

generally refers to the fear, worry and tension of individuals in the face of events or objects. There are many factors that lead to individual anxiety. Psychology believes that anxiety is affected by heredity and environment. Genetic factors cannot be avoided. Environmental factors include campus environment and social environment. College students' employment anxiety is affected by social environment. During their study in colleges and universities, college students rarely have time to contact the external environment. Therefore, college students will be confused and confused when choosing the learning direction and content, which will aggravate their anxiety. And in lifelong education, after a long time of education and teaching, students are more likely to breed anxiety after adapting to the environment of colleges and universities and contacting modern society. At present, in college education, how to effectively alleviate the learning anxiety of college students in lifelong education is still the key object that teachers and schools need to break through.

Objective: Lifelong education is the key development direction in China's education work. The purpose is to improve China's national cultural level and enhance China's comprehensive strength. The research analyzes the students' psychological anxiety in the work of lifelong education in China, and evaluates the impact of lifelong education innovation on students' anxiety.

Subjects and methods: The anxiety scale SAS was used to investigate the learning anxiety of college students receiving lifelong education. The junior and sophomore groups of an open university in a university city were selected, and 200 volunteers were recruited to participate in the long-term survey. The first anxiety evaluation was carried out for all students, and lifelong education and innovative development education was carried out for all students. The anxiety of students was evaluated again one year later. At the same time, social personnel receiving lifelong education are recruited from social groups to analyze the impact of the innovative development of lifelong education on their psychological anxiety.

Results: Among college students, there were differences in anxiety scores between the two groups of volunteers, and the psychological anxiety scores of people participating in lifelong education were lower. The difference between the two groups was statistically significant ($P < 0.05$). The intra group comparison shows that the learning anxiety of postgraduates is significantly lower than that of undergraduates. The difference between groups is statistically significant ($P < 0.05$), as shown in Table 1. At the same time, it can be seen that the anxiety score of social groups in the innovative development of lifelong education is decreasing.

Table 1. The influence of employment anxiety on college students' continuing education

Project	Undergraduate graduates	Master's degree graduates	Social personnel
Before intervention	65.67±2.37	64.38±2.19	62.35±1.44
After intervention	39.14±0.44	40.62±1.01	42.39±0.98
<i>P</i>	<0.05	<0.05	<0.05

Conclusions: The improvement of national culture is an important driving force for the improvement of national comprehensive strength. Therefore, the state has put forward the concept of lifelong education, hoping to use lifelong education to affect the cultural cognition of social groups for a long time. The study analyzes the psychological anxiety of people at all stages of lifelong education, and analyzes the changes of psychological anxiety of college students and different groups in the development of lifelong education. The results show that under the influence of the innovative development of lifelong education, the psychological anxiety scores of students and social groups show a downward trend, indicating that lifelong education can effectively improve individual anxiety. Therefore, in educational innovation, it is necessary to formulate the development direction of educational innovation according to individual psychological anxiety and promote the harmonious development of society.

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ANALYSIS ON THE INFLUENCE OF DIFFERENT DEGREES OF SWIMMING ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the development of social economy, society puts forward higher requirements for talents, which not only requires talents to have rich theoretical knowledge and strong practical ability, but

also requires talents to have high psychological quality and pressure resistance. Therefore, the psychological quality of college students is also the focus of education. Excellent psychological quality can not only enable college students to maintain a high level of mental health and avoid the occurrence of various mental diseases, but also enable students to face various problems in life and learning more calmly, which is of great significance to students' learning and training. In recent years, the speed of social development has been accelerating, and the competition has become more and more fierce. Higher vocational college students should not only face the pressure of learning, but also face the pressure of life, employment, interpersonal communication, economy and so on. Under many pressures, higher vocational college students are prone to psychological problems such as anxiety and depression. If the anxiety level of college students is moderate, it can make students have a sense of crisis, and then help students concentrate and improve learning efficiency. However, excessive anxiety will affect students' mental health, lead to problems and obstacles in students' interpersonal communication and self-regulation ability, reduce students' psychological endurance and anti-frustration ability, and then produce bad psychology such as inferiority complex, impulse, fear, cowardice and so on. In addition, excessive anxiety will also lead to the loss of students' learning motivation in higher vocational colleges, which will lead to the increase of students' academic pressure, loss of self-confidence, psychological tension, insomnia, test anxiety and other problems. Therefore, alleviating college students' anxiety and improving their mental health are of great significance to students' study, life and future development.

In college education, sports are an important teaching content. Many studies have pointed out that sports can not only improve students' physical function, but also improve students' psychological emotion. In the teaching of physical education, swimming is loved by a large number of students with its sports types and sports methods. In some psychological research, in order to improve students' psychological mood, swimming is selected to promote students' physical and mental development, so as to establish a good mental health system for students. A large number of studies have pointed out that the impact of swimming on students' mental health is reflected in the fact that swimming can cultivate students' persistence in psychology in the process of swimming. At the same time, swimming is a sports training participated by many people, which can also improve students' social ability and enhance students' psychological quality to a certain extent. However, the existing research only analyzes the impact of swimming on students' psychology. Few studies have an in-depth understanding of the changes of students' mental health level under different degrees of swimming, so they cannot formulate an appropriate swimming teaching model for students. Therefore, in order to effectively alleviate students' negative psychological emotions and promote students' healthy psychological growth, the correlation degree is determined by analyzing students' psychological changes in different degrees.

Objective: In order to alleviate the negative psychological emotions of college students in their study and life at school and cultivate their good mental health level, taking sports as an example, this paper discusses the impact of different degrees of swimming on students' mental health, and puts forward sports management strategies to promote the development of students' mental health.

Subjects and methods: Taking swimming majors in a school as the research object, 110 students with different levels of anxiety and depression were randomly selected. The specific mental health levels of all students were obtained by self-rating anxiety scale and self-rating depression scale. According to the degree of swimming training, it is divided into mild group, moderate group and excessive group. The changes of depression and anxiety scores of middle school students with different degrees of training are evaluated, and the effects of different degrees of swimming on students' mental health are analyzed in turn.

Results: The changes of anxiety and depression scores of all students are shown in Table 1. It can be seen that there are significant differences in the changes of anxiety and depression scores of students under the influence of different degrees of swimming. Among them, the test scores of students in the appropriate group decreased most significantly, while the anxiety and depression scores of students in the excessive group decreased most slowly.

Table 1. Changes of students' psychological negative emotions under different degrees of swimming

Index	Anxious		Depressed	
	Before teaching	After teaching	Before teaching	After teaching
Light	64.37±1.68	53.19±1.47	64.52±1.71	54.36±1.58
Moderate	64.29±1.73	44.29±1.47	63.92±1.65	42.71±1.53
Excessive	64.26±1.65	56.37±1.82	64.93±1.78	55.33±1.69

Conclusions: The mental health training of college students is an important teaching method for young

students in China. In college education, the mental health intervention of college students has always been the focus of the development of colleges and universities. Taking the influence of swimming on students' psychological health as an example, this paper deeply analyzes the influence of sports on students' psychological health. The results show that appropriate swimming exercise can significantly alleviate students' negative emotions, while a small amount and excessive exercise have a low regulatory effect on students' mental health. Therefore, in college teaching, for students' mental health, teachers and colleges need to formulate appropriate intervention measures to ensure that students' negative psychological emotions can be relieved.

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ANALYSIS ON THE INFLUENCE OF THE ADJUSTMENT OF IDEOLOGICAL AND POLITICAL WORK STRATEGIES IN COLLEGES AND UNIVERSITIES ON ALLEVIATING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY UNDER THE NEW SITUATION

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Background: In the social development, under the premise of continuous economic improvement, social individuals will also have more or less psychological diseases, and in the fast-paced new era, anxiety has become a common emotional stress response. The body of college students is basically mature, but their mind is not fully developed, and their ability to control and master emotions is insufficient, which leads to large emotional fluctuations in the face of various pressures, resulting in damage to the social function of college students and anxiety. Studies have shown that a considerable number of college students have varying degrees of psychological problems, such as emotional instability, negative will, abnormal interpersonal relationships and so on. There are many factors leading to college students' anxiety, which can be roughly divided into poor adaptability, improper handling of interpersonal relationships, academic pressure, employment pressure and so on. 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. Therefore, we need to find an effective way to alleviate students' negative emotions, and then treat psychological diseases such as anxiety and depression.

In college education, the relief of students' psychological anxiety is generally completed in ideological and political education. From the perspective of the development of college education, ideological and political education is an important discipline with the main purpose of cultivating students' correct values. In ideological and political education, it is emphasized that students form corrects and complete values in the curriculum, so that students can establish a psychological crisis prevention mechanism. Therefore, how to combine ideological and political education with college students' comprehensive psychology and establish a complete ideological guidance and intervention system for college students is a key issue that needs to be paid attention to by the educational circles. Therefore, some studies pointed out that in the development of the new situation, it is necessary to adjust the strategies of Ideological and political work in colleges and universities, and analyzed the problems existing in the existing ideological and political education, including poor teaching integration, traditional teaching system and difficult to improve the level of ideological and political teachers. Therefore, in order to improve the teaching quality of the existing ideological and political teaching, this paper puts forward the adjustment means of students' psychological anxiety, and puts forward the development strategy of ideological and political work in colleges and universities under the development of the new situation. In this strategy, based on the current situation of students' psychological anxiety, we formulate educational measures that can alleviate students' anxiety, in order to provide guarantee for the development of college students.

Objective: The psychological anxiety of college students seriously hinders the future development of students, and then delays the process of social development in China. Therefore, in order to alleviate the psychological anxiety of college students, this paper proposes to start with the reform of Ideological and political work in colleges and universities, analyzes the existing problems in ideological and political work in colleges and universities, and discusses the influence of Ideological and political work on the psychological anxiety of college students.

Subjects and methods: According to the problems existing in the ideological and political work in colleges and universities, this paper puts forward the adjustment plan of ideological and political work in