

in the development of tourism, in order to help tourists, alleviate their mental diseases, the tourism industry needs to make protective improvement for the local environment, so as to promote economic development.

Table 1. Correlation analysis between ecological civilization construction and spiritual communication barrier

Project	Performance of construction path	Emotional expression	Communication skills	Cognitive ability
Performance of construction path	1	-	-	-
Emotional expression	0.375	1	-	-
Communication skills	0.441	0.501	1	-
Cognitive ability	0.396	0.434	0.429	1

Acknowledgement: The research is supported by: Phased research results of Yunnan Provincial Applied Basic Research Program Agriculture Joint Special Key Project “Research on the Path of Yunnan Agricultural Ecological Civilization Construction” (No. 2018FG001-013).

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RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON EMPLOYMENT ANXIETY IN PROMOTING EMPLOYMENT IN COLLEGES AND UNIVERSITIES

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Background: When students bid farewell to their high school career and enter the university, it symbolizes that student have entered a new stage of life. In the university period, students began to contact with society, observed more things and received more and more complex ideas. At this time, college students’ ideas have not changed, so they are easy to fall into a state of confusion and confusion in the face of various views and theories in the society. The interpersonal communication and teacher-student relationship in universities are also very different from those in senior high schools. Some college students cannot adapt to the transformation of this relationship and become silent and poor in communication. In addition to dealing with academic and interpersonal relationships, college students also need to face a practical problem - employment. College students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very prone to employment anxiety. Moderate employment anxiety can enable students to set learning goals and improve learning efficiency and effort. However, excessive anxiety will cause students to have psychological diseases, which will affect the secretion of students’ body hormones, lead to the impairment of students’ physical and mental health, affect students’ normal life and study, and make students have the idea of abandoning themselves, which is not conducive to the healthy development of college students. Therefore, the means to alleviate college students’ employment anxiety has always been the focus of people from all walks of life.

In the education system of colleges and universities, ideological and political education is an important course to alleviate students’ negative emotions, strengthen students’ ideological construction and improve students’ mental health level. However, the traditional teaching mode of Ideological and political education has many defects, and the effect of alleviating students’ employment anxiety is not significant, which still needs some innovation and improvement. Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. It can be seen that positive psychology is highly consistent with ideological and political education in colleges and universities. Therefore, based on positive psychology, the research innovates and improves the teaching mode of ideological and political education in colleges and universities, so as to improve the teaching effect of ideological and political

education, alleviate students' employment anxiety and ensure the healthy development of college students.

Objective: College students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very prone to employment anxiety. Positive psychology is highly consistent with ideological and political education in colleges and universities. Therefore, based on positive psychology, the research innovates and improves the teaching mode of Ideological and political education in colleges and universities, so as to improve the teaching effect of Ideological and political education, alleviate students' employment anxiety and ensure the healthy development of college students.

Subjects and methods: 80 students suffering from employment anxiety in a university were selected as the research object. The degree of employment anxiety of students was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90), and the teaching effect of innovative ideological and political teaching model was evaluated by the examination results of Ideological and political education.

Research design: Using the random number table method, 80 students were randomly divided into research group and control group, with 40 people in each group. Among them, the students in the research group used the innovative ideological and political education teaching mode based on positive psychology, and the students in the control group used the traditional ideological and political education teaching mode. After a period of time, the test scores of ideological and political educations and the degree of employment anxiety of the two groups of students were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: After teaching, the degree of anxiety and depression of the students in the study group decreased significantly ($P < 0.05$). The anxiety and depression of the control group had no significant change ($P > 0.05$), and was significantly worse than that of the study group ($P < 0.05$). As shown in Table 1.

Table 1. Changes of anxiety and depression in the two groups

Grouping	Quantity (example)	SAS score		SDS score	
		Before teaching	After teaching	Before teaching	After teaching
Research group	40	65.44±5.32	43.42±9.62*	68.11±1.88	46.93±2.35*
Control group	40	64.57±7.05	57.96±7.77*	68.85±2.54	55.24±4.01*
<i>P</i>	-	0.863	0.001	0.701	0.010
<i>t</i>	-	0.204	8.892	0.232	4.439

Note: * $P < 0.05$ compared with that before teaching.

Conclusions: College students are at the junction of study and employment, and face the dual pressure of study and employment. Therefore, they are very prone to employment anxiety, which is not conducive to the healthy development of college students. Ideological and political education is an important course to alleviate students' negative emotions, strengthen students' ideological construction and improve students' mental health level. However, the traditional teaching mode of ideological and political education has many defects, and the effect of alleviating students' employment anxiety is not significant. Positive psychology is highly consistent with ideological and political education in colleges and universities. Therefore, based on positive psychology, the research innovates and improves the teaching mode of ideological and political education in colleges and universities, so as to improve the teaching effect of ideological and political education, alleviate students' employment anxiety and ensure the healthy development of college students.

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RESEARCH ON THE INFLUENCE OF THE RESCUE, EXCAVATION, SORTING AND INHERITANCE OF JIDONG FOLK SONGS ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE

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Background: Jidong folk song is one of the most important components of Hebei Folk music culture,