

THE PRACTICAL EFFECT OF CURRICULUM IDEOLOGY AND POLITICS IN MENTAL HEALTH EDUCATION UNDER THE BACKGROUND OF EPIDEMIC PREVENTION AND CONTROL

Wei Shi^{1,2}

¹Northwestern Polytechnical University, Xi'an 710000, China

²Yan'an University, Yan'an 716000, China

Background: Under the background of national new crown epidemic prevention and control, the study and lifestyle of college students is very different from that before the epidemic. Under this influence, the mental health of college students also shows different characteristics from the state before the epidemic. Some studies have found that in the early stage of the epidemic, college students were faced with the closed management of cities and schools, coupled with uncertainty and a sense of crisis about the future, the overall mental health of college students decreased, and the number of psychological problems such as anxiety and depression increased significantly. College students at home fared better in terms of psychological problems than students in closed schools, but they showed higher levels of perceived stress, and many college students had a worsening relationship with their parents. After the normalization of epidemic prevention and control, although the negative emotions of college students have eased compared with the initial stage of the outbreak, they still show more negative emotions than before the epidemic. As one of the main bodies highly involved in students' learning and life, schools should pay attention to the mental health status and problems of students in the context of epidemic prevention and control.

Ideological and political education is an important part of the educational concept of the comprehensive development of colleges and universities. It is a teaching of cultivating socialist successors according to the needs of the country for talents and the needs of students themselves. The teaching content is mainly ideal and belief education, patriotism education, ethics education and all-round development education. Although ideological and political education has achieved good results so far, with the development of the times and the diversification of current value orientations, coupled with the background of epidemic prevention and control, the psychological state of college students is very different from that before the epidemic. Traditional thinking the applicability of political education to contemporary college students has declined, and at the same time, there is a lack of attention to the psychological state and characteristics of students. In order to adapt to this change, ideological and political education can be integrated into the mental health education of college students. On the one hand, ideological and political education pays more attention to the psychological dimension of students. Interventions for college students' mental health problems in the era of prevention and control.

Objective: Explore the adjustment ideas of college mental health education combined with ideological and political under the background of epidemic prevention and control, and analyze the improvement effect of the adjusted mental health education model on college students' mental health problems.

Subjects and methods: 220 college students with similar mental health status and other basic information were recruited as the experimental subjects, and they were randomly divided into two groups. The effect of education mode on the mental health of two groups of students.

Research design: Two groups of students were given 2 months of mental health education. The experimental group used improved education and the control group used traditional education methods. Before and after the experiment and during the experiment, the mental health status of the two groups of students was tested and compared. The psychological measurement tool used in this study is the Self-Assessment Scale (SAS) of college students' psychological status in the background of Epidemic Prevention and Control, which refers to the Self-Assessment Questionnaire for Mental Health (SRQ-20) and Self-Assessment Scale for anxiety. It showed reliable reliability in the initial test.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Results: The test results show that after the teaching, the students in the experimental group are better than those before the teaching in each item of the "self-assessment of college students' psychological status in the background of epidemic prevention and control". Table 1 shows the comparison of some items in the test results of the students in the experimental group before and after teaching. It can be seen that the performance of anxiety, depression and anger in this group of students is statistically significant compared with the performance before teaching ($P < 0.05$).

Table 1. Comparison of test results before and after teaching in the experimental group

Item	Anxiety	Depression	Anger
<i>P</i>	0.048	0.026	0.033

Conclusions: Under the background of epidemic prevention and control, the study and life of college students have undergone tremendous changes compared with those before the epidemic. As a result, their mental health status also shows different characteristics from those before the epidemic. The mental health education of universities should pay attention to this situation and make corresponding actions. adjustment. The study explored a mental health education model combining ideology and politics, and proved through experiments that this model has a positive effect on the mental health of college students in the era of epidemic prevention and control.

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RESEARCH ON THE IMPACT OF THE CONSTRUCTION OF NEW RETAIL SMART CIRCULATION SUPPLY CHAIN SYSTEM ON ALLEVIATING MERCHANTS' ANXIETY

Guangtian Yu

Suzhou Industrial Park Institute of Vocational Technology, Suzhou 215123, China

Background: Anxiety is a kind of negative emotion, which occurs when an individual is unable to solve the real threat. This emotion is mainly anxiety, and there will be tension and uneasiness. Everyone may have anxiety. When the problem or threat is solved or disappears, the anxiety will be eliminated. An appropriate amount of anxiety will have a positive impact on the individual's work and study, promote the individual to solve problems, and in this process, stimulate the individual's potential, improve the individual's psychological tolerance, and improve the individual's psychological quality. Excessive anxiety will hinder the individual's normal thinking, attack the individual's enthusiasm to solve problems, make him depressed, his temper will become irritable, and he will be very sensitive to the movements around him. A little noise will attract his attention, resulting in the impulse to lose his temper. In the long run, it will bring a great burden to the body and mind, cause physical and mental health problems, reduce the body's function and immunity. Even produce disease, causing mental illness. There are many reasons for anxiety, such as personal factors, family factors, social environmental factors and so on. In personal factors, introverted and cowardly people are more likely to have anxiety, and they are more sensitive to the movements around them. Among the social environmental factors, the threat and pressure brought by the social environment have a sense of oppression on the individual's work and study, increasing the individual's psychological pressure, resulting in anxiety.

With the continuous development of economy and society, the e-commerce industry has developed rapidly, and the physical retail industry has been greatly impacted. The space of the retail industry has been squeezed, the sales volume has decreased significantly, and many retail stores are facing the risk of bankruptcy. In the face of the fierce e-commerce industry, physical retail merchants have had varying degrees of anxiety. Although the physical retail industry has taken many measures to change this situation, the actual effect is not good, and many retail industries have not found a way to transform. Even if some stores find a way of transformation, the cultivation period of new stores is very long. Physical retail merchants are worried and anxious about the future development and are eager to find a way out.

Objective: To analyze the current physical retail industry and understand the anxiety and causes of physical retail merchants. On this basis, we will innovate the business model of the new retail smart circulation supply chain, integrate online and offline channels, and reconfigure the concerns among consumption scenarios, consumption expectations and business situations based on consumer experience, that is, reconstruct the enterprise relations in the supply chain such as brands, wholesalers and logistics, reduce retail costs, improve retail efficiency, and enable physical retail merchants to find a development path, reduce anxiety. On this basis, a new retail smart circulation supply chain business model innovation system is established to increase the passenger flow and repurchase volume of retail stores, so as to alleviate the anxiety of merchants.

Subjects and methods: The research objects were physical retail merchants. 210 physical retail merchants were randomly selected. These merchants came from different ages, educational backgrounds and business ages. Understand their physical retail status and anxiety, and analyze the causes of these merchants' anxiety. Fuzzy evaluation is used to study the impact of new retail smart circulation supply chain business model innovation methods on physical retail merchants. 1-5 grades are used. The higher the score, the heavier the degree of correlation. SPSS software is used to process and analyze the data.

Results: In recent years, under the influence of the rapid development of e-commerce industry, the sales volume of physical retail industry has been decreasing, the space of retail industry has been squeezed, and the users of this industry have varying degrees of anxiety. By establishing a new retail smart circulation