

## 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

education scheme based on the current situation of students' emotional anxiety. In students' teaching practice, innovative ideological and political teaching mode is used to alleviate students' anxiety. The results show that under the intervention of innovative ideological and political teaching mode, students' emotional anxiety scores have been significantly reduced. Therefore, in order to alleviate students' emotional anxiety, colleges and universities should reform and innovate ideological and political education in order to solve the mental health problems of college students.

**Table 1.** Changes of students' anxiety scores before and after teaching

Project	Before teaching	After teaching	P
No anxiety	73.32±2.14	49.58±1.56	<0.05
Mild anxiety	64.93±2.18	45.38±1.74	<0.05
Moderate anxiety	49.24±1.46	40.31±1.61	<0.05
Severe anxiety	32.15±0.97	31.07±0.83	>0.05

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## RESEARCH ON THE INFLUENCING FACTORS OF COLLEGE PIANO TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

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**Background:** Students' psychological quality includes the ability to deal with interpersonal relationships, the ability to withstand blows and setbacks, healthy and correct values and a good outlook on life. In college education, it is not only to comprehensively cultivate students' professional achievements, but also to promote the growth of students' psychological quality. It is also one of the main contents of your college education. College education has huge resources. Students can contact the knowledge of all sectors of society through the college education platform, which indirectly or directly affects students' values and outlook on life. Moreover, the social pressure faced by the University also increases gradually with the teaching time. How students deal with the difficulties they face determines the direction of students' future development. When students face academic pressure, work pressure and social pressure, they are very easy to suffer from psychological diseases, such as anxiety, depression and so on. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of the attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. Many studies have shown that maintaining moderate anxiety can help students concentrate, so that they can study more attentively and hard, and then improve their academic performance. However, when the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life.

In college education, for the cultivation of students' psychological quality, colleges and universities have put forward a large number of teaching plans. Some studies have proposed that extracurricular course teaching for students and cultivating students' comprehensive quality and ability can more effectively alleviate students' negative psychological emotions. In the extracurricular art teaching in colleges and universities, piano, as a popular subject in vocal music curriculum, the number of students participating in piano learning also shows a growing trend. In the content of piano teaching course, the focus is to use theory combined with practice to improve students' comprehensive ability, that is, in piano classroom teaching, teachers will carry out theoretical teaching according to students' professional level and formulate practical plans according to students' comprehensive ability. However, the traditional teaching method of piano course in colleges and universities is relatively single. Generally, teachers play the piano on the podium to make students feel, and then explain the skills and knowledge points. On the one hand, this teaching method cannot attract students' interest. On the other hand, it cannot improve students' practical ability, nor can it make students feel the charm of music and art. It is not enough to relieve students' psychology and treat students' schizophrenia. Therefore, how to optimize piano teaching in colleges and universities is not only the key content of teaching reform in colleges and universities, but also the main measure to alleviate students' negative emotions.