

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.

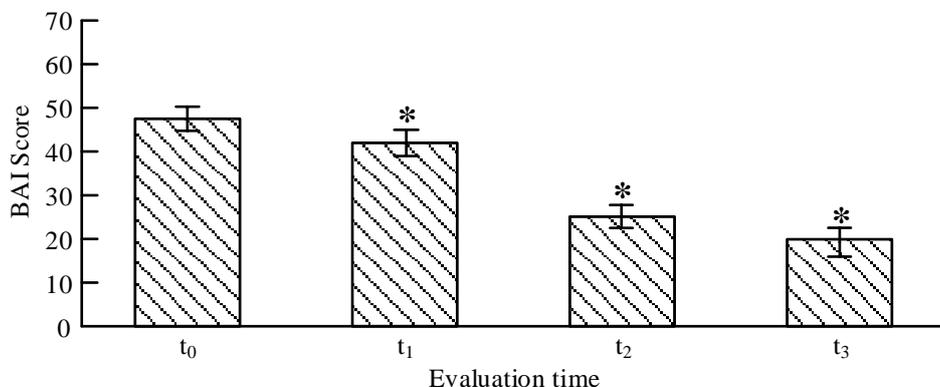


Figure 1. Changes of BAI scores of students with anxiety disorder before and after intervention
Note: Compared with that before intervention, * $P < 0.05$.

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

Background: In the current teaching and training mode of colleges and universities, we usually only pay attention to the cultivation of college students' professional theoretical knowledge and practical operation ability, but ignore the mental health education and ideological and political education, which is the key to the transformation of their social role and cannot improve their comprehensive psychological quality. In the diversified campus environment and complex social environment, affected by external factors, there are certain psychological and behavioral deviations, which cannot realize the all-round development of individuals. College students may have some negative emotions and even anxiety due to many factors, such as the separation between theoretical knowledge infusion and practical operation, low mastery of theoretical and practical operation ability, high pressure on study and employment, social difficulties and so on. Anxiety mainly refers to the tension generated by individuals under the influence of external pressure or frustration events. At present, some college students will find it difficult to effectively deal with interpersonal relationships and quickly adapt to the new learning and living environment when entering the university campus. When you feel confused or uneasy about your employment prospects during the graduation season, you will often find it difficult to maintain your concentration, lose interest in the things around you, and become overly proud or inferior. College students' anxiety psychology will have a huge negative impact on their study, employment and interpersonal communication, which is not conducive to the improvement of their professional ability and the realization of the goal of all-round development. As the core resource of promoting cultural education, the construction of red culture on university campus has strong necessity. It can reflect the fundamental confidence of university culture on the basis of highlighting the connotation and characteristics of colleges and universities. The basic way to realize the construction of campus culture mainly lies in promoting the process of red culture construction of university library. This is because university library is the main position of campus culture construction. It can give full play to its role of cultural inheritance and innovation and comprehensive cultivation of talents with its educational intelligence and information service function. University libraries should give full play to their professional advantages in the collation, excavation and construction of literature resources, make use of the practical experience of reading promotion, and actively participate in the construction of campus red culture, so as to create a good campus red culture atmosphere, promote the practice of red culture education, and effectively alleviate the anxiety of college students.

Objective: To deeply analyze the main causes and externalized manifestations of college students' anxiety, actively promote the construction of red culture in university library, and then explore the impact of the construction of red culture in university library on college students' anxiety.

Subjects and methods: 56 college students with anxiety were randomly selected from two universities, a total of 112 of whom were selected as the research objects. All college students were intervened based on the construction of red culture in university library. The changes of their anxiety before and after the intervention were evaluated and analyzed by Beck Anxiety Inventory (BAI) and Self-rating Anxiety Scale (SAS).

Research design: The BAI contains 21 evaluation items. The level 4 score is used to evaluate the subjective anxiety of the evaluation object. 1-4 respectively mean no anxiety, mild anxiety, moderate anxiety and severe anxiety. The BAI score is positively correlated with the anxiety degree of the evaluation object. If the BAI score is less than 5, it means that there is no anxiety. If the BAI score is in the range of 5 to 25, it indicates that it is accompanied by mild anxiety. A score in the range of 26 to 35 indicates moderate anxiety. If the score is 36 or above, it means that the evaluation result is severe anxiety. SAS mainly evaluates the frequency of the name of anxiety symptoms, and also adopts the 4-level scoring standard. "1" indicates that the frequency of anxiety symptoms is not or very little, indicating that the anxiety degree of the subject is light. "2" means a small part of the time. "3" means more time. "4" indicates that anxiety symptoms occur most or all of the time. SAS score is positively correlated with the severity of anxiety symptoms. 50 is the evaluation standard, and less than 50 indicates no anxiety.

Methods: The total rough scores obtained by adding the scores of BAI and SAS items need to be multiplied by 1.19 and 1.25 respectively, and then rounded to obtain the final BAI score and SAS score. MATLAB software and smart Bi software are used for statistical analysis of relevant data.

Results: According to Figure 1, with the progress of intervention, the BAI score and SAS score of college students showed a continuous downward trend, in which the decline of BAI score was slightly greater than that of SAS score. However, both of them decreased significantly, which shows that under the positive influence of the construction of red culture in university library, the anxiety of college students has been significantly improved, and their mental health level has been significantly improved.

Conclusions: As an important cultural institution of colleges and universities, university libraries show their significant educational function in daily teaching and scientific research, which can broaden their knowledge on the basis of helping college students consolidate their professional knowledge. Moreover, university libraries also shoulder the educational task of carrying out cultural activities. Excellent university library cultural activities have many functions such as education, guidance and incentive for students.

Strengthening the construction of red culture in university library and ensuring its construction quality can significantly reduce the BAI score and SAS score of college students and alleviate their anxiety.

Acknowledgement: The research is supported by: 2021 Social Science Planning and Research Project of Shandong Province: Research on the “five-dimensional” path for university libraries to play the role of Shandong red culture protection and inheritance position (No. 21CLYJ39).

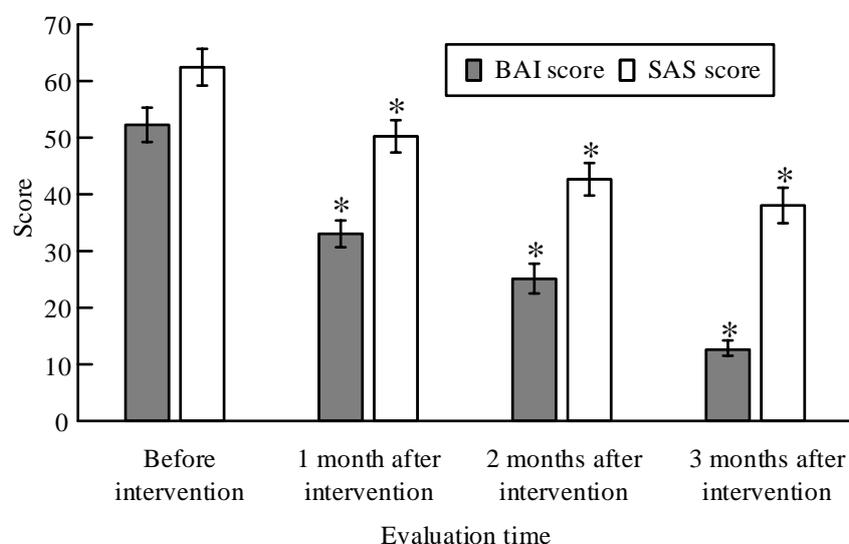


Figure 1. Change trend of college students' anxiety before and after the intervention of red culture construction in university library

Note: Compared with before intervention, * $P < 0.05$.

* * * * *

THE ROLE OF VOCATIONAL EDUCATION REFORM MODEL UNDER TEACHING PSYCHOLOGY IN ALLEVIATING STUDENTS' EMPLOYMENT ANXIETY

Yang Zhang

Shanghai Industrial and Commercial Polytechnic, Shanghai 201820, China

Background: To explore the basic psychological laws of teaching and learning in the context of education and teaching is the main function and significance of educational psychology. In detail, the main research object of educational psychology is the interaction between teachers and students in the teaching process, including psychological process and psychological phenomenon. The key of educational psychology is to apply the relevant theories or research results of psychology to the actual educational process. 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. It has a wide range of applications and scientific application effects. Educational psychology focuses on how students learn and develop, and focuses on and educates students with special educational needs in practical work. Through the interaction with other disciplines, it can provide a certain auxiliary force for the understanding of educational psychology. Firstly, educational psychology takes psychology as the basis of theory and practice. In educational psychology, the relationship between pedagogy and psychology is like the relationship between medicine and biology, engineering and physics. They complement each other and work together in teaching tasks. Moreover, many special fields of educational problems can be extended from educational psychology, including instructional design, educational technology, curriculum development, organizational learning, special education and classroom management. From the perspective of educational psychology, this paper makes an in-depth exploration of the traditional vocational education model in colleges and universities, and takes corresponding measures to realize the reform and optimization of the traditional vocational education model, which can reflect the reliable effect of education and counseling to a certain extent, and play a positive role in promoting the improvement of students' academic performance and the alleviation of employment anxiety. College students' employment anxiety is a very common psychological phenomenon. The causes of college students' employment anxiety are diverse, including poor mastery of their own