

score showed a continuous downward trend, which showed that under the influence of the implementation of the three coping strategies of cultivating positive “opinion leaders”, cultivating media literacy and cultivating group consensus, the mental and emotional anxiety of college students had been effectively alleviated. Among them, the HAMA score of groups a students decreased the most, that is, the mitigation effect of cultivating positive “opinion leaders” was the most significant.

Table 1. Changes in HAMA scores of college students before and after the implementation of coping strategies

Time	Group A	Group B	Group C
Before implementation	25.98±0.95	26.02±1.02	25.49±0.89
2 weeks after implementation	18.53±1.14*	19.86±0.94*	19.04±0.93*
4 weeks after implementation	11.65±0.95*	12.47±0.95*	12.16±1.01*
6 weeks after implementation	4.66±0.87*	5.23±0.91*	5.01±0.92*

Note: Compared with before implementation, **P* <0.05.

Conclusions: Because college students are experiencing the transformation process of social roles and facing the pressure from school, employment, social and other aspects, they are very vulnerable to the negative impact of catchwords with the characteristics of “funeral culture”, resulting in diversified spiritual and emotional anxiety, which has a significant negative impact on their own development. The coping strategies implemented in the study can effectively reduce the HAMA score of college students, improve their mental health level, and maximally eliminate the negative impact of the study of the top ten Chinese buzzwords on college students’ mental and emotional anxiety.

* * * * *

RESEARCH ON THE MANAGEMENT OF COLLEGE PARTY CONSTRUCTION AND IDEOLOGICAL AND POLITICAL WORK ON ANXIETY STUDENTS

Hui Deng

Hezhou University, Hezhou 542899, China

Background: In recent years, with the continuous development of higher education, the educational level and quality of colleges and universities have shown a development trend of continuous improvement. As a main position to train and transport high-end talents for the society, the teaching and training effect of colleges and universities has a great impact on the students’ personal comprehensive quality and the level of social sustainable development. In the work of colleges and universities, the party construction and ideological and political work for students is very key, occupies an important position, and plays a decisive role in the growth and development of college students. Although there are conceptual differences between party building and ideological and political work in colleges and universities, their work contents and objectives have strong commonality. In order to meet the needs of cultivating comprehensive talents to promote social modernization, colleges and universities pay more and more attention to the interaction and synergy between party construction and ideological and political work. Party construction and ideological and political work in colleges and universities complement each other. They should drive each other, and then effectively solve many problems exposed in the specific implementation process, so as to finally give full play to the positive role of the collaborative interaction mechanism between party construction and ideological and political work in colleges and universities. At present, college students generally have certain ideological and behavioral deviations, showing a diversified development trend in many aspects, such as ideas, value orientation, behavior and so on. Some college students, even because of their unsound mind, are prone to gradually expose serious problems such as distorted value orientation, chaotic political beliefs, vague ideals and beliefs, weak sense of integrity, lack of social responsibility and so on under the negative influence of various external factors. In this context, college students are very likely to lose their life development goals and positive fighting attitude, become irritable, selfish, withdrawn and impatient, and it is difficult to carry out normal learning or social activities. Finally, they form a psychology of escape or fear of what is unknown in the future and suffer from serious anxiety. Students with anxiety disorder usually fall into negative emotions such as self-doubt, self-denial, anxiety, and tension. It is difficult to effectively relieve themselves, which has a great adverse impact on their normal study and life.

Objective: To organically combine the party building and ideological and political work in colleges and

universities, to accurately analyze the emotional status of anxiety students based on the party's theoretical guiding ideology and the way of Ideological and political education, and to effectively dredge them, so as to improve their anxiety symptoms under the positive effect of reasonable management.

Subjects and methods: 24 college students with anxiety disorder were randomly selected from four colleges and universities, a total of 96. Taking the management mode of the combination of party construction and ideological and political work in colleges and universities as an intervention means, the students with anxiety disorder were evaluated by Beck Anxiety Inventory (BAI), and the changes of BAI scores and anxiety relief before and after the intervention were explored.

Research design: The BAI mainly includes 21 evaluation items, all of which use the method of 4-level score to evaluate the subjective anxiety of the evaluation object. In the scoring standard of 1-4, "1" means no anxiety, and the subject is in a normal state of mental health, "2" indicates mild anxiety, "3" indicates moderate anxiety, and the degree of anxiety is in a tolerable range, "4" indicates 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 obtained BAI score, it needs to be multiplied by 1.19 and rounded. The final result is the total BAI score. All data are statistically analyzed by MATLAB software and python software.

Results: By observing Figure 1, it can be seen that with the progress of the intervention experiment, the BAI score of anxiety students showed a continuous downward trend, indicating that their anxiety symptoms have been alleviated to a certain extent. Although there are some differences in the decline of BAI scores at different time nodes, the overall BAI scores of anxiety students always maintain a decline state. This shows that the combination and development of party construction and ideological and political work in colleges and universities can effectively alleviate the anxiety of anxious students.

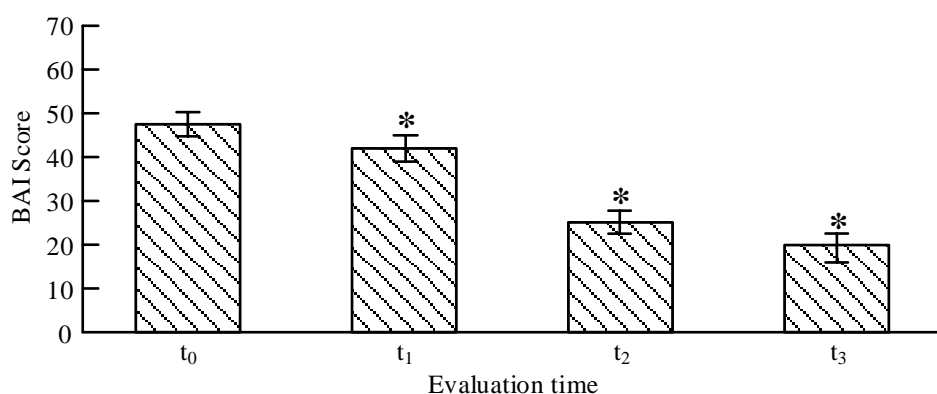


Figure 1. Changes of BAI scores of students with anxiety disorder before and after intervention
Note: Compared with that before intervention, * $P < 0.05$.

Conclusions: The similarities between party building and ideological and political work in colleges and universities are mainly reflected in the two aspects of adhering to the scientific outlook on development, Mao Zedong Thought and the party's leadership. Therefore, in order to improve the efficiency and effectiveness of party building and ideological and political work in colleges and universities, it is very important to carry out collaborative innovation and development between them. After the combination and application of party construction and ideological and political work in colleges and universities, good application results have been achieved in the actual process of managing anxiety students, which can significantly alleviate students' anxiety.

* * * * *

THE INFLUENCE OF THE CONSTRUCTION OF RED CULTURE IN UNIVERSITY LIBRARY ON COLLEGE STUDENTS' ANXIETY

Shulong Li*, Shaohua Du & Bingqiang Liu

Shandong Youth Political College, Jinan 250103, China