

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,

which reflects the profound historical heritage and humanistic style of Hebei. Jidong folk songs are characterized by rich content, diversified themes, beautiful tunes, brightness and simplicity. As an important intangible cultural heritage in Eastern Hebei, the inheritance of Eastern Hebei Folk Songs is very important. In recent years, Jidong folk songs are aging gradually, lack the participation of youth force, and the inheritance and protection work cannot progress. Many fans of Jidong folk songs are worried about this phenomenon. When the current situation of Jidong folk songs cannot be changed for a long time, and the anxiety of Jidong folk song audience cannot be alleviated and released, over time, it will lead to psychological anxiety of Jidong folk song audience. The psychological anxiety of the audience of Jidong folk songs is mainly because they are worried about the inheritance and protection of Jidong folk songs, resulting in negative emotions such as anxiety, sadness, tension, panic and trouble. Excessive anxiety will cause the audience to have physiological or emotional diseases, such as panic disorder and generalized anxiety disorder, which will greatly damage the physical and mental health of patients, seriously affect the normal life, study and work of the audience, and bring a heavy burden to the society and the audience's family. Therefore, measures and strategies need to be taken to rescue, excavate, sort out and inherit Jidong folk songs, so as to alleviate the anxiety of the audience.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. Interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of surrounding environment on individual. Based on social psychology, this study analyzes the problems existing in the inheritance and protection of Jidong folk songs, and puts forward strategies to improve it, so as to better inherit and protect Jidong folk songs, so as to alleviate the psychological anxiety of the audience.

Objective: Many fans of Jidong folk songs have negative emotions such as anxiety, sadness, tension, panic and trouble about the gradual aging of Jidong folk songs. Over time, they will suffer from psychological anxiety. Based on social psychology, this study analyzes the problems existing in the inheritance and protection of Jidong folk songs, and puts forward strategies to improve it, so as to better inherit and protect Jidong folk songs, so as to alleviate the psychological anxiety of the audience.

Subjects and methods: 50 Jidong folk song audiences suffering from psychological anxiety were selected as the research objects in the two regions. The psychological anxiety of the audience was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS).

Research design: The two regions are divided into research group and control group. The research group adopts the strategy proposed by the research to carry out the inheritance and protection of Eastern Hebei Folk Songs, while the control group adopts the traditional strategy to carry out the inheritance and protection of Eastern Hebei Folk Songs. After a period of time, compare the mental anxiety of the two groups.

Methods: Using Excel software and SPSS22.0 software to process and analyze relevant data.

Results: Before the inheritance and protection of Jidong folk songs, there was no significant difference in SAS scores between the two groups ($P > 0.05$). After a period of work, the SAS score of the audience in the study group decreased significantly compared with that before the work ($P < 0.05$), and the SAS score of the audience in the control group did not change significantly compared with that before the work ($P > 0.05$), and was significantly higher than that of the audience in the control group ($P < 0.05$), as shown in Table 1.

Table 1. The degree of psychological anxiety of the two groups of audiences

Timing	SAS Score		t	P
	Research group	Control group		
Before working	65.1±4.9	65.3±5.2	0.157	0.721
After working	45.0±2.8	63.3±4.7	6.417	0.011
t	7.263	1.014	-	-
P	0.001	0.532	-	-

Conclusions: In recent years, the folk songs in Eastern Hebei are aging gradually, and the inheritance and

protection work cannot progress due to the lack of participation of youth forces. Many audiences of Jidong folk songs suffer from psychological anxiety. Excessive anxiety will cause great damage to patients' physical and mental health, seriously affect patients' normal life, study and work, and bring a heavy burden to society and patients' families. Based on social psychology, this study analyzes the problems existing in the inheritance and protection of folk songs in eastern Hebei, and puts forward strategies to improve them. The experimental results showed that there was no significant difference in SAS scores between the two groups before the inheritance and protection of Jidong folk songs ($P > 0.05$). After a period of work, the SAS score of the audience in the study group decreased significantly compared with that before the work ($P < 0.05$), and the SAS score of the audience in the control group had no significant change compared with that before the work ($P > 0.05$), and was significantly higher than that of the audience in the control group ($P < 0.05$). Therefore, the improvement strategy based on social psychology can effectively alleviate the psychological anxiety of the audience.

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EFFECTS OF AIR POLLUTION ON PHYSICAL AND MENTAL HEALTH OF URBAN RESIDENTS

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Background: In the process of China's social and economic development, industrial technology has developed rapidly, and the number of heavy industrial enterprises has also increased year by year, which has greatly improved the process of China's industrialization. But the following environmental pollution and air pollution have also become the main social problems in recent years. Many previous studies have shown that air pollution will have a great impact on the health of urban residents, mainly in the respiratory system, cardiovascular system, nervous system and so on. The damage of physical function will make residents feel pain and irritability, and then damage their mental health, resulting in residents suffering from various mental diseases, such as anxiety, depression, mental disorder, will disorder and so on. When residents' physical and mental health is at a low level for a long time, it will lead to a significant impact on residents' normal life, study and work, and make patients lose confidence in life, resulting in negative psychology such as self-mutilation and suicide, which seriously affects the harmonious development of family and society. Therefore, it is of great significance to study the impact of air pollution on the physical and mental health of urban residents, the treatment of urban air pollution and the treatment of mental diseases of urban residents.

Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception, thinking and language. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition, which is mainly to explain the law of individual psychological changes in the process of cognition. In the theory of cognitive psychology, individual learning process is actually a process of gradual construction and improvement of knowledge, not only the absorption and digestion of knowledge, but also the process of using their own knowledge to build new knowledge. After the environment stimulates the individual to produce information, the individual obtains the ability through the internal cognitive processing of these information, so that the learning and the learning situation are always consistent. Based on cognitive psychology, this study discusses the cognition of urban residents on air pollution, as well as the impact and impact mechanism of air pollution on urban residents' physical and mental health, so as to provide constructive suggestions for the treatment of urban residents' mental diseases and the treatment of urban air pollution.

Objective: Air pollution will have a great impact on the physical health of urban residents, make them feel painful and irritable, and then damage their mental health, resulting in residents suffering from various mental diseases, such as anxiety, depression, mental disorder, will disorder and so on. Based on cognitive psychology, this study discusses the cognition of urban residents on air pollution, as well as the impact and impact mechanism of air pollution on urban residents' physical and mental health, so as to provide constructive suggestions for the treatment of urban residents' mental diseases and the treatment of urban air pollution.

Subjects and methods: 50 residents were selected from a city with serious air pollution and 50 residents