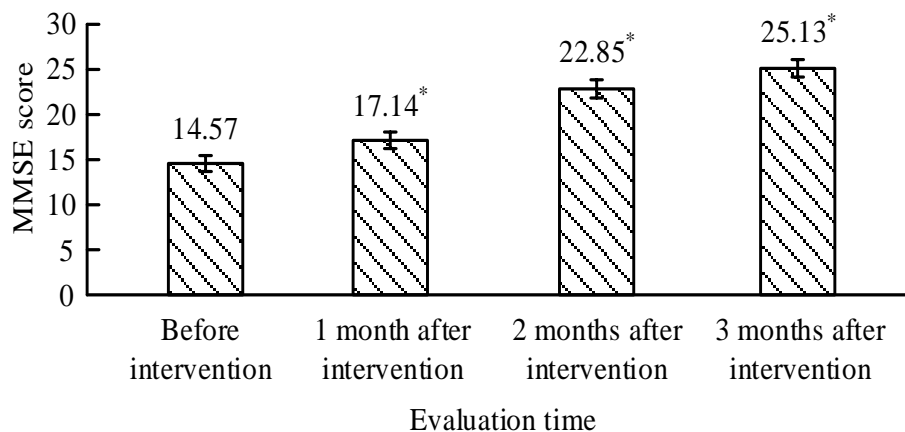


statistically significant ( $P < 0.05$ ).



**Figure 1.** MMSE scores of elderly patients with mild cognitive impairment before and after intervention

**Conclusions:** The cognitive impairment of the elderly can be effectively alleviated under the intervention of occupational therapy, and the level of cognitive function is significantly improved. Occupational therapy has a good intervention effect, which can enhance patients' self-care ability on the basis of improving their cognitive level. This method can be widely used in the treatment of patients with cognitive impairment.

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## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM ON COLLEGE STUDENTS' EMPLOYMENT AND ENTREPRENEURSHIP ANXIETY

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**Background:** Modern medicine believes that anxiety is related to genetic factors. Anxiety can be found in the families of patients with anxiety. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder show the overactivity of neural activity as a whole, but these physiological changes are not unique to anxiety disorder, so they may also be the result of the disease rather than the cause. 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. With the development of social economy, people's life and work pressure are increasing. The incidence rate of anxiety disorders is also increasing. 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 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 the anxiety experienced by college students in the face of employment problems. Employment anxiety is a strong and lasting emotional experience accompanied by physiological changes. At the same time, entrepreneurial anxiety refers to the emotional experience that college students may fail to achieve their initial goals due to entrepreneurial failure when facing entrepreneurial problems after graduation. In other words, entrepreneurial anxiety refers to college graduates' cognitive evaluation of internal and external stimuli in entrepreneurial situations, and the expectation that fuzzy dangerous stimuli inside and outside entrepreneurial situations will threaten themselves and self-esteem, resulting in strong and lasting emotional experience and feeling unable to cope. This is a kind of state anxiety, which will be relieved as the problem is solved. In psychology, mild employment and entrepreneurship anxiety is everyone's normal psychological response. Moderate anxiety will make people feel pressure and urge

graduates to seek work and self-entrepreneurship, but excessive anxiety will interfere with the normal life of college students.

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 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' employment and entrepreneurship anxiety. It can not only help college students form correct values, but also dredge and overcome the psychological pressure of college employment and entrepreneurship. Therefore, explore the psychological role of ideological and political education in alleviating college students' employment and entrepreneurship anxiety. It has both theoretical and practical value.

**Objective:** In order to alleviate college students' anxiety about employment and entrepreneurship, this paper constructs a reform model of ideological and political education in colleges and universities based on psychological training, which aims to dredge college students' anxiety about employment and entrepreneurship, so as to point out the direction for college students' graduation life.

**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 employment and entrepreneurship anxiety of college students is measured. The higher the score, the more serious the anxiety of college students. Finally, the psychological improvement of employment and entrepreneurship anxiety of the two groups of college students are compared and analyzed.

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

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

**Table 1.** The psychological improvement of employment and entrepreneurship anxiety of college students in the two groups ( $n=300$ )

Factor	Control group ( $n=150$ )	Experience group ( $n=150$ )	<i>P</i>
Somatization	2.75±0.61	1.66±0.61	0.00
Obsessive compulsive symptoms	2.69±0.59	1.52±0.60	0.00
Interpersonal sensitivity	2.47±0.43	1.39±0.43	0.00
Depressive status	2.54±0.55	1.45±0.56	0.00
Anxiety state	2.36±0.41	1.25±0.43	0.00
Hostile situation	2.44±0.56	1.43±0.57	0.00
Psychological state of terror	2.29±0.42	1.28±0.43	0.00
Paranoid mental state	2.75±0.61	1.66±0.61	0.00
Psychotic	2.69±0.59	1.52±0.60	0.00

**Conclusions:** The reform mode of ideological and political education based on psychological training has an important impact on alleviating college students' employment and entrepreneurship anxiety. It can not only help college students form correct values, but also dredge and overcome the psychological pressure of college employment and entrepreneurship. 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 THE INTEGRATION MODE OF TRADITIONAL CULTURE EDUCATION AND CHINESE LANGUAGE TEACHING ON COLLEGE STUDENTS' POSITIVE PERSONALITY UNDER EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is the product of the combination of educational activities and psychology. It is a science to explore the psychological law and teaching law of middle school in the process of education. So far, educational psychology, as a science, has only a hundred years of history and is still a very young science. Educational psychology is a social psychology that studies human learning, the effect of educational intervention, teaching psychology and school organization under the educational situation. The focus of educational psychology is to apply the theory or research results of psychology to education. Educational psychology can be used to design courses, improve teaching methods, promote learning motivation, and help students face various difficulties and challenges in the process of growth. With the increasing attention of education to people's all-round development, educational psychology has shifted from the initial focus on the research of learning psychology and the discussion of learning laws to the cultivation of moral behavior, independent thinking and practical ability. Specifically, educational psychology includes three aspects: first, the characteristics of educators. Educational psychology first needs to understand the characteristics of the executors of the educational process, that is, teachers, and the impact of these characteristics on the teaching process. Every educator has his own set of teaching ideas and methods, and the personality characteristics of educators will also affect the educational process. Second, the characteristics of educational objects. As the object of education, educators must understand the individual characteristics of the object of education and its learning motivation, learning ability and learning habits. Only in this way can education be targeted and play a full role. Third, educational methods. The influence of different educational methods on different subjects and different teaching contents, and how educators cooperate with teaching methods to achieve good teaching results are also the research content of educational psychology. In short, educational psychology has made important achievements in both theory and practice. Therefore, it is worth continuing to expand the application scope of educational psychology. Psychology believes that there are two forces of struggle in everyone's heart: one force is negative and the other force is positive. Anyone of these two forces can defeat who. The key is to see which force the individual is constantly injecting new energy and creating a suitable psychological environment for survival. A good external environment is an important source of personality formation. To construct a good external environment, we can develop people's active behavior ability. One's realistic ability (including one's ability to evaluate one's own behavior, the ability to specify goals, the ability to plan to achieve goals, etc.) is incorporated into the construction of personality and becomes an important force affecting personality. In short, positive personality is very important for the development of college students' mental health.

Chinese traditional culture is a national culture that reflects national characteristics and integrates with the evolution of Chinese civilization. It is the overall expression of various ideological, cultural and conceptual forms in the history of a country. It refers to the cultural heritage created by the Chinese nation and its ancestors in China. It is a culture with distinctive national characteristics, a long history, broad and profound connotation and fine traditions inherited and developed by the Chinese nation from generation to generation. In short, it is the general name of various national civilizations, customs and spirits expressed in different cultural forms. Traditional culture education in colleges and universities is very important for the inheritance and development of Chinese traditional culture. Chinese language teaching in colleges and universities is a subject that studies Chinese vocabulary and syntax, appreciates ancient and modern poetry, prose, novels and other literary works, and is familiar with the basic knowledge of editing and publishing. By learning Chinese and literature, you can have a solid Chinese foundation and strong writing ability, know how to evaluate literary works, and have rich knowledge and excellent humanistic quality. At this stage, the integration of traditional culture education and Chinese language teaching has become an inevitable trend of college education reform. Relevant research points out that the integration of traditional cultural education and Chinese language teaching can not only ensure that students have excellent traditional cultural connotation and literary quality cultivation, but also help students develop their psychological personality. At the same time, educational psychology is mainly committed to exploring people's internal happiness, optimism, gratitude, happiness and other positive and excellent qualities, advocating the appreciation of people's positive energy, and paying attention to people's survival and development and the perfect realization of life value. The idea of educational psychology runs through the whole process of the