

software.

Results: Table 1 refers to the improvement rate of the research object in the experimental cycle. It can be seen from the table that with the increase of physical training time, the improvement rate of physical health and mental health indicators such as will, emotion, will, emotion, memory and cognition has increased, and the improvement rate of various indicators of mental health is more significant. This shows that physical training can greatly improve college students' physical health problems and improve their mental health level.

Table 1. Improvement rate of subjects in the experimental cycle

Index	After 1 month	After 3 months	After 6 months
Physical health	54.0	62.0	74.0
Will	56.0	78.0	88.0
Emotion	54.0	77.0	82.0
Desire	56.0	79.0	83.0
Emotion	55.0	76.0	84.0
Memory	58.0	75.0	85.0
Cognition	59.0	74.0	83.0

Conclusions: Physical training can improve students' physical quality and psychological problems to a great extent, and help them grow up healthily and happily. Schools and relevant departments should pay attention to the mental health and physical health of college students, and actively take corresponding measures to enhance students' physical quality and improve their mental health.

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THE CONSTRUCTION OF RURAL CHARACTERISTIC TOWNS PLAYS A POSITIVE ROLE IN ALLEVIATING VILLAGERS' PSYCHOLOGICAL ANXIETY

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Background: Driven by the Rural Revitalization Strategy, the construction of rural characteristic towns has become a new path of rural development, which also leads to the loss of most villagers' land, resulting in anxiety. 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. 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. At present, the most common intervention measures are personalized psychological intervention, lectures on professional knowledge of mental health and so on. Although these intervention methods can alleviate the villagers' psychological anxiety to a great extent, their application scope will be limited by the use scope, population and other conditions, and their implementation is difficult, poor effect and low real-time. Their promotion value in the relief of villagers' anxiety symptoms is not particularly great.

As an appropriate entry point of rural revitalization strategy, rural characteristic towns have made three main contributions. First, combine rural resources and develop cities to promote the development of urban-rural integration. Characteristic town is an innovative carrier of China's new urbanization construction. Its goal is to speed up the process of urban-rural integration and promote the strategy of rural revitalization. The construction of rural towns can not only promote the two-way flow between rural resources and urban resources, but also promote the optimization of agricultural industrial institutions and lead the rapid development of rural economy. Different from urban construction, the construction of rural characteristic towns makes use of rural natural resources, culture and land, and with the help of urban financial, material and human resources, it can integrate the advantageous resources of the two, and

regard the characteristic towns as the link between the countryside and the city. The characteristic town takes the rural natural environment as the construction matrix and attaches importance to the convenience of urban civilization. Second, develop the economic ecology of characteristic towns and carry forward rural traditional culture. Third, promote the employment of local farmers and make corresponding contributions to the precise poverty alleviation.

Objective: This paper analyzes the positive role of the construction of rural characteristic towns in alleviating villagers' psychological anxiety, in order to make a certain contribution to the alleviation of villagers' psychological anxiety.

Subjects and methods: 600 villagers from 6 rural areas were selected as the research object to analyze the psychological anxiety of villagers before and after the construction of rural characteristic towns. The mental health status of patients was analyzed by Hamilton Anxiety Rating Scale (HAMA), and the anxiety of patients was evaluated by density-based clustering (DENCLUE). The HAMA scale is divided into two factors, mental and physical, with a total of 14 items. Each item is measured by grade 5 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. Anxiety rate refers to the ratio of the number of people with obvious anxiety and serious anxiety to the total number of people. In order to ensure the accuracy of the results, all research objects participated in the whole experimental process, and the data results obtained in the study were reviewed by the same psychological expert. The final result is the average value of each group of research objects.

Methods: Through the new version of NOSA statistical analysis software, this paper analyzes the positive role of rural characteristic town construction in alleviating villagers' psychological anxiety.

Results: Table 1 refers to the anxiety of six rural areas after the construction of rural characteristic towns. Before and after the construction of rural characteristic towns in six regions, the villagers' psychological anxiety symptoms have been significantly improved. With the increase of the construction time of rural characteristic towns, the villagers' anxiety has been significantly improved, which shows that the construction of rural characteristic towns can alleviate the villagers' anxiety.

Table 1. The anxiety rate of the two groups in this experimental cycle

Area	After 1 month	After 3 months	After 6 months
Area 1	74.0	60.0	48.0
Area 2	76.0	58.0	52.0
Area 3	70.0	56.0	48.0
Area 4	72.0	60.0	46.0
Area 5	68.0	58.0	44.0
Area 6	69.0	61.0	59.0

Conclusions: The construction of rural characteristic towns plays a positive role in alleviating the psychological anxiety of villagers. The subsequent rural areas can improve the mental health level of villagers by building rural characteristic towns.

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RESEARCH ON THE EFFECTIVE PATH OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM TO IMPROVE COLLEGE STUDENTS' MENTAL HEALTH

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Background: Mental health is a very broad concept, which shows a very good state of internal and external regulation at the macro level. It involves not only the stability of the internal environment, but also the dynamic adaptability of the external environment. For people with different life cycles, mental health standards have certain heterogeneity, but this difference is quite different. University stage is an important stage for individuals to form and improve their values, world outlook and outlook on life. Therefore, it is of positive significance to help and guide students in a healthy physical and mental state. With the deepening of national quality education theory, the Ministry of education and schools pay more and more attention to students' physical and mental health. At present, the main physical and mental problems