideological and political pattern, this study constructs an innovative scheme of ideological and political teaching in colleges and universities, so as to alleviate the anxiety of college students under mental and emotional pressure. The results show that under the innovative scheme, students’ professional performance has been significantly improved, and students’ emotional stress score has been significantly reduced, indicating that students’ negative emotions can be alleviated through the innovative teaching scheme. Therefore, in the ideological and political teaching in colleges and universities, teachers need to have strong sensitivity, build students’ correct values and promote students’ growth by constructing innovative schemes.

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## THE VALUE OF CULTIVATING COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** As a psychological subject studying social activities, social psychology can effectively analyze social activities and explore the behavior changes between social organizations. In college teaching, social change determines the change of teaching mode. Therefore, analyzing the application of social psychology in college teaching innovation is of great significance to the improvement of college education level. The research of social psychology is mainly aimed at the behavior process and interpersonal relationship of individuals under the influence of the external environment. Social psychology believes that individual experience is affected by social activities, resulting in psychological and behavioral changes. At the same time, within the research scope of social psychology, social activities, social communication behavior and group psychology are its main research contents. With the continuous changes of the international community, how to plan the teaching mode of colleges and universities through social psychology is debatable. With the deepening of research, a large number of educators found that social activities have a certain impact on students' psychological quality. Therefore, colleges and universities began to gradually try to use the content of social psychology to realize the cultivation of students' psychological quality.

Students' psychological quality includes the ability to deal with interpersonal relationships, the ability to withstand blows and setbacks, healthy and correct values and a good outlook on life. In college education, it is not only to comprehensively cultivate students' professional achievements, but also to promote the growth of students' psychological quality. It is also one of the main contents of your college education. Many studies have shown that in college teaching, students' psychological quality is affected by many aspects. The learning environment of colleges and universities is a relatively free environment. In college learning and life, students can participate in various activities and freely choose their favorite courses. In the process of carrying out various activities in colleges and universities, the social level that students can contact has also begun to expand. Most college activities require students to have high social skills, so it can promote the improvement of students' interpersonal relationship processing ability to a certain extent. College education has huge resources. Students can contact the knowledge of all sectors of society through the college education platform, which indirectly or directly affects students' values and outlook on life. Moreover, the social pressure faced by the university also increases gradually with the teaching time. How students deal with the difficulties they face determines the direction of students' future development. Therefore, in college education, the impact of social environment on students is very significant. From the perspective of social psychology, this paper analyzes the specific performance and changes of college students' psychological quality in the social environment, and puts forward theoretical support for the healthy growth of students.

**Objective:** Explore the social activities of college students in their study and life, analyze the impact of different social activities on students' social psychology, and explore the specific impact of students' social psychology on students' psychological quality.

**Study design:** Taking a university as an example, 500 students were selected for empirical investigation, the social activities that all students were exposed to in their study and life in the university were counted, and the social psychological status and changes of students in various social activities were determined by fuzzy evaluation method. Collect the interpersonal relationship processing ability, the ability to withstand blows and setbacks, healthy and correct values and good outlook on life and psychological quality of all students, and use SPSS24.0 software analyzes the correlation between students' social psychology and psychological quality, and evaluates the value of social psychology in the cultivation of college students' psychological quality.

**Table 1.** The influence of social psychology on students' psychological quality

Content	Interpersonal skills	Ability to withstand setbacks	Healthy and correct values	Good outlook on life
Social psychology	4	4	4	4
Social consciousness	4	4	4	4

**Results:** The influence degree of students' social psychology on students' interpersonal relationship