

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

Guanghong Xiong

Yunnan Minzu University, Kunming 650504, China

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

colleges and universities, and adds the mitigation strategy of students' psychological anxiety. 120 students from a university were selected as the subjects of the survey. The students were randomly divided into study group and control group. The students in the research group received the strategy teaching after the innovation of Ideological and political work in colleges and universities, while the students in the control group received the traditional ideological and political education mode in colleges and universities. Self-rating Anxiety Scale (SAS) and students' ideological and political education scores were used to evaluate the teaching effect.

Results: The changes of students' anxiety scores are shown in Table 1. It can be seen that the anxiety scores of students in the experimental group are more obvious than those in the control group before and after teaching, and it can be seen that the anxiety scores of students in the experimental group are significantly lower than those in the control group after teaching. After SPSS22.0 software showed that the difference was statistically significant ($P < 0.05$).

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

Timing	SAS Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	71.9±12.3	72.1±13.1	0.403	0.762
After teaching	52.4±9.6	61.7±13.4	4.452	0.017
<i>t</i>	8.943	4.147	-	-
<i>P</i>	0.001	0.032	-	-

Conclusions: College students' psychological anxiety is an important factor affecting students' life and study. Therefore, how to alleviate college students' psychological anxiety is the main work in the development of college teaching. For the purpose of alleviating students' psychological anxiety, this study puts forward innovative strategies for ideological and political work in colleges and universities, makes ideological and political teaching plans with the help of innovative strategies, and analyzes the changes of students' anxiety in teaching practice. The results show that under the influence of innovative strategies, students' anxiety scores have been significantly reduced, and the effect is significantly better than the traditional teaching model. Therefore, in college teaching, in order to alleviate students' psychological anxiety, colleges and universities need to reform and innovate the ideological and political work in the ideological and political education, formulate innovative strategies to effectively alleviate psychological anxiety, and provide guarantee for students' growth.

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THE ADJUSTMENT EFFECT OF EDUCATIONAL MANAGEMENT SYSTEM REFORM ON COLLEGE STUDENTS' PSYCHOLOGICAL PRESSURE FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Xinning Yan

Education College, De La Salle University, Dasmarias 4115, Philippines

Background: Colleges and universities are the main positions for the cultivation and export of high-quality talents in China, and they are an important basis for ensuring the stable development of China's socialist market economy. Therefore, the cause of higher education has been widely valued by people from all walks of life. At present, the educational management system of colleges and universities is relatively rigid and backward. Many college students have great psychological pressure, such as the academic pressure of failing exams or unsatisfactory results. About to step into the society and start working, but worry about the employment pressure of not finding a suitable job. The way of interpersonal communication between teachers and students, students and students has changed, and some college students can't adapt to the pressure of interpersonal communication. Under various pressures, college students are easy to suffer from mental anxiety, which affects their physical and mental health, as well as their studies and normal life. Therefore, it is imperative to reform the current educational management system in colleges and universities.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In