

anxiety psychology, this study puts forward the use of physical exercise to cultivate students' mental health and provide reference for students' development.

Objective: Analyze the current situation of students' anxiety psychology in higher vocational colleges, understand the current situation of students' social fear under the influence of anxiety psychology, and analyze the current situation of the application of physical exercise in higher vocational colleges.

Subjects and methods: Taking 500 students with different degrees of psychological anxiety in a university as the research object, the Self-rating Anxiety Scale was used to evaluate the current situation of students' anxiety, and the students with social fear among 500 students were counted. The baseline data of all students were collected to understand the influencing factors of students' anxiety and social fear. Formulate the physical exercise mode for anxious students, analyze the changes of students' anxiety psychology under this mode, analyze the changes of students' social fear, and evaluate the impact of physical exercise in higher vocational colleges on students' social fear and anxiety psychology.

Results: The psychological changes of social fear and anxiety among 500 students are shown in Table 1. Table 1 shows that the number of students with social fear among 500 anxious students is 107. With the gradual progress of physical exercise, the anxiety scores of all students gradually decreased. At the same time, it can be seen that the number of students suffering from social fear also showed a decreasing trend.

Table 1. Changes of anxiety and social fear in middle school students after physical exercise

Project	Before teaching	After teaching	P
Number of social phobias	107	54	<0.05
Anxiety score	66.38±2.37	35.79±1.71	<0.05

Conclusions: The cultivation of college students' mental health is the key work in college education. How to alleviate students' anxiety and reduce students' social fear caused by psychological anxiety is an urgent problem to be solved in colleges and universities. In the study, in order to alleviate students' psychological anxiety and reduce students' social fear, physical exercise is proposed to promote students' physical and mental growth, only to alleviate anxiety. The results show, under the influence of physical exercise, students' anxiety can be significantly alleviated, and students' social fear can also be reduced. The above results show that in college education, using physical exercise to promote students' physical and mental growth can effectively alleviate students' negative psychological emotions, improve students' social ability and promote students' future development.

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RESEARCH ON THE INNOVATION OF COLLEGE INNOVATION AND ENTREPRENEURSHIP EDUCATION PLANNING FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a type of psychology proposed according to the current situation of education. The purpose of educational psychology is to solve the problems of traditional teaching schemes in innovative design. Educational psychology believes that in the educational situation, human learning behavior is affected by psychology, and in the design of teaching methods, it advocates paying attention to students' learning habits and development space. In psychology, educational psychology can be divided into pedagogy and psychology. It is considered that the combination of the two forms educational psychology, that is, combining the teaching practice in pedagogy theory and the characteristics of teachers' and students' learning psychological activities in psychology theory. In educational psychology, pedagogy and psychology integrate and influence each other, that is, teachers can take psychology as the theoretical basis to formulate the teaching curriculum plan, and can also give psychological support in teaching practice to gradually improve the teaching plan. With the needs of social development, the research objects of educational psychology also began to increase. From previous studies, we can know that early educational psychology focused on the research of students' psychology and learning rate, and focused on the cultivation of students' professional knowledge by using students' psychology. With the transformation of the concept of social education, college education is not only the cultivation of students' basic professional knowledge, but also the planning of students' future development, which shows that so far,

educational psychology has gradually been used in students' entrepreneurship education, with the purpose of cultivating students' correct development concept and providing path planning for students' future development.

With the continuous development of society, colleges and universities pay more and more attention to students' innovation and entrepreneurship education, and the future planning of students is also gradually deepened. Innovation and entrepreneurship education is a new educational concept put forward by China in recent years in order to be in line with international standards, keep up with the pace of the times and cultivate innovative talents. Innovation and entrepreneurship education aims to help students fully understand the current social enterprise business environment, entrepreneurial opportunities, entrepreneurial risks and enterprise development model. At the same time, help students fully understand the concept and characteristics of entrepreneurship, and effectively cultivate students' entrepreneurial awareness and innovative spirit. Therefore, through innovation and entrepreneurship education, students' innovation awareness and entrepreneurship level can be improved, and high-quality innovative talents can be trained for the society, which is of great significance to students' personal development and the overall development of society. However, from the existing innovation and entrepreneurship education in colleges and universities, it can be seen that the traditional education planning has some limitations. Therefore, the research plans the innovation and entrepreneurship education in colleges and universities Based on students' psychology and educational psychology.

Objective: Innovation and entrepreneurship education is a new educational concept put forward by China in recent years in order to be in line with international standards, keep up with the pace of the times and cultivate innovative talents. The research puts forward strategies based on educational psychology to promote the innovative planning of the teaching mode of innovation and entrepreneurship education in colleges and universities, improve students' professional ability, entrepreneurial ability and innovation ability, and transport high-quality talents for the society.

Subjects and methods: Using random number table method, 200 students were randomly divided into research group and control group, with 100 students in each group. Among them, the students in the research group adopt the teaching mode of innovation and entrepreneurship in colleges and universities based on educational psychology. The students in the control group only carried out professional education and teaching. Three months later, the teaching effect of the two groups was compared. At the same time, in the teaching process, continuously observe the students' positive psychology of learning and analyze the changes of students' positive psychology. All data generated in the teaching process are SPSS22.0, $P < 0.05$ was statistically significant.

Results: The changes of students' scores and positive psychology are shown in Table 1. The evaluation of students' positive psychology is quantified by 0-10 points. 0 indicates no positive psychology and 10 indicates full positive psychology. Table 1 shows that the professional scores of students in the research group are more significant than those in the control group. At the same time, it can be seen that the positive psychological scores of students in the experimental group are also significantly higher than those in the control group after teaching.

Table 1. Psychological changes of students before and after innovation and entrepreneurship education

Timing	Test scores		Positive psychology	
	Research group	Control group	Research group	Control group
Before teaching	61.9±12.3	62.1±13.1	3.27	3.31
After teaching	82.6±6.2	75.3±10.1	7.19	4.92
<i>P</i>	0.000	0.024	0.000	0.041

Conclusions: The entrepreneurship planning of college students is the premise to ensure the good development of students in the future. How to use students' psychology to plan innovation and entrepreneurship education is of great significance. The research takes educational psychology as the theoretical basis and college students as the teaching practice object to analyze the psychological changes of students in innovation and entrepreneurship education. The results of teaching practice show that the innovation and entrepreneurship education mode optimized by educational psychology has a significant impact on students' professional performance and positive psychology. Therefore, in order to ensure the future development of students, colleges and universities need to build an optimized teaching mode based on students' psychology and educational psychology in entrepreneurship education.

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RESEARCH ON THE ALLEVIATING EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION ON STUDENTS' MENTAL ANXIETY IN COLLEGES AND UNIVERSITIES

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Background: Anxiety neuropathy, referred to as anxiety disorder, is often referred to as anxiety state. It is a kind of brain dysfunction, accompanied by persistent anxiety, fear, tension and autonomic nerve dysfunction, often accompanied by motor discomfort and physical discomfort. There was no significant difference in incidence rate between male and female. For general anxiety disorder, tension, anxiety and worry usually last for a long time. Therefore, worrying about something, such as studying or working for more than half a year, constitutes anxiety disorder. College students are prone to anxiety. The pressure of family, study, employment and other aspects leads to college students' easy to fall into anxiety. Colleges and universities are the transition stage for college students from simple and boring study life to social life in middle school. The life mode and interpersonal communication of colleges and universities are closer to the actual society. Its learning rhythm is also faster, and it has higher requirements for students' autonomy and consciousness. Some college students are difficult to adapt to this change, resulting in anxiety and anxiety in learning and life, which affects the physical and mental health of college students. In the mitigation of college students' emotional anxiety, ideological and political education is generally used to help alleviate students' emotional anxiety. From the current situation of college education, we can know that the existing college ideological and political education measures still pay low attention to students' psychology, that is, the current ideological and political education model is difficult to effectively alleviate students' emotional anxiety. Therefore, putting forward a more effective ideological and political teaching model is an important direction for the development of colleges and universities.

The course of ideological and political education is essentially an education aimed at realizing morality and cultivating people. Always adhere to the principle of ruling the country by virtue, ruling the country by virtue and ruling the country by virtue, pay attention to strengthening the education of students' world outlook, outlook on life and values, inherit and innovate China's excellent traditional culture, so as to help students improve their self-ability and social cognition. And ideological and political education is also an important course to improve students' mental health and alleviate negative emotions. Ideological and political education curriculum is an important part of college students' moral education. At the same time, it is also an important way to improve college students' Ideological and moral cultivation, psychological quality and cultivate correct moral concepts, legal concepts and humanistic concepts. The traditional teaching mode of ideological and political education is relatively single and boring, which leads to students' low interest in learning, so it cannot play its role in improving students' mental health and moral level. Therefore, in order to alleviate the mental anxiety of college students in their study and life at school, based on the traditional ideological and political teaching mode in colleges and universities, this paper puts forward an ideological and political education mode for the purpose of alleviating students' mental anxiety, in order to help students, eliminate mental anxiety in college education.

Objective: This paper analyzes the current situation of ideological and political education in colleges and universities, explores the current situation of college students' mental anxiety, analyzes the influencing factors of students' mental anxiety, and constructs an innovative teaching model of ideological and political education in colleges and universities. To evaluate the influence of the innovative model of ideological and political teaching in colleges and universities on students' mental anxiety.

Subjects and methods: Taking a college student as the research object, 100 students were randomly selected from the ideological and political teaching in colleges and universities to participate in the survey. The Self-rating Anxiety Scale was used to evaluate the mental anxiety status of 100 students. According to the difference of students' anxiety score, the students were divided into no anxiety group, mild anxiety group, moderate anxiety group and severe anxiety group. Formulate a college ideological and political education model to solve students' emotional anxiety, apply the new model to alleviate students' emotional anxiety, and evaluate the changes of students' anxiety under the new model.

Results: See Table 1 for the changes of students' anxiety scores in different groups. Table 1 shows that before teaching, the anxiety scores of students in each group have changed to a certain extent, and the anxiety scores of patients with moderate anxiety and severe anxiety have decreased more significantly. According to SPSS24.0 if the software statistical analysis shows that there is a statistically significant difference in students' anxiety scores before and after teaching.

Conclusions: The mental anxiety of college students is a risk factor that hinders the long-term development of students. The conventional mitigation measure of students' emotional anxiety is to use ideological and political anxiety to gradually reduce their anxiety. In order to further promote the improvement effect of students' anxiety, this paper puts forward a college ideological and political