

and the dilemma and development path of rural revitalization and development, explores the impact of the psychological anxiety of rural employees on the dilemma and development path of rural revitalization and development, and hopes to put forward new solutions to alleviate the psychological anxiety of rural employees, provide reference for promoting high-quality talents to actively return home and start businesses, and help rural employees achieve work success, To drive economic development and promote rural revitalization.

Subjects and methods: The study recruited 30 rural employees through voluntary recruitment as the research object, analyzed the psychological anxiety state of 30 rural employees, understood the degree of anxiety of rural employees about their own development prospects, mastered the mental health level of rural employees, and discussed the causes of psychological anxiety of rural employees. The study uses Pearson correlation coefficient to analyze the correlation between the psychological anxiety of rural employees and the dilemma and development path of rural revitalization, explore the potential relationship between them, understand the impact of the psychological anxiety of rural employees on the dilemma and development path of rural revitalization through correlation analysis, and put forward new solutions to the psychological anxiety of rural employees.

Results: The statistical results of psychological anxiety of rural employees are shown in Table 1. Rural employees generally have high psychological anxiety.

Table 1. Statistical results of psychological anxiety of rural employees

Survey object	Male	Female
Success anxiety	3.5	4.1
Crisis anxiety	3.8	3.9

Conclusions: Returning entrepreneurs are faced with unknown future and destiny in the process of entrepreneurship. The fear of their own development will inevitably lead to a certain degree of psychological anxiety. Appropriate psychological anxiety will help entrepreneurs actively deal with the difficulties and challenges they encounter, but excessive psychological anxiety will affect the entrepreneurial quality of entrepreneurs and have a negative impact on their entrepreneurial development.

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RESEARCH ON THE IMPROVEMENT OF COLLEGE STUDENTS' DEPRESSION BY IDEOLOGICAL AND POLITICAL COURSE EDUCATION IN COLLEGES AND UNIVERSITIES

Naitian Tu

Hunan International Economics University, Changsha 410205, China

Background: Depression is a common mental disease in modern society. Its main clinical feature is continuous and long-term depression. It is the most important type of mental disease in modern people. Patients may be depressed, depressed, low self-esteem, painful, pessimistic, world weary for a long time, and even have suicidal tendencies and behaviors. Patients may also suffer from somatization symptoms, such as chest tightness and shortness of breath. Some people with severe depression will even have schizophrenic symptoms such as auditory hallucination, victim delusion and multiple personality. Each episode of depression lasts for at least 2 weeks or even several years. Although the clinical cure rate of depression is high, most cases have a tendency to relapse. The causes of depression are related to many factors of psychological and social environment. Biological factors mainly involve heredity, neurobiochemistry, neuroendocrine, nerve regeneration and so on. The psychological factors closely related to depression are the personality characteristics of patients before illness, such as depression temperament. Experiencing stressful life events in adulthood is an important trigger condition leading to clinically significant depressive episodes. However, these factors do not work alone, but emphasize the interaction between genetics and environmental or stress factors. Due to employment, academic and social pressure, a considerable number of domestic college students have depression. Although psychologists have done a lot of research on this, there are still few studies to verify the theory combined with social experiments to improve the reliability and application value of the conclusion. Moreover, most studies suggest that students directly establish special psychological counseling institutions and personnel teams, which has a high implementation cost. Therefore, this study attempts to analyze the possibility of existing ideological and

political education to alleviate students' depression.

Objective: To investigate the prevalence of depression among college students in China by means of interview and questionnaire. And design and carry out teaching experiments, analyze the possibility of Ideological and political education to alleviate students' depression, and find low-cost and efficient countermeasures to solve college students' depression.

Subjects and methods: A comprehensive university with medium teaching ability and students' learning ability was selected from China. 300 full-time college students in all grades and majors were selected as the research objects. These students were suffering from varying degrees of depression. The method of selecting the research objects was random selection. The selected students are divided into "no teaching group", "teaching group 1" and "teaching group 2", with 100 students in each group. The non-teaching group does not accept the teaching of Ideological and political courses. The other two groups need to receive ideological and political education, but the teachers of "teaching group 1" are required not to integrate any psychological related knowledge into the teaching process. On the contrary, the teaching experiment of "teaching group 2" lasts for 3 months. SDS (Self-rating Depressed Scale) questionnaire survey should be conducted for each group of students before and after the experiment to understand the changes of students' depression. Note that all measurement type features in the study are displayed in the form of mean \pm standard deviation for *t*-test, and counting type features are displayed in the form of number or proportion of number for chi-square test. The significance level of difference is taken as 0.05.

Results: After the experiment, the effective samples were counted and Table 1 was obtained.

Table 1. Statistical results of SDS scores of valid samples

Statistical time	Non-teaching group	Teaching group 1	Teaching group 2	P_{01}	P_{02}	P_{12}
Before experiment	54.2 \pm 2.1	54.3 \pm 1.8	54.2 \pm 2.3	1.735	1.741	1.730
After experiment	54.3 \pm 2.2	54.1 \pm 1.9	50.6 \pm 1.5	1.469	0.027	0.034

P_{01} and P_{02} in Table 1 represent the significant difference test *P* values of SDS scores of non-teaching group and teaching group 1, non-teaching group and teaching group 2 respectively. It can be seen from table 1 that before the experiment, there was no significant difference in the SDS scores of samples between each group, but after the experiment, the SDS scores of "no teaching group" and "teaching group 2", "teaching group 1" and "teaching group 2" were significantly different, and the average SDS score of "teaching group 2" was 50.6, which was 3.7 and 3.5 lower than that of "no teaching group" and "teaching group 1" respectively

Conclusions: In order to explore whether ideological and political education is conducive to alleviate students' depression, this study understands the prevalence of depression among college students in China through interviews and questionnaires. And designed and carried out the ideological and political teaching experiment in colleges and universities. The experimental results show that there is no significant difference in SDS scores among the samples before the experiment, but after the experiment, the SDS scores of "no teaching group" and "teaching group 2", "teaching group 1" and "teaching group 2" are significantly different, and the average SDS score of "teaching group 2" is 50.6, which is 3.7 and 3.5 lower than that of "no teaching group" and "teaching group 1" respectively It shows that ideological and political courses with mental health education can indeed alleviate students' depression. Therefore, the research team suggests that colleges and universities should take ideological and political education seriously and improve the psychological knowledge level of teachers as much as possible, so as to achieve the purpose of alleviating students' depressive symptoms at low cost.

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RESEARCH ON THE POSITIVE IMPACT OF IDEOLOGICAL AND POLITICAL TEACHING ON COLLEGE STUDENTS' MENTAL HEALTH

Fang Liu

Hunan Biological and Electromechanical Polytechnic, Changsha 410127, China

Background: In China, mental health education is closely related to ideological and political education in colleges and universities. Teachers often integrate some mental health knowledge into ideological and political courses. In recent years, our party has clearly proposed to "strengthen the construction of social psychological service system and cultivate a social mentality of self-esteem, self-confidence, rationality,