

with 150 in each group. The control group implemented the traditional education mode, and the experimental group implemented the innovative education mode of ceramic art design based on psychological analysis for 3 months. Then, combined with the Self-rating Anxiety Scale (SAS), the audience's anxiety is measured. The higher the score, the more serious the audience's anxiety psychology is. Finally, a comparative analysis of the two groups of audience anxiety psychological improvement.

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

**Results:** Table 1 shows the improvement of anxiety psychology of the two groups of audiences. Compared with the control group with routine education, the experimental group with innovative education mode of ceramic art design based on psychological analysis improved the anxiety psychology of the audience more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Table 1.** Improvement of anxiety psychology of the two groups of audiences ( $n=300$ )

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	2.75±0.61	1.25±0.43	0.00
Hostile situation	2.69±0.59	1.43±0.57	0.00
Psychological state of terror	2.47±0.43	1.28±0.43	0.00
Paranoid mental state	2.54±0.55	1.66±0.61	0.00
Psychotic	2.75±0.61	1.52±0.60	0.00

**Conclusions:** In order to alleviate the anxiety of the audience, this paper constructs an innovative education model of ceramic art design based on psychological analysis. The results show that compared with the control group adopting conventional education, the experimental group implementing the innovative education mode of ceramic art design based on psychological analysis has a more significant improvement in the anxiety of the audience. Therefore, it can be said that the innovative education mode of ceramic art design based on psychological analysis has high theoretical and practical value.

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## RESEARCH ON THE INFLUENCE OF THE INTEGRATION OF YIMENG SPIRIT INTO IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE

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**Background:** Psychological stress refers to physiological changes and emotional fluctuations caused by changes in the external environment and internal state of the body. There are many factors leading to psychological stress, and their sources and properties are different. It may come from society or family. It may be pleasant or unpleasant. It can be beneficial or harmful. In any case, people always have to adopt a certain attitude to adapt to pressure. Pleasant and beneficial psychological stress generally does not harm people's health. Temporary psychological pressure does little harm to people's physical and mental health, but long-term psychological pressure will lead to excessive physiological response. If you do not actively overcome unpleasant and harmful psychological pressure, it will often lead to various diseases. Stressors include: biological stressors: physical trauma or disease, hunger, sexual deprivation, sleep deprivation, noise and temperature changes. Psychological stressors: wrong cognitive structure, personal bad experience, moral conflict, bad personality and psychological characteristics. Social environmental stressors: pure sociality. Interpersonal adaptation problems caused by their own conditions. The production process can be divided into three stages: stress response stage, gain and loss stage of intermediary system, and clinical stage: timely symptoms and delayed symptoms. The mediating system of stress is composed of three subsystems: cognitive system, social support system and immune system. Among them, the cognitive system is to evaluate the nature and controllability of stress and affect people's self-control of behavior. The social

support system is an effective buffer of stress through the relationship of intimacy and trust. The immune system can alleviate the symptoms and functional consequences of the body's immune system. Psychological research shows that a person's success or failure experience, including frustration experience, depends not only on some objective standard, but also on the level of personal internal desire. Any activity that deviates from this level of desire may produce an experience of success or failure. In real life, this fact is reflected in that different people will react differently to the same achievements. It can be considered that a person's desire level and subjective attitude are the most important reasons to determine whether there are setbacks. There is a Chinese saying that contentment leads to happiness, which is to encourage people to reduce the level of desire, so as to reduce inner and subsequent setbacks and reduce pressure.

Yimeng's spiritual connotation is very rich, and its unique cultural connotation is reflected in the process of its formation and development. Its most essential and characteristic connotation is: it is the product of the times and develops with the development of the times and practice. Its value connotation refers to the strong spiritual support value and spiritual power value. Ideological and political course in colleges and universities is the key path and main position of modern college students' education and the main channel to help higher vocational students establish correct three views. The teaching of college students' ideological and political course includes the content and requirements of mental health teaching. Basic courses also have relevant requirements for mental health teaching. Education should follow the law of internal acceptance of higher vocational students. It can be said that college students' healthy, positive and positive psychological state is the basis of good ideological and political morality and beautiful aesthetic education concept. The idea of Yimeng spirit runs through the whole process of Ideological and political education in colleges and universities, creates a warm educational atmosphere, actively pays attention to the internal development needs of modern college students, and explores their own virtue and quality, which is conducive to guiding college students to improve their virtue and beauty, and then fully ensure the comprehensive and all-round development of modern college students.

**Objective:** In order to alleviate the psychological pressure of college students, this paper constructs an ideological and political education model integrating Yimeng spirit, which aims to alleviate the psychological pressure of college students and promote the all-round development of college students' physical and mental health.

**Subjects and methods:** 500 ideological and political students in our school were randomly divided into control group and experimental group, with 250 students in each group. The mental health problems of college students were measured with the Symptom Checklist 90 (SCL-90), which includes 10 factors such as somatization, interpersonal sensitivity, depression, paranoia and anxiety; Each factor item is evaluated with a five-level scoring standard of 1-5 points. Among them, the control group adopted the conventional ideological and political teaching mode, and the experimental group implemented the ideological and political education mode integrating Yimeng spirit for 6 months. The changes of mental health of college students in the two groups were compared and analyzed.

**Methods:** SPSS22.0 statistical software was used to analyze the data.

**Results:** Table 1 shows the changes of mental health of college students in the two groups. As shown in Table 1, compared with the control group adopting the conventional teaching mode, the experimental group implementing the ideological and political education mode integrating Yimeng spirit has a more significant improvement in students' mental health, and there is a statistical difference between the two groups ( $P < 0.05$ ).

**Table 1.** Changes of mental health of college students in the two groups ( $n=500$ )

Project	Control group ( $n=250$ )	Experience group ( $n=250$ )	<i>P</i>
Somatization	3.35	1.28	0.00
Obsession	4.03	1.85	0.00
Sensitive	3.85	1.70	0.00
Depressed	2.65	1.51	0.00
Anxious	4.55	1.40	0.00
Hostile	3.51	1.45	0.00
Fear	2.43	1.32	0.00
Paranoid	3.61	1.53	0.00
Psychotic	3.56	1.44	0.00
Ad-items	3.55	1.47	0.00

**Conclusions:** In order to alleviate the psychological pressure of college students, this paper constructs

an ideological and political education model integrating Yimeng spirit. The results show that compared with the control group adopting the conventional teaching model, the experimental group implementing the ideological and political education model integrating Yimeng spirit has a more significant improvement in students' mental health. This shows that the ideological and political education model integrating Yimeng spirit can not only significantly improve the mental health of modern college students, but also effectively improve the psychological development of modern college students, and then play a positive guiding role in the ideological and political education of college students.

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## RESEARCH ON THE TRAINING PATH OF INNOVATIVE AND ENTREPRENEURIAL TALENTS FROM THE PERSPECTIVE OF THINKING LOGIC OBSTACLES

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**Background:** The development of human reasoning ability is obviously manifested in the gradual compression of the reasoning process. The normal reasoning process must follow the laws of identity, contradiction, exclusion and full rationality. Whether the inference conclusion conforms to the objective reality needs to be tested through practice. Whether the premise is correct and whether the reasoning process conforms to the logical law determines the correctness of causality. Changing ideas, confusing right and wrong, premise contradiction and so on will violate the logical law and behave as the logical obstacle of thinking. Clinical manifestations of thinking logic disorder: (1) symbolic thinking logic disorder: it refers to that patients confuse the specific concept of something with the abstract concept, and replace the specific concept with the abstract concept, sentence or action that only they can understand. No one but the patient can understand the meaning of this relationship. The conversion or substitution of this concept makes the boundary between the connotation and extension of patients' realistic and symbolic concepts disappear. Although others do not understand the symbols used by the patient, the patient himself believes that the meaning of the concept or thought expressed by his behavior is well known, just like stopping at a red light at an intersection. (2) Logic inversion thinking disorder: refers to the patient's reasoning in violation of logic rules or secretly changing concepts in the process of reasoning. It shows that the reasoning process has neither premise nor logical basis. It is bizarre and absurd, or there is no result, causality inversion and so on. (3) Contradictory thinking logic barrier: it refers to the simultaneous existence of two contradictory and opposing concepts. These two ideas persist, compete with each other and reach an impasse. (4) Randomly give new meanings to common concepts: it means that patients create some words, languages, graphics and symbols and give special meanings, or give new concepts to commonly used common words. Sometimes, several unrelated concepts or incomplete words are put together to form new words to represent a new meaning. Unless the patient can understand, it is difficult for others to understand the meaning without explanation. (5) Sophistry thinking logic disorder: refers to the patient's superficial, seemingly reasonable but actually ineffective dialectics and exploration of some meaningless problems, which is manifested in long talk, speaking freely and refusing to accept the criticism and opinions of others. Many sentences are empty and lack practical meaning. This question is usually an illusion, giving the impression that it is specious, far-fetched and stubborn sophistry, but the grammatical structure of the sentence is correct. Different manifestations of thinking logic disorders: (1) Schizophrenia: various thinking logic disorders can appear. They are characteristic symptoms of schizophrenia. Most of them are youth type, which can also be seen in other types. Their symptoms are more vague and often puzzling. Sometimes the symptoms are eccentric, childish and ridiculous, strange and stupid. The reason can only be found through the patient's explanation. (2) Mental disorders caused by organic brain injury: intracranial infection, tumor and other organic encephalopathy are common, and various thinking and logic disorders can occur, but the frequency is very low, and most of the symptoms are unstable, sometimes unstable and variable. With the improvement of the primary disease, the symptoms can disappear quickly. (3) Obsessive compulsive neurosis can have contradictory thinking, which is often reflected in the conceptual opposition of obsessive-compulsive neurosis, entangled by a concept contrary to their usual understanding, and the correct understanding that has always appeared also exists at the same time. Although we know that the opposite concept is wrong, we can't get rid of it. Patients have appropriate emotions, coordination, anxiety