

families need to pay special attention to it. The results show that compared with the general psychological intervention program, the psychological intervention program of outdoor physical exercise has obvious advantages in improving the psychological mood of patients with depression, and can be popularized and applied in clinic.

**Table 1.** The Improvement of depressive symptoms in the two groups after the experiment (%)

Dimensions of anxiety measurement	Control group (n=50)	Experience group (n=50)
Sense of despair	88	80
Sleep disorder	90	82
Block	88	80
Diurnal variation	92	78
Weight	86	84
Cognitive barriers	90	80
Anxious	92	82

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## ANALYSIS ON THE EFFECT OF INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON RELIEVING STUDENTS' SPIRITUAL AND EMOTIONAL PRESSURE

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**Background:** As one of the compulsory courses in colleges and universities, ideological and political education occupies an important position under the school running goal of building morality and cultivating people in colleges and universities, and undertakes the great mission of cultivating qualified socialist builders and successors to the revolutionary cause. The content of ideological and political education in colleges and universities mainly includes five aspects: ideological and ideological education, education to maintain national unity, moral code education, discipline and law-abiding education and mental health education. Ideological and political education in colleges and universities cultivates students' Ideological and moral level, political literacy level and mental health level from different aspects. Through the main contents of Ideological and political education in colleges and universities, we can find that its educational characteristics are mainly comprehensive, adaptive, scientific and reasonable, and its main guiding ideology is the relevant core theory of socialism. The reason why colleges and universities attach great importance to ideological and political education is that ideological and political education in colleges and universities can play an important and positive role in the cultivation of students' ideological quality and the establishment of the direction of life development. Ideological and political education in colleges and universities can help students make reasonable plans for their career, improve their ideological quality and moral level, and finally achieve the purpose of building a harmonious society by building a good campus study atmosphere environment. In the current environment, the trend of economic globalization continues to strengthen, and the cultural ideas of various countries flow into China, which has affected some students' national consciousness and value orientation. On the other hand, with the continuous improvement of social and economic level and the expanding demand for high-quality professionals, students may be difficult to realize the correct role transformation between colleges and universities and society, resulting in varying degrees of mental and emotional pressure. The causes of college students' mental and emotional stress have a certain diversity, which is mainly divided into three aspects: the emotional fluctuation in the stage of individual growth and development, the imbalance and conflict of social development, and the negative impact of the prosperity of network culture. If students have too much mental and emotional pressure, it will make it difficult for them to effectively carry out normal learning activities and social activities, make their thoughts or behaviors deviate, and have a great negative impact on their normal learning life and personal development. The traditional ideological and political education in colleges and universities can no longer meet the changing needs of talents. The innovative development of ideological and political education in colleges and universities is an inevitable move for talent training in colleges and universities.

**Objective:** In the process of continuously promoting the process of talent training in colleges and

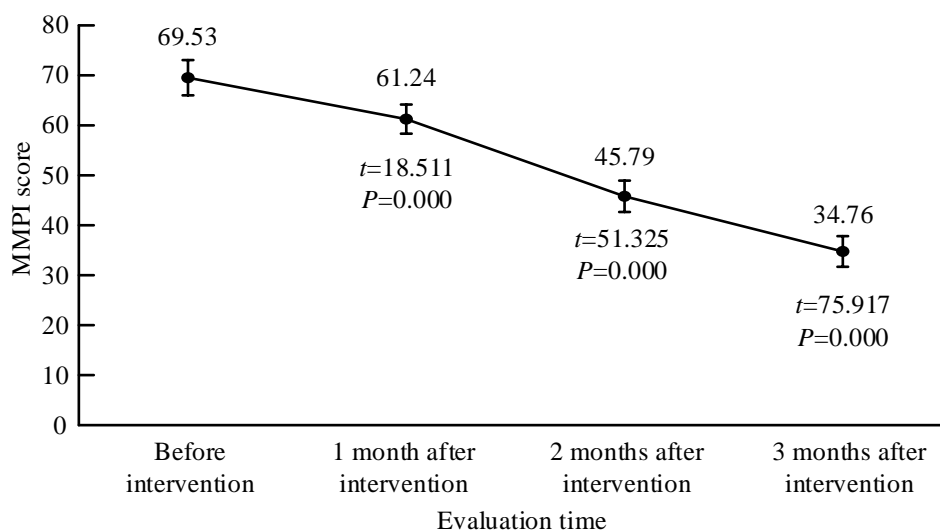
universities, the quality of ideological and political education is affected by many factors, which is mainly reflected in the relief effect on the spiritual and emotional pressure of college students. College students are in a critical period of psychological maturity and are vulnerable to external interference factors, such as heavy academic tasks, the conflict between rapid social development and personal ability level, and the bad temptation of the virtual network world, which may lead to negative results such as students' ideological decline or behavior deviation. The research will focus on the innovative development of Ideological and political education in colleges and universities, and explore its alleviating effect on students' spiritual and emotional pressure.

**Subjects and methods:** Using stratified sampling, 52 college students were randomly selected from each of the two colleges and universities, a total of 104. All college students were given ideological and political education intervention after innovative development, and the intervention time was set as 3 months. At different time nodes before and after the intervention, explore the changes of college students' mental and emotional stress level and its external performance, and then get the actual effect of the innovative development of college ideological and political education in alleviating college students' mental and emotional stress.

**Research design:** Before and after the implementation of the innovative ideological and political education intervention measures, the students were evaluated by Minnesota Multiphasic per Personality Inventory (MMPI). MMPI contains 10 clinical scales on psychosis, mental weakness and social introversion, as well as four validity scales of lying, correction, doubt and fraud. It can objectively and accurately evaluate the degree of psychological disorder, mental health level and psychological quality of talents. If the MMPI score of the tested students is higher than 60, it means that they are accompanied by some psychological deviation or abnormal behavior, and have serious mental and emotional pressure. The higher the MMPI score, the higher the degree of psychological abnormalities of the subjects.

**Methods:** The MMPI scores and other relevant data of 104 college students before and after the intervention were analyzed by SPSS25.0 software and MATLAB software for statistics and analysis.

**Results:** As shown in Figure 1, before the implementation of innovative and developed ideological and political education intervention in colleges and universities, the MMPI scores of all students were high, indicating that they had a certain phenomenon of mental and emotional pressure and psychological deviation. After one month of educational intervention, the MMPI score of students decreased, but the decrease was small. After 2 months of intervention, the MMPI score of the students decreased to about 45.79, indicating that their psychological deviation or abnormal behavior had been well improved. After 3 months of intervention, the MMPI score of the students further decreased, which showed that their mental and emotional stress had been effectively relieved.



**Figure 1.** Changes of MMPI scores of students at different time nodes before and after intervention

**Conclusions:** The innovative development of ideological and political education in colleges and universities has a good practical application effect, which can significantly alleviate the mental and emotional pressure of students, effectively correct the psychological deviation of students, reduce the degree of psychological abnormalities, and improve their mental health level, ideological and moral level and political literacy level.

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## RESEARCH ON COLOR MULTI FOCUS IMAGE FUSION METHOD DYNAMIC MONITORING AND ANALYSIS OF ANXIETY PSYCHOLOGY OF COLLEGE STUDENTS

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**Background:** With the rapid development of microelectronic technology and digital image processing technology, the application scope of various image sensors has gradually expanded, including military positioning, geological science, medical imaging and other fields. Image sensor is mainly divided into two types: multi-channel sensor and single channel sensor. The former can carry out multi-directional data acquisition for the target object, and then obtain rich and accurate image information, but it has high redundancy. The image data collected by the latter only includes part of the information, and cannot be used alone, lack of convenience. Based on this, using image fusion technology can effectively integrate the key information of image data, and finally generate a single composite data with high availability. In the image fusion technology, the color multi-focus image fusion method is a technology optimized based on the gray image fusion method. It can take the brightness component of the color image as the fusion object, and then realize the accurate selection of the pixels of the source image, effectively improve the problem of color distortion, reduce the error of image component fusion, and finally obtain a good image fusion effect. At present, college students are in the key stage of psychological development and social role transformation, their psychological maturity is low, and they are very vulnerable to various external factors, so there are different degrees of anxiety. The severity of anxiety psychology of college students will have different effects on their daily study and life. Anxiety psychology in the normal range will promote students' enthusiasm in study and life. If their anxiety is very serious and even develops to a morbid level, it will be difficult for students' normal learning or life activities to maintain a normal state. Accurate dynamic monitoring and analysis of college students' anxiety psychology is helpful to grasp students' psychological changes and mental health status, so as to take corresponding measures in time to effectively alleviate their anxiety psychology.

**Objective:** In view of the current widespread anxiety psychology of college students, it is extremely necessary to take certain measures. Serious anxiety psychology will lead to psychological or behavioral deviation of students, showing excessive anxiety, panic, fear and other emotions in the face of unknown things, and even difficult to maintain normal study or life. The research will use the color multi-focus image fusion method to dynamically monitor and analyze the anxiety psychology of college students, in order to alleviate the anxiety psychology of college students, improve their mental health level and ensure the normal development of their learning and life activities.

**Subjects and methods:** 83 college students were selected as the research object, and the color multi-focus image fusion method was used to intervene and dynamically monitor and analyze their anxiety psychology. The twenty-four-color hue ring is used to detect the anxiety of college students, especially the four colors of blue, green, pink and purple, which represent four different types of anxiety: tension, irritability, loneliness and depression.

**Research design:** Before and after the intervention experiment, the intervention effect was evaluated and analyzed by Beck Anxiety Inventory (BAI). BAI contains 21 evaluation items. The level 4 score of 0-3 is used to evaluate the subjective anxiety of the evaluation object. The evaluation standard is "0", which means no anxiety. "1" indicates mild anxiety, "2" indicates moderate anxiety, and the degree of anxiety is in a tolerable range, "3" means severe anxiety, that is, the degree of anxiety is extremely serious and unbearable. The BAI score is positively correlated with the anxiety degree of the subject. If the BAI score of the subject is less than 5, it means that the subject has no anxiety. A score between 5 and 25 indicates mild anxiety. A score in the range of 26 to 35 indicates that the subject is accompanied by moderate anxiety. If the score is 36 or above, it indicates that the subject is accompanied by severe anxiety.

**Methods:** For the BAI score of college students, it needs to be multiplied by 1.19 and rounded. The rounded result can be used as the final BAI score. All evaluation data were statistically analyzed by Minitab software and statistical software.

**Results:** 83 college students were intervened and evaluated by using the color multi-focus image fusion method. It was found that before the intervention, there were a large number of students with four different types of anxiety: tension, irritability, loneliness and depression. Most of the students were in mild, moderate and severe anxiety states respectively. After the intervention, the number of students with tension, irritability, loneliness and depression decreased significantly, and the number of students evaluated