

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.

Objective: To explore the influence of Integrating Ideological and political education into college English teaching on college students' anxiety through face-to-face interview, consulting relevant literature and carrying out teaching experiments. According to the research results, this paper puts forward some countermeasures that can reduce the severity of college students' anxiety, so as to provide some references for improving the mental health level of college students in China.

Subjects and methods: Select a representative domestic university in terms of teaching scale, teaching staff, etc., and then select 246 college students willing to participate in the experiment as the research object. These students are divided into experimental group and control group, with 123 college students in each group. Before starting the experiment, we need to make statistics on the basic information of the two groups of students to ensure that there is no significant difference in the basic information of the two groups of students. If there is a significant difference, we need to regroup or adjust the members of the group. Then let the two groups of students accept English course teaching. The professional content of the teaching should be completely consistent, and the teaching content of the students in the control group is not interfered by the research team. However, the teachers in the experimental group are required to integrate the content of ideological and political education as much as possible in the teaching process, and timely use psychological methods to dredge and adjust when the students have anxious performance. The teaching experiment lasts for one semester. Before and after the experiment, all subjects need to be tested by SAS (Self-rating Anxiety Scale) to understand the changes of students' anxiety psychology. Note that all measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test, and counting type features are displayed in the form of number or proportion of number for Chi-square test. The significance level of difference is taken as 0.05.

Results: After the teaching experiment and test, the effective data were entered into the computer and statistically analyzed to obtain Table 1.

Table 1. Statistics of SAS scores of subjects before and after teaching experiment

Statistical time	Experience group	Control group	<i>t</i>	<i>P</i>
Before experiment	42.1 \pm 3.8	42.8 \pm 4.0	1.254	1.771
After the experiment	32.7 \pm 4.8	43.0 \pm 5.5	0.327	0.006
<i>t</i>	0.385	2.456	-	-
<i>P</i>	0.010	2.061	-	-

It can be seen from Table 1 that the *P* value of SAS score *t*-test of the two groups of students before the experiment is 1.771, which is greater than the significance level of 0.05. It is considered that the data difference is not significant. At the same time, it also proves that the personnel grouping of the research objects is reasonable and the subsequent statistical data are comparable. After the completion of English teaching experiment, the *P* value of SAS score *t* test of the two groups is 0.006, which is less than the significance level of 0.05. It is considered that the data difference is significant, and the average score of the experimental group is 32.7, which is lower than 43.0 of the control group.

Conclusions: In order to deal with college students' psychological anxiety at low cost and efficiently, this study attempts to explore the integration of Ideological and political education into college English curriculum teaching, and designs an English comparative teaching experiment. The teaching experiment results show that the SAS score *t*-test *P* value of the two groups of students before the experiment is 1.771, which is greater than the significance level of 0.05. It is considered that the data difference is not significant. At the same time, it also proves that the personnel grouping of the research objects is reasonable and the subsequent statistical data are comparable. After the completion of English teaching experiment, the *P* value of SAS score *t*-test of the two groups is 0.006, which is less than the significance level of 0.05. It is considered that the data difference is significant, and the average score of the experimental group is 32.7, which is lower than 43.0 of the control group. Obviously, the integration of Ideological and political education into college English curriculum can alleviate college students' psychological anxiety to a certain extent.

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RESEARCH ON THE INFLUENCE OF COMPARATIVE ANALYSIS OF CHINESE AND KOREAN POPULAR CULTURE ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY UNDER THE EAST ASIAN CULTURAL CIRCLE