

competition. Many students fall into confusion about the future in this environment, resulting in anxiety and depression, affecting the level of mental health, and then affecting the healthy growth of students. Ideological and political education in colleges and universities is the main way to shape students' personality, cultivate students' outlook on life and values, and improve college students' psychological quality. Therefore, in order to solve the psychological anxiety of college students, this paper puts forward a teaching scheme with ideological and political education as the core, and analyzes its impact on students' psychology.

Study design: 120 students in a university were selected as the main research object, the psychological anxiety of all students was counted, and the students were divided into groups according to their different psychological anxiety. The innovative program of ideological and political teaching was used to alleviate students' psychological anxiety. All data were collected by SPSS24.0, $P < 0.05$ was statistically significant.

Results: There are different levels of anxiety among all students. The specific analysis of the anxiety of all students shows that the changes of students' anxiety before and after teaching are shown in Table 1. Table 1 shows that the anxiety scores of students in different grades can be significantly reduced in teaching.

Table 1. Changes in students' anxiety

Project	Anxiety score		P
	Before teaching	After teaching	
Freshman (n=30)	69.57±2.31	35.45±1.26	<0.05
Sophomore (n=30)	66.12±2.06	39.52±1.66	<0.05
Junior (n=30)	60.11±2.28	40.02±1.33	<0.05
Senior (n=30)	70.1±2.69	42.06±1.25	<0.05

Conclusions: As an important part of the college curriculum, ideological and political education in colleges and universities needs to pay attention to how to alleviate students' increasing anxiety. The research starts from the improvement of teaching schemes in ideological and political education, and formulates a good teaching innovation scheme for the purpose of improving students' psychological anxiety. The results show that in the innovative teaching of ideological and political education, college students of different grades can get a significant decline in scores, that is, students' psychological anxiety can be significantly alleviated. The psychological anxiety of college students needs to be paid close attention to and solved in college teaching. At the same time, colleges and universities should also build teaching plans based on students' psychological negative emotions in ideological and political teaching, provide the basis of teaching environment for students' healthy growth, promote students' normal growth, and provide a theoretical basis for talent training in our country.

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THE TEACHING REFORM PATH OF ART EDUCATION CURRICULUM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is the theoretical basis of teaching reform in colleges and universities. In the teaching reform in colleges and universities, the application of educational psychology can realize the practice of teaching reform to the greatest extent. The purpose of educational psychology is to guide the reform of teaching mode and system. From the perspective of educational psychology, any teaching system has its aspects that can be reformed. Educational psychology emphasizes the intervention of human learning and educational programs in the educational context, so as to improve the teaching level. In educational psychology, taking students' learning tasks as the background and psychology as the basis, this paper analyzes students' learning psychology, designs courses and optimizes teaching plans from students' learning levels. In recent years, due to the needs of social development, educational development is constantly updating and iterating, and the tasks of educational psychology are increasing. Therefore, the scope of research objects of educational psychology is also expanding. And with the change of social education concept, education is not only the infusion of knowledge, but also shoulder the role of cultivating students' moral behavior and aesthetic emotion. In college teaching, teachers and schools pay more and more attention to students' aesthetic emotion in colleges and universities. Therefore, how to cultivate

students' aesthetic emotion by using educational psychology from the perspective of students' psychology has become a problem gradually broken through by colleges and universities.

At the same time, in order to cultivate students' aesthetic and psychological values in art courses, teachers in colleges and universities need to carry out aesthetic education in order to cultivate students' aesthetic and psychological values. The proposal of educational psychology provides a reference path for the reform of fine arts in colleges and universities. In educational psychology, it is considered that the formulation of curriculum scheme is based on the three humanistic foundations of school, teachers and students. Schools need to fully support teachers' teaching reform and provide teachers with the necessary environment and conditions for teaching reform. In the process of teachers' teaching curriculum formulation, teachers also need to be student-centered, start with students' learning psychology, and establish a teaching plan in line with students' learning enthusiasm. In art education, students have different views on different things, so there are significant differences in the final art embodiment. Therefore, how to apply the relevant contents of educational psychology in art teaching and optimize the art education curriculum in colleges and universities with the help of the educational viewpoint of educational psychology is of great significance. In the research, by analyzing the relevant core ideas of educational psychology, this paper attempts to analyze the innovative path of art teaching in colleges and universities, so as to provide theoretical reference for the comprehensive development of college students.

Objective: This paper discusses the value of educational psychology in the teaching application of colleges and universities, analyzes the aesthetic psychology of students in art education courses in colleges and universities, applies educational psychology to the reform of art courses, and discusses the impact of teaching reform on students' aesthetic psychology under educational psychology.

Study design: Based on the analysis of the factors affecting the development of art education curriculum in colleges and universities, this paper determines the influencing factors of art education. 200 students were selected from three schools. Each school was divided into an experimental group and control group, with 100 students in each group. The experimental group used the new strategy for art education, and the control group used the traditional scheme for art education. All students were tested for art professional achievement and aesthetic psychological evaluation.

Results: See Table 1 for the performance test and aesthetic psychological evaluation results of middle school students in the three schools after teaching. Table 1 shows that after teaching, the number of excellent students and the number of students with good aesthetic psychology in the experimental group is more than those in the control group, and the difference is statistically significant ($P < 0.05$).

Table 1. Changes of students after innovative teaching of art curriculum

Index		School A	School B	School C
Excellent professional performance	Experience group (n=100)	86	77	95
	Control group (n=100)	64	61	69
	<i>P</i>	<0.05	<0.05	<0.05
Good aesthetic psychology	Experience group (n=100)	97	95	97
	Control group (n=100)	74	72	81
	<i>P</i>	<0.05	<0.05	<0.05

Conclusions: The comprehensive quality development of college students refers to that students need to develop their other abilities while developing their professional level. The establishment of art curriculum in colleges and universities is to cultivate students' aesthetic values in the way of professional teaching. In the research, educational psychology is used to reform art teaching in colleges and universities, and explore the path of art teaching reform. The results show that in the perspective of educational psychology, students' aesthetic psychology is the main influencing factor of teaching reform, and the teaching scheme constructed on this basis can effectively improve students' aesthetic psychology level. Therefore, in art teaching in colleges and universities, paying attention to students' aesthetic psychology to formulate perfect teaching plans is the main way to help students improve their professional knowledge. At the same time, it can also improve students' aesthetic emotion and promote students' all-round development.

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THE APPLICATION OF BIG DATA AND CLOUD COMPUTING IN THE INTERNET OF THINGS UNDER THE BACKGROUND OF THINKING DISORDER

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