

Political Education in Liaoning Province (Anti-Japanese United Army Spirit) 202101011.

* * * * *

THE INFLUENCE OF THE ADAPTATION OF THE INHERITANCE PATH OF ANCIENT CHINESE LITERATURE ON WRITERS' PSYCHOLOGICAL ANXIETY – TAKING THE LITERATURE OF WEI AND JIN DYNASTIES AS AN EXAMPLE

Wanhong Wang

School of Literature, Journalism & communication, Xihua University, Chengdu 610039, China

Background: Anxiety is a kind of abnormal psychological bad mood, which is mainly due to the irritability formed by excessive worry about the future, fate and life safety, including anxiety, panic, tension, anxiety and other psychological manifestations. Medical psychologists believe that anxiety usually refers to that people's adverse feelings such as risk, pressure and pain exceed their acceptable range, and it is difficult for people to face and solve these problems. Generally speaking, anxiety itself is a very reasonable emotional response. However, long-term anxiety will lead to physiological and emotional diseases. According to different types, anxiety can be divided into pathological anxiety and realistic anxiety. Pathological anxiety is one of the most common types of anxiety. Its clinical manifestations are panic anxiety, generalized anxiety disorder and so on. At present, the main causes of anxiety are increasing pressure, perfection requirements, health concerns, smart phones and so on. At present, the most common intervention measures are personalized psychological intervention, lectures on professional knowledge of mental health and so on. Although these interventions can alleviate psychological anxiety, their application scope is greatly limited, and their implementation is difficult, poor effect and low real-time performance. Therefore, their promotion value is not particularly great.

The latest research of authoritative medical journals points out that the alternative model of the inheritance path of ancient Chinese literature can improve psychological anxiety, which has been confirmed by a large number of scholars. Wei Jin culture plays a very important role in Chinese traditional culture. It can be said that it is a renaissance in the history of Chinese culture. During this period, there were a large number of influential scholars. The culture of Wei and Jin dynasties can promote the integration of nationalities, affect the division of classes, affect the development of China's economy and influence ideology. The adaptation of the inheritance path of ancient Chinese literature mainly includes two aspects: practice and scientific research. Scientific research can make the research of Chinese excellent traditional culture show novelty, including deeply excavating the implied value of literary works in the Wei and Jin dynasties and transforming the scientific research achievements of ancient literature into the necessities of cultural life. Practice can make Chinese traditional culture show its dissemination, including giving full play to the advantages of discipline platform and actively expanding cultural activities. The alternative mode of the inheritance path of ancient Chinese literature can have a positive therapeutic effect on people with psychological anxiety in many fields such as literature, education and architecture, which has been widely concerned by many experts and scholars. However, whether this alternative has a positive intervention effect on the psychological anxiety of literary scholars has not been effectively confirmed.

Objective: This paper analyzes the positive significance of the adaptation of the inheritance path of Chinese ancient literature represented by the Wei and Jin dynasties to alleviate the anxiety of writers, and then fundamentally change the innovation of the inheritance path of Chinese ancient literature, so as to make a great contribution to the inheritance of Chinese traditional literature.

Research objects and methods: According to Hamilton scale, 100 patients with different levels of anxiety were selected as the study subjects, the Density-Based Spatial Clustering of Applications with Noise (GDBSCAN) was used to analyze the anxiety of patients for grade evaluation. The experimental period lasted for 3 months. The scale is divided into mental and physical factors, with a total of 14 items. Each item is measured by a 5-level score, and the total score is 60 points. The higher the score of the scale, the more serious the anxiety of patients. The anxiety level is divided into four levels: no anxiety, possible anxiety, obvious anxiety and serious anxiety.

Methods: Through the latest version of Minitab20 data statistical analysis software, this paper analyzes the impact of the adaptation of the inheritance path of ancient Chinese literature on the writer's psychological anxiety.

Results: Table 1 refers to the improvement rate of writers' psychological anxiety during the whole experimental period. It can be seen from Table 1 that writers' psychological anxiety has been significantly improved after the intervention of the alternative model of the inheritance path of ancient Chinese

literature, and the improvement rate has increased significantly with the continuation of the experimental time, mainly because this model can alleviate writers' psychological anxiety to a certain extent.

Table 1. The improvement rate of writers' psychological anxiety during the whole experiment period

Mental health indicators	Before	After 1 month	After 2 months
Spirituality	72.0	81.0	86.0
Somatization	72.0	82.0	87.0

Conclusions: The research institute proposed that the alternative model of the inheritance path of ancient Chinese literature represented by the Wei and Jin dynasties can improve the psychological anxiety of writers. This model can be popularized in the intervention of writers' anxiety. Later, this model can also be applied to other anxiety patients to increase the scope of application.

Acknowledgement: The research is supported by: The Study of WenXinDiaoLong and Its Contemporary Value from the Perspective of Writing Theory (No. 17YJA751027).

* * * * *

THE APPLICATION OF MENTAL HEALTH EDUCATION IN IDEOLOGICAL AND POLITICAL COURSES IN COLLEGES AND UNIVERSITIES

Yakefu Guliyimu

Basic Science Institute, Xinjiang University of Finance & Economics, Urumqi 830012, China

Background: Curriculum ideological and political education is an innovative educational model in recent years. It is an important attempt to improve the ideas and teaching methods of college students' Ideological and political education. As an important part of Ideological and political education, mental health education has important value in college curriculum ideological and political reform. Guided by the thought of socialism with Chinese characteristics, the ideological and political concept of the curriculum combines the traditional ideological and political education resources with the modern education mode, organically integrates various resources inside and outside the school, centralizes and integrates the explicit resources and invisible resources, and realizes the organic unity of subject knowledge learning and value guidance. The concept of curriculum ideological and political education combines ideological and political education courses with various courses to form the synergy of comprehensive education. Taking "Building Morality and Cultivating People" as the educational goal, it highlights the joint educational role of the combination of moral education and professional teaching in higher education, integrates the guidance of psychological value in the teaching process of professional knowledge, and emphasizes the role of knowledge in the cultivation of moral education. The concept of curriculum ideological and political education develops the whole curriculum into the main position of ideological and political education through a new curriculum model integrating professional courses and ideological and political education courses.

With the advancement of social process and the acceleration of social development, the social competition situation is becoming increasingly severe. The fierce social competition makes college students face the pressure from family, society, environment and other aspects. The number of college students with mental health problems is increasing year by year. College students are a high incidence group of psychological problems and trauma. In recent years, the frequency of college students' dropping out and suicide has increased year by year. Modern college students are facing heavy pressure from society, family and other aspects. Intervention and adjustment of college students' mental health problems has become a key issue concerned by the government and colleges and universities. In daily life and study, college students are faced with the pressure of academic performance, interpersonal communication, social practice, employment competition and so on. Some college students have anxiety and fear when facing difficult difficulties or obstacles, which leads to college students falling into a state of psychological anxiety or depression, which seriously affects the normal life of college students and reduces the quality of life of college students. College students are the main force of future national construction and the future hope of national development. Their physical and mental health is directly related to the future development process and speed of the whole society. It is necessary to further strengthen the attention to the mental health of college students, guide students to release psychological pressure and actively adjust their psychological state through various intervention means.

Objective: To analyze the importance and current situation of college students' mental health education