

characteristics of college students, comprehensively analyze the potential ability of college students, and improve their entrepreneurial practice ability.

**Table 1.** Comparison of college students' entrepreneurial self-efficacy before and after teaching

Dimension	Before intervention	After intervention
A	12.17±3.65	16.98±3.35**
B	19.95±5.42	26.94±4.15**
C	12.84±3.36	17.26±3.26**
D	10.48±2.99	13.49±2.89**
E	13.98±3.47	15.65±3.37**
F	68.94±13.25	89.96±14.85**

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## THE INSPIRATIONAL FUNCTION OF THE SPIRIT OF “CATCHING UP FOR THE EXAM” TO CHINESE YOUTH FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** At the same time, college students will feel the initial psychological impact of social competition, so they will also be exposed to the new stage of mental health. Some students are affected by some bad thoughts, their value orientation is distorted, their sense of social responsibility is missing, their ideals and beliefs are vague, their mental health level is low, and they are easy to fall into mental anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Many studies have shown that moderate anxiety can help students improve their attention and competitive awareness, and improve their learning enthusiasm and learning efficiency. However, excessive anxiety will damage students' mental and physical health, which is not conducive to students' mental health and long-term development.

In the education system of colleges and universities, ideological and political education plays a role in helping students shape positive, healthy and upward ideals and beliefs, establish correct outlook on life and values, cultivate students' sense of social responsibility and improve their mental health level. However, the traditional ideological and political education in colleges and universities has a lot of theoretical knowledge, which is difficult for students to understand, so it cannot play a good role in alleviating students' anxiety. Educational psychology is a psychological theory put forward for teaching reform. It has important theoretical and practical significance in deepening the reform of education. The application of educational psychology in teaching can help teachers analyze students' behavior psychology, help students dredge psychological problems, improve the pertinence and effectiveness of teaching work, optimize teaching ideas, and improve teaching methods and teaching modes. Based on educational psychology, the research analyzes the psychological activities and change laws of contemporary college students, and integrates the spirit of “catching up with the examination” into the ideological and political teaching in colleges and universities. The spirit of “catching up for the examination” is a unique spiritual quality of the party and a practical and exploratory spirit of unremitting struggle to realize people's happiness, national rejuvenation and world harmony. Ideological and political education integrated with the spirit of “rush to the exam” can shape students' sense of responsibility and strengthen students' beliefs and beliefs, so as to improve students' mental health level and alleviate students' anxiety.

**Objective:** The thought of college students is immature and easy to be disturbed by the outside world and fall into mental anxiety. Based on educational psychology, the research proposes to integrate the spirit of “rush to the exam” into ideological and political education, so as to shape students' sense of responsibility and strengthen students' beliefs and beliefs, so as to improve students' mental health level and alleviate students' anxiety.

**Subjects and methods:** 100 students were selected as the research objects in a university. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and SCL-90 are used to evaluate students' anxiety, and the examination results of ideological and political education courses in colleges and universities are used to evaluate the teaching effect.

**Research design:** Using the random number table method, 100 students were randomly divided into

research group and control group, with 50 students in each group. Among them, the students in the research group used ideological and political education integrated with the spirit of “rush to the exam” to teach. The students in the control group were taught with the traditional ideological and political education mode.

**Methods:** The relevant data were processed and analyzed by software SPSS23.0.

**Results:** Before the experiment, there was no significant difference in SAS scores between the two groups ( $P > 0.05$ ). After three months of teaching, the SAS score of students in the study group was significantly lower than that of students in the control group ( $P < 0.05$ ). The SAS scores of the two groups of students are shown in Table 1.

**Table 1.** SAS scores of two groups of students

Timing	SAS scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	76.2±12.3	76.5±12.1	0.304	0.653
After teaching	52.6±8.7	65.2±11.9	6.42	0.013
<i>t</i>	6.371	4.421	-	-
<i>P</i>	0	0.019	-	-

**Conclusions:** The thought of college students is immature and easy to be disturbed by the outside world and fall into mental anxiety. The spirit of “catching up for the examination” is a unique spiritual quality of the party and a practical and exploratory spirit of unremitting struggle to realize people’s happiness, national rejuvenation and world harmony. Based on educational psychology, the research analyzes the psychological activities and change laws of contemporary college students, and integrates the spirit of “catching up with the examination” into the ideological and political teaching in colleges and universities, so as to shape students’ sense of responsibility and strengthen students’ beliefs and beliefs, so as to improve students’ mental health level and alleviate students’ anxiety. The results showed that there was no significant difference in SAS scores between the two groups before the experiment ( $P > 0.05$ ). After three months of teaching, the SAS score of students in the study group was significantly lower than that of students in the control group ( $P < 0.05$ ). It shows that the spirit of “catching up with the examination” can effectively infect and motivate students, strengthen students’ beliefs, and then alleviate students’ anxiety.

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## THE HISTORICAL LOGIC OF THE LOCAL COMMUNIST YOUTH LEAGUE IN IMPROVING YOUNG PEOPLE’S POLITICAL IDENTITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** The Communist Youth League of China has a history of 100 years since its establishment in 1922. In order to celebrate the 100th anniversary of the birth of the Communist Youth League, we need to sort out the evolution logic of its historical process. From the perspective of social psychology, it mainly summarizes the long-term work experience of the local Communist Youth League in improving young people’s political identity and reveals its development law. Academic circles at home and abroad rarely explore this, and this research will fill this deficiency.

**Objective:** On the basis of summarizing the past experience and lessons, this paper clearly expresses the effective measures, historical value and social effects of the local Communist Youth League to improve the political identity of young people in different historical periods of nearly 100 years of struggle, reveals the law of guiding young people to grow and become talents, and provides academic reference and decision-making reference for further improving the work of the Communist Youth League in the future.

**Subjects and methods:** Mainly taking the psychological orientation characteristics of young people’s political cognition in the past 100 years as the research object, according to the characteristics of social