

positive psychological quality, strengthen students' English learning motivation and improve their enthusiasm. After one semester of study, freshmen's learning enthusiasm score is 5, and the results are shown in Table 1.

**Table 1.** English learning psychological quality scores of college students in different grades after English teaching reform

College student	Learning enthusiasm	Self-confidence	Learning initiative
Freshman	5	4	5
Sophomore	4	5	5
Junior	5	4	4

**Conclusions:** After the adjustment of English teaching mode, college students should establish positive English learning psychology under the psychological guidance of teachers. And with the help of teachers, cultivate the positive psychological quality of English learning.

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## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON PSYCHOLOGICAL GUIDANCE TO ALLEVIATE COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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**Background:** Anxiety Psychology refers to the tension of an individual about the situation he will face, resulting in unexplained anxiety and fear in his heart. Anxiety psychology can be divided into two kinds: objectivity and neurosis. Objective anxiety is the response to the real danger in the environment, while neurotic anxiety is the result of contradiction in the subconscious. In recent years, under the influence of social transformation, the employment pressure of college students is increasing, the number of college graduates is increasing year by year, and the competition for jobs is fierce. Many college graduates are facing the situation of unemployment after graduation, and the employment problem is more serious. Facing the difficult situation of employment, many college students have different degrees of employment anxiety. Some college graduates do not know how to face the problem of finding a job after graduation due to insufficient psychological preparation, resulting in anxiety. This kind of employment anxiety usually shows continuous tension. When graduates successfully find a job, this anxiety will gradually disappear. In addition, some college students show a state of confusion and anxiety because they don't know which job to choose, but this state will disappear because they find a more suitable job. Or college students will also have anxiety after they encounter setbacks in the process of employment. College students with employment anxiety are emotionally depressed and difficult to concentrate. The whole person shows a very tired state and is easy to lose his temper. A little pressure will cause their strong reaction and have no enthusiasm for the things around them.

With the continuous advancement of economic globalization, various cultural trends and values impact the thoughts of college students. In this environment of Ideological and cultural collision, some college students will have some ideological problems, resulting in bad phenomena such as political confusion and value distortion. At this time, colleges and universities need to carry out ideological and political education for college students, guide college students to establish correct three outlooks, cultivate the spirit of unity and cooperation, help college students form positive psychological qualities such as courage, tenacity and self-confidence, eliminate their mental health problems, solve their ideological confusion and make them go more smoothly on the road of life.

**Objective:** To understand the causes of employment anxiety of college students and make a specific analysis. On this basis, through relevant ideological and political education measures, guide college students' employment anxiety psychology, guide them to have a certain understanding of the current employment social environment, understand the current professional employment situation, have a certain psychological preparation for future employment, reduce their sense of confusion about employment, and

help them alleviate their employment anxiety. In Ideological and political education, the training of employment ideal psychology is infiltrated into the curriculum, college students are encouraged to carry out short-term and long-term employment planning, and seriously implement the formulated plan. The plan can be adjusted appropriately according to the actual situation, so that they can better realize employment and find more satisfactory jobs.

**Subjects and methods:** Taking college students as the research object, 300 college students were randomly selected from three universities to understand their employment planning, current employment mentality and difficulties, and master their views on the current ideological and political education in colleges and universities and their understanding of employment training. These college students were given ideological and political education for one semester, and the relevant experimental data were recorded. Using fuzzy comprehensive evaluation, this paper analyzes the impact of the innovation of ideological and political education on the psychological guidance of alleviating college students' employment anxiety, as well as the psychological score of college students' employment anxiety before and after the innovation of Ideological and political education. It adopts grade 1-5 score. The higher the score, the heavier the degree. It uses SAS software for data analysis and processing.

**Results:** With the increasingly severe employment situation, the employment pressure of college students is increasing, and the competition for jobs is fierce. College students have different degrees of employment anxiety, their employment enthusiasm is hit, their mood is relatively low, and they don't know how to choose a job. In the face of employment setbacks, their psychological tolerance is weak. With the approach of employment, some college students will have physiological symptoms such as headache, palpitation and nerve sensitivity. Through the innovation of ideological and political education in colleges and universities, the employment education is integrated into the ideological and political education in colleges and universities. Through the introduction of the employment social environment, the correction of employment methods and other measures, the employment anxiety psychology of college students is guided to gradually alleviate their employment anxiety psychology. After one semester, the employment anxiety score of English majors is 2, and the results are shown in Table 1.

**Table 1.** Employment anxiety scores of students of different majors

Major	Employment anxiety	Job insecurity	Employment fear
English major	2	2	1
Finance major	2	1	2
Accounting profession	1	1	1

**Conclusions:** Integrating employment education into Ideological and political education in colleges and universities, in the process of ideological correction and ideological guidance, college students have a certain understanding of employment, gradually clarify their career planning, and slowly alleviate their employment anxiety under the subtle influence of Ideological and political education.

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## RESEARCH ON THE INFLUENCE OF COLLEGE PHYSICAL EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH IN CHINA

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**Background:** Psychologically healthy individuals are relatively coordinated in physical, intellectual and emotional aspects, can better adapt to the surrounding environment, get along well with others, feel happiness and satisfaction in life, and make every effort to give full play to their abilities in professional work, with high work efficiency. Individuals maintain a strong interest and desire for knowledge, have a clear self-awareness, are good at accepting themselves, can face up to their shortcomings, and calm down to correct them slowly. Encounter things you don't understand, be able to learn from others with an open mind, and learn from each other. When encountering difficulties, be able to face them, adjust their mentality in time, and have strong emotional control ability and ability to solve things. Individuals with mental health maintain a good attitude most of the time, are willing to communicate with others, have good moral quality, abide by discipline and law, and do not do anything against morality and law. In addition,