

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

from a city B with light air pollution. Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Chinese Perceived Stress Scale (Chinese version) (CPSS) were used to evaluate the mental health of the subjects.

Research design: Take the research object of city B as the research group and the research object of city a as the control group. The two groups of subjects were followed up for 3 months to compare the changes of physical and mental health of the two groups.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: The experimental results showed that the total scores of tensions, loss of control and stress perception in CPSS of urban residents in the study group were significantly lower than those of urban residents in the control group ($P < 0.05$), as shown in Table 1.

Table 1. CPSS of two groups of subjects

Classification	Group		<i>t</i>	<i>P</i>
	Research	Control		
Thrill	16.11±5.88	19.34±4.21	7.432	0.000
Sense of loss of control	15.76±5.12	26.65±4.84	9.465	0.000
Total score of stress perception	31.87±10.53	45.99±7.42	9.415	0.000

Conclusions: Air pollution has become a major social problem in recent years. Many previous studies have shown that air pollution will have a great impact on the physical health of urban residents, make residents feel painful and irritable, and then damage the mental health of residents, leading to residents suffering from various mental diseases. Based on cognitive psychology, this study discusses the cognition of urban residents on air pollution, as well as the impact and mechanism of air pollution on the physical and mental health of urban residents. The results showed that the total scores of tensions, loss of control and stress perception in CPSS of urban residents in the study group were significantly lower than those of urban residents in the control group ($P < 0.05$). Therefore, based on cognitive psychology, exploring the impact and impact mechanism of air pollution on the physical and mental health of urban residents can provide constructive suggestions for the treatment of mental diseases of urban residents and the treatment of urban air pollution.

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ON THE ALLEVIATING EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION IN ENGLISH CURRICULUM ON COLLEGE STUDENTS' ANXIETY SYMPTOMS FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Anxiety disorder is a common mental disease among the national population in China. It refers to the negative and complex emotional states such as tension, anxiety, worry and worry caused by possible dangers, losses and threats in the future. Its main clinical manifestations include panic disorder, such as feeling of dying, feeling of loss of control, feeling of mental breakdown, and physical symptoms of panic attack, such as rapid heartbeat, diarrhea, vertigo, etc. Secondly, there is generalized anxiety disorder, which is divided into mental anxiety, somatic anxiety and motor anxiety symptoms of nerves and muscles. At present, the treatment of anxiety symptoms is mainly based on professional psychological guidance, and those with serious symptoms can be treated with drugs. College students are in a critical period of growth, development, mental health quality and personality formation, and their physical function gradually tends to mature, but the development of individual psychology lags behind. After changing from middle school life to college life, due to the drastic changes of learning environment, learning mode and social relations, a considerable number of college students cannot quickly adapt to college life, resulting in anxiety in their hearts. Experts and scholars in the industry have conducted a lot of research to deal with the anxiety of college students. Most of them suggest that schools set up special psychological counseling departments or gradually special psychological counseling teams, but this method requires more school management resources and funds, and has low application value for schools with weak operation strength. Therefore, this study attempts to analyze the impact of integrating ideological and political education with mental health education into college basic courses on college students' anxiety psychology.