

in the campus additional activities for medical college students, we should pay attention to the impact of the activities on students' psychology, and hold campus activities that fit students' actual psychology and life, rather than activities for activities.

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## RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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**Background:** Psychological anxiety is the psychological emotion generated by students when facing external pressure or their own unpleasant experience. The main source of this emotion is often that students hope to achieve a certain goal or effect in their own behavior and psychological state, but it is difficult to achieve this goal or effect due to the obstruction of the external environment. Freud's psychological theory holds that individual psychological anxiety comes from their own unconscious and objective instinctive impulse. This impulse comes from a real experience of tension or fear. Under the influence of this impulse, individual anxiety is often difficult to vent, and many anxiety patients can't even clearly indicate the specific content of their own tension or anxiety. Anxiety can usually be divided into two main types; one is pathological anxiety and the other is practical anxiety. Pathological anxiety refers to the individual anxiety without reason, object and consciousness caused by physiological and pathological factors such as individual neurological disorders. Further aggravation of this anxiety will lead to individual panic and fear. Compared with pathological anxiety, practical anxiety is more psychological. This psychology is based on real events or real experiences. It is a reflection of the amplification of an individual's instinctive response in his own life. When an individual realizes that the threat of the current environment or event is greater than its predictable or bearable threat, this instinctive emotion will be amplified immediately, when the threat of the external environment or events is less than its tolerable threat, this instinctive emotion will be reduced or disappear. Individual students affected by practical anxiety are likely to continue to worry about hypothetical anxiety events that may occur in the future, but have no basis in real life. Ideological and political education in colleges and universities can help students get rid of this aimless and aimless anxiety by helping students dredge habitual psychological tension and establish a rational thinking framework, so as to improve students' mental health.

**Objective:** This study provides an entry point for ideological and political education in colleges and universities from the perspective of the formation of anxiety psychology of contemporary college students, and provides colleges and universities with an ideological and political education model more suitable for the mental health of contemporary college students, so as to help students control their anxiety and promote students to establish a sounder personality.

**Subjects and methods:** 189 freshmen were selected as the main subjects. This study uses the K-nearest neighbor algorithm to classify the anxiety psychology of contemporary college students, and on this basis, uses the correlation factor analysis method to analyze the impact of different teaching characteristic factors on students' anxiety psychology in college ideological and political education.

**Study design:** This study uses the campus network to investigate the students' recent psychological state, and on this basis, uses the K-nearest neighbor algorithm to classify the students' anxiety psychological types, and analyzes the impact of college ideological and political education on the students' overall psychological anxiety according to different students' anxiety psychological types.

**Methods:** This study uses SPSS software to compare and analyze the research data.

**Results:** The specific impact of ideological and political education in colleges and universities on alleviating college students' psychological anxiety is shown in Figure 1.

As can be seen from Figure 1, among the four types of anxiety: examination anxiety, interpersonal anxiety, choice conflict anxiety and adaptation anxiety, choice conflict anxiety and adaptation anxiety have the highest level of benign influence by ideological and political education in colleges and universities, reaching level 5, that is, significant influence. Interpersonal anxiety is only secondary to the benign influence of ideological and political education in colleges and universities, reaching level 4, that is, it is significantly affected. Examination anxiety is positively affected by ideological and political education in colleges and universities, and the level is the lowest, only level 3, that is, general influence. It can be seen that ideological and political education in colleges and universities can mainly affect the two types of

anxiety of college students: conflict anxiety and adaptation anxiety.

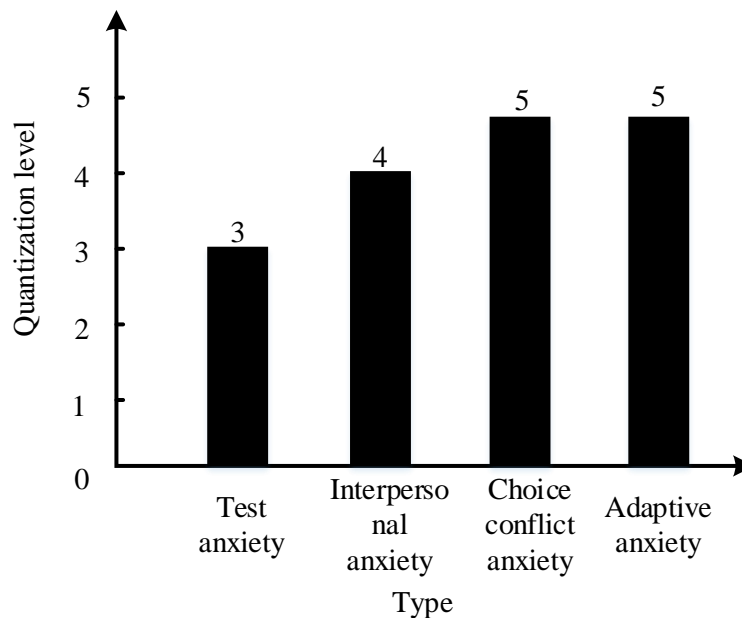


Figure 1. Anxiety type analysis

**Conclusions:** The excessive anxiety of contemporary college students is likely to have a bad impact on students' learning and growth. Therefore, this study investigates the psychological anxiety of contemporary college students, and uses K-nearest neighbor algorithm to distinguish and classify the main types of students' anxiety psychology. On this basis, it analyzes the impact of ideological and political education on students' psychological anxiety. The results show that college ideological and political education has a relatively significant impact on the two main anxiety types of college students' choice conflict anxiety and adaptation anxiety. College ideological and political education based on students' psychology is an important way to help students balance their anxiety.

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## RESEARCH ON THE INFLUENCE OF RITUAL INTANGIBLE CULTURAL HERITAGE PROTECTION AND INHERITANCE ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY

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**Background:** As an irrational bad psychological state, in recent years, with the diversification and complexity of social values and mentality, social anxiety gradually shows an expanding trend in the scope of the group, and its adverse effects are also shown from the two levels of group behavior and individual extreme behavior. Social mentality refers to the emotional feelings and psychological feedback of social members on the current living situation given birth to under specific social conditions. The normal social form should be positive, optimistic and tolerant, and rational as a whole. Once the social concept falls into the irrational trend, changes will produce psychological trends such as psychological impetuosity, suspicion and resentment, extreme hatred for the rich and so on. Social anxiety psychology is a typical irrational psychological state. Social anxiety psychology refers to those social members generally lack confidence and sense of stability in the current situation of social development, feel confused and afraid of their own future development, and are always in an uneasy psychological state. Social anxiety psychology will spread in a wide range with social groups. With the expansion and deepening of the scope and degree of social anxiety psychology, the affected groups may show a certain degree of individual extreme bad behavior or group bad behavior tendency. Once the anxiety psychology is expressed through behavior, it will have a bad practical impact on social development and group psychological hint, and then form a vicious circle. As one of the