

negative emotions of students caused by teaching, and improve the students' mental health level and emotional regulation ability to a certain extent. Table 1 shows the changes of psychological and emotional scores of the subjects under the intervention of improved piano teaching.

**Conclusions:** Self-imposed psychological pressure and anxiety caused by changes in environmental factors will make individuals fall into an "emotional trap" and self-doubt state for a certain period of time, and then it is difficult to get rid of this negative emotion and depression, which will greatly hinder their physical and mental health and daily life. Through the teaching improvement of piano professional classroom and psychological intervention on students, it can effectively alleviate their anxiety, improve their emotional adjustment ability and improve their overall quality.

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## EVALUATION AND ANALYSIS OF THE EFFECT OF NETWORK IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL HEALTH

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**Background:** With the improvement of China's economic development level and the increase of attention to students' quality education and mental health literacy, people begin to focus on mental health. The standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, and can make better psychological response and state to the changes and stimuli of the surrounding environment. Different individuals show different psychological conditions at different stages, and are also affected by the differences of subjective and objective environment, cognitive level and psychological intervention. College students are in a critical period of physical and mental development. The teaching reform and the transformation of teaching methods will greatly expand the cognitive scope of students, make students consider themselves in the social collective, and put forward higher requirements for their adaptability and self-regulation ability. Many factors make college students' psychological pressure increase day by day, and correspondingly produce some psychological problems and negative emotions, such as mental anxiety, depression, fear and conflict, which greatly interfere and affect their study and life, and affect the normal formation of their outlook on life, values and world outlook. In order to actively guide and intervene college students' psychological problems, we first need to change their misunderstanding of psychotherapy, guide them to pay attention to their own values and feelings, and avoid hiding from doctors. Then reduce their resistance to the sources and influencing factors of psychological problems in various forms, and intervene them in the way of teaching in fun and treatment in practice. The factors affecting the mental health level of contemporary college students mainly include external pressure and their own cognitive conflict, that is, when the individual's psychological needs are not met in time, or have cognitive conflict with external objective factors, they will produce corresponding psychological problems. At the same time, the traditional way of Ideological and political education is relatively rigid and lack of innovation, which will make students lose interest and initiative in the curriculum, and it is difficult to pay attention to and actively guide students' psychological problems. Offline teaching methods gather students in the same teaching space environment, which is easy to make students have emotional experiences such as conflict and boredom and psychological problems such as anxiety. Online education breaks through the traditional teaching methods. With the help of some online words, it can effectively shorten the psychological distance between teachers and students, help teachers better intervene students and help them improve their mental health level. Therefore, exploring the mitigation effect evaluation of network ideological and political education on college students' mental health has high application value.

**Objective:** On the premise of mastering the basic psychological status of students, with the help of online ideological and political education classroom, to explore the influence mechanism between it and students' mental health, and put forward intervention guidance suggestions accordingly, in order to reduce the generation of college students' negative emotions and psychological problems and promote their mental health development.

**Subjects and methods:** 800 students in a university were selected as the research object. Firstly, information was collected on their ideological and political teaching effect and mental health status, and then a one month ideological and political teaching experiment was carried out on college students to intervene college students with different psychological problems. After the experiment, the changes of students in different stages of curriculum teaching are counted with the help of mental health self-test scale and mood state scale, so as to better explore the evaluation effect of online Ideological and political

education on alleviating the effect of college students' mental health.

**Method design:** Firstly, the research objects are divided into online group and offline group. The online group adopts online ideological and political teaching, and the offline group adopts traditional classroom teaching mode. And collect and sort out the data of their mental health status after one month.

**Methods:** The relationship between network ideological and political education and students' mental health was explored with the help of correlation function, and SPSS22.0 statistical analysis tool to analyze the scores of mental health scale and mood state scale before and after the experiment, and get the experimental results.

**Results:** The network ideological and political education can provide students with greater autonomy and certain innovative development potential in the teaching process, and the diversified and lively classroom teaching methods can effectively alleviate the psychological problems such as anxiety, depression and conflict caused by learning, and effectively improve the mental health level of college students. Table 1 shows the scores of some mental health scales in the network teaching group before and after the experiment.

**Table 1.** The scores of some mental health scales in the network teaching group before and after the experiment

Timing	Somatization	Force	Anxious	Depressed
Before experiment	1.76±0.28	1.98±0.63	2.43±0.51	1.77±0.64
After the experiment	1.23±0.22	1.53±0.11	1.14±0.27	1.23±0.42
<i>P</i>	<0.05	<0.05	<0.05	<0.05

**Conclusions:** Mental health is one of the important indicators to measure individual health status, and plays an indispensable key role in different growth stages. College students are more likely to have psychological problems when facing complex external environment and more interpersonal troubles, which makes their evaluation of personal value lose some objectivity and comprehensiveness, and cause great damage to their body and mind. With the help of the innovative way of network ideological and political education, the psychological intervention of students can improve the effect of classroom teaching and students' initiative, and then strengthen the positive guidance of teachers to their psychological status and effectively improve their mental health level.

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## THE INNOVATION OF THINKING MODE IN VISUAL COMMUNICATION DESIGN AND THE VISUAL CURE OF PEOPLE'S SPIRITUAL ANXIETY

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**Background:** The acceleration of social rhythm and the accumulation of various pressures make individuals bear heavy psychological and emotional pressure, and correspondingly produce related psychological problems, and show a series of emotional characteristics and behavioral diseases, such as persistent depression, pessimism and depression, despair and anxiety, sleep disorder and so on. According to statistics, the incidence rate of mental illness is increasing year by year in our country. Mental anxiety as a common mental disease is the core symptom of anxiety disorder. It is manifested as anxiety, irritability, fear, and so on. It is very easy to express anxiety in different degrees, and it is very easy to cause mental state in external stimulation. The expansion of the audience coverage of mental anxiety makes the people begin to pay attention to the mental health status. The mental state of patients with mental anxiety changes greatly, and it is difficult to concentrate. The feeling and stimulation of sound and light source are more prominent than ordinary people, and they lack a sense of security and confidence in uncertain events in the future, which has a great impact on their behavior guidance and decision-making behavior. Mental anxiety patients are often accompanied by sleep disorders, emotional disorders, somatization disorders and so on. The probability of illness increases rapidly, which causes great damage to the physical and mental health of the sick individuals. Mild mental anxiety also has certain self-adjustment ability, and has certain decision-making ability and judgment accuracy in judging things. However, severe mental anxiety will seriously affect the psychological state of patients, make them produce thinking transformation errors when judging things, and then make their overall function and mental state present a pathological state.