

the learning enthusiasm of students with identity anxiety reaches level 3, that is, significant impact. It can be seen that among the three different types of anxiety students, cognitive anxiety and emotional anxiety students are the main types positively affected by information-based teaching, while the learning enthusiasm of identity anxiety students is not significantly affected by information-based teaching, but it still has a significant impact.

Conclusions: In order to solve the problem of the impact of students' anxiety psychology on learning results in information-based teaching, this study adopts the combination of decision tree classification algorithm and intervention experiment to carry out intervention information-based teaching for students with different anxiety psychological characteristics. The results show that the informatization characteristics of informatization teaching, which is different from the traditional classroom teaching methods, provide students with a more personalized and dominant learning method, which can help students reduce the learning anxiety in the learning process, reduce the excessive consumption caused by students' anxiety psychology, help students improve their learning effect, improve the overall sense of learning experience, and create a learning atmosphere of assured learning and pleasant learning.

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RESEARCH ON THE INFLUENCE OF ANXIETY PSYCHOLOGY OF COLLEGE TEACHERS AND STUDENTS ON TEACHING LABORATORY CONSTRUCTION AND SAFETY MANAGEMENT

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Background: In the modern high-speed social living environment, the teaching and learning life of college teachers and students will also be affected to some extent, resulting in anxiety. Anxiety refers to the stressful psychology that individuals recognize the threat of the current situation to themselves when facing realistic obstacles or difficult goals. This situation not only refers to the real situation, but also the hypothetical situation will lead to the anxiety of college teachers and students to a great extent, such as the psychological amplification of the current dilemma, or the aimless worry about the future dilemma. In the human psychological mechanism, appropriate anxiety psychology can improve the work and learning efficiency of college teachers and students to a certain extent, and then urge individuals to get positive feedback at the psychological level. After receiving positive feedback, individuals realize that difficulties are not insurmountable, and have a new understanding of their own ability at the present stage, so as to form a balance of individual psychological state. However, if individuals are in anxiety for a long time and are difficult to be liberated, it will cause serious psychological damage to college teachers and students, and then lead to excessive anxiety and form anxiety symptoms. Anxiety psychology is the source of other psychological diseases such as depression. Some studies have shown that many patients with anxiety disorders have a certain degree of depression and other complications. In the absence of intervention, long-term and excessive anxiety psychology will lead to individual loss of self-confidence, difficult to extricate themselves from aimless anxiety psychology, and then produce more psychogenic diseases. As an important part of safety in the university environment, the planning, construction and safety management of teaching laboratory often have a certain psychological impact on college teachers and students. Due to the long-term contact between college teachers and students and teaching laboratory, the concern about its safety is likely to be continuous and difficult to liberate, which is likely to cause excessive anxiety. Therefore, it is very necessary for college teachers and students who use a laboratory for daily work and study to dredge their anxiety psychology.

Objective: This study takes the construction and safety management of university teaching laboratory as the main external anxiety influence event for analysis. By analyzing the psychological state of psychogenic anxiety of university teachers and students under this external anxiety influence event, it provides a theoretical basis for providing further anxiety control means and helps university teaching laboratory teachers and students form a more reasonable psychological counseling mechanism.

Subjects and methods: In the research process, teachers and students in various laboratories of the university are selected as the main research objects. This study uses the methods of correlation analysis and difference analysis to analyze the anxiety of college teachers and students in the construction and safety management of teaching laboratory, so as to provide a theoretical basis for the strategy of controlling the anxiety of college teachers and students in the construction and safety management of laboratory.

Study design: This study takes the state quality anxiety scale as the main evaluation dimension of the

anxiety state of college teachers and students under laboratory construction and safety management, and introduces relevance analysis and difference analysis on this basis. By analyzing the correlation points and differences between teachers and students' anxiety emotions, it provides the basis for anxiety de emotion control strategies.

Methods: SPSS19.0 was used in this study to make statistics on the anxiety psychological scores of college teachers and students under the construction and safety management of teaching laboratory.

Results: The comparison of quality anxiety and state anxiety between teachers and students in teaching laboratory construction and safety management is shown in Table 1.

Table 1. Comparison of anxiety between teachers and students

Category	Quality anxiety	State anxiety
Teacher	44.23±8.13	39.57±7.82
Student	45.17±7.92	39.86±7.89
Z	1.25	0.44
P	<0.05	<0.05

As shown in Table 1, the quality anxiety score of college students is 45.17 ± 7.92 , while the quality anxiety score of college teachers is 44.23 ± 8.13 , where P is less than 0.05, and the data is statistically significant. The score of state anxiety of college students was 39.86 ± 7.89 , while that of college teachers was 39.57 ± 7.82 , $P < 0.05$. It can be seen that the anxiety level of college students is generally higher than that of college teachers in the construction and safety management of teaching laboratories.

Conclusions: As a very important part of environmental safety in colleges and universities, whether the construction planning and safety management of teaching laboratory are strict will have a certain impact on the psychological state of college teachers and students who use the laboratory. By analyzing the psychological anxiety state of college teachers and students under the construction planning and safety management of teaching laboratory, this study finds out the similarities and differences of college teachers and students' psychological anxiety, and provides the basis for the psychological control strategy of college teachers and students.

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THE INFLUENCE OF THE INNOVATION AND REFORM OF IDEOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' ANXIETY UNDER THE PATTERN OF "GREAT THOUGHT AND POLITICS"

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Background: In the growth experience and environment of college students, there are many factors that may lead to students' anxiety, some of which are physiological and some are psychological. Some studies have shown that anxiety has obvious family aggregation, in which the anxiety symptoms caused by genetic factors alone account for 25% to 37% of all patients. This part contains the influence of genetic factors and collective trait factors, which may lead to the formation of anxiety psychology of contemporary college students. On the other hand, psychologically, the external social environment, parents' education methods and individual psychological trauma events in childhood may lead to contemporary college students' anxiety and more serious psychological diseases. Anxiety psychology is essentially a kind of stress psychology produced by consciousness and behavior. This kind of stress psychology is composed of external pressure sources and internal pressure sources. When students' individual beliefs and consistency are difficult to respond to external requirements, similar negative stress psychology, namely anxiety psychology, will occur. In general, anxiety psychology is conducive to the self-development of individual students. Stressors are everywhere in the study and life of individual students. Individual students have more or less developed certain anxiety psychological coping habits. This psychological bearing and release system is the basic response of human physiological system to external stimuli. However, this kind of stress psychology is constantly depressed and difficult to be effectively released, which will eventually lead to excessive anxiety. Under the pattern of "great thinking and politics", the innovation and reform of ideological education in colleges and universities starts from the perspective of the formation of students' anxiety psychology, helps students improve their way of looking at external stressors by helping students establish a more perfect