

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

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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

addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-consciousness, students' group psychology and students' mental health education. Therefore, it is of great significance to carry out the research on the psychological change of students' social education system, so as to alleviate the psychological change of students, and then put forward the long-term management strategies based on the psychological change of students' social education system.

Objective: The current educational management system of colleges and universities is relatively rigid and backward, and many college students have great psychological pressure. Therefore, based on educational psychology, the research analyzes the law of students' psychological changes, and then puts forward strategies to reform the educational management system of colleges and universities, so as to alleviate students' psychological pressure and anxiety.

Subjects and methods: 200 students were selected from a university as the research object. Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Chinese Perceived Stress Scale (Chinese version) (CPSS) were used to evaluate the mental health of the subjects.

Study design: 200 students were randomly divided into study group and control group, with 100 students in each group. For the students in the research group, the reform of university education management system based on educational psychology is adopted for management. For the control group, the traditional university education management system is used for management. After 3 months of management, the psychological stress and anxiety of the two groups of students were compared.

Methods: The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by means \pm standard deviation, and the inspection method of measurement data is *t*-test. Chi-square test is used for the inspection of counting data. $P < 0.05$ indicates that the difference is significant.

Results: The experimental results showed that the total scores of tensions, loss of control and pressure perception in CPSS of college students in the study group were significantly lower than those in the control group ($P < 0.05$), as shown in Figure 1.

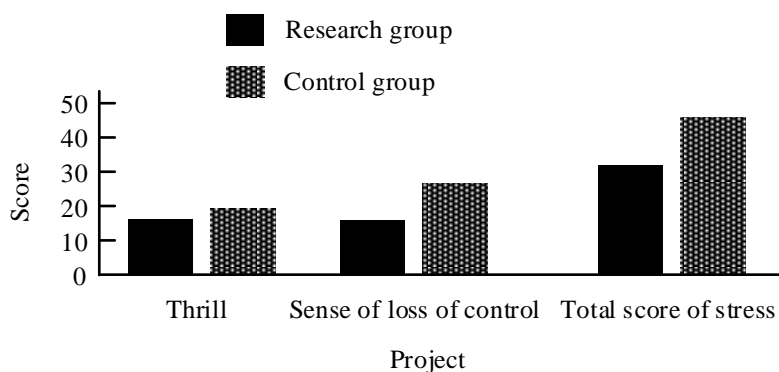


Figure 1. CPSS scores of two groups of college students

Conclusions: The current educational management system in colleges and universities is relatively rigid and backward, and many college students have great psychological pressure. Therefore, it is of great significance to carry out the research on the psychological change of students' social education system, so as to alleviate the psychological change of students, and then put forward the long-term management strategies based on the psychological change of students' social education system. The experimental results showed that the total scores of tensions, loss of control and stress perception in CPSS of college students in the study group were significantly lower than those in the control group ($P < 0.05$). It shows that the reform of college education management system based on educational psychology can effectively reduce the psychological pressure and anxiety of college students.

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THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES TO IMPROVE COLLEGE STUDENTS' INNOVATION AND ENTREPRENEURSHIP ON PSYCHOLOGICAL COGNITIVE IMPAIRMENT

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Background: University is an important turning stage for students. During the university period, students began to initially contact the society, accept all kinds of ideological impact in the society, and their mentality began to change rapidly. The thoughts of college students are not completely perfect, so they are vulnerable to the influence of external thoughts, distorted value orientation and lack of firm belief, so their mental health level is low. Under many pressures, such as academic pressure, employment pressure, interpersonal pressure and so on, college students are prone to negative emotions. When negative emotions are overstocked for a long time and cannot be alleviated and released, it will affect the hormone secretion of students' body, resulting in damage to students' cerebral cortex and cognitive impairment. Cognition refers to the process that the brain processes the acquired information and skills intelligently. In the process of cognition, it will involve a series of complex social behaviors and activities such as learning, memory, emotion, thinking and so on. When the human cerebral cortex is damaged by various factors, the brains intelligent processing process will be limited and abnormal, which will lead to cognitive impairment. Cognitive impairment is a pathological process involving brain function. Students with cognitive impairment are often accompanied by learning impairment, memory impairment, aphasia and so on, which seriously affects students' daily life and reduces students' quality of life.

In colleges and universities, ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. School psychology is a kind of applied psychology and the application of psychology in school education practice. The main research content of school psychology is to scientifically and reasonably evaluate the students' mental health level and the school's psychological education level, improve the teaching mode according to the evaluation results, and carry out psychological intervention on students. School psychology plays a good role in correcting and alleviating students' emotional disorders, personality disorders and other mental diseases. Based on the theory of school psychology, the research integrates innovation and entrepreneurship education into Ideological and political courses, so as to improve its teaching mode, improve teaching quality, stimulate students' interest in learning, and then effectively alleviate students' negative emotions and cognitive impairment.

Objective: When negative emotions are overstocked for a long time and cannot be alleviated and released, it will affect the hormone secretion of students' body, resulting in damage to students' cerebral cortex and cognitive impairment. Ideological and political education is the main way to improve students' mental health and alleviate students' anxiety and depression. However, the current teaching mode of Ideological and political education in colleges and universities is relatively single and traditional, which cannot arouse students' interest in learning. Based on the theory of school psychology, the research integrates innovation and entrepreneurship education into the ideological and Political Curriculum in order to improve its teaching mode, so as to effectively alleviate students' negative emotions and avoid cognitive obstacles.

Subjects and methods: 60 students with cognitive impairment were selected as the research objects in a university. Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to evaluate students' emotional state. The Mental Health (MH) part of the Mini-Mental State Examination scale (MMSE) and Short Form 36 Questionnaire (SF-36) were used to evaluate the degree of cognitive impairment of students.

Study design: 60 students were randomly divided into study group and control group, with 30 students in each group. Among them, the students in the research group used the ideological and political education model based on school psychology and innovation and entrepreneurship education. The students in the control group used the traditional ideological and political education model for teaching. After three months of teaching, the degree of cognitive impairment and emotional state of the two groups of students were compared.

Methods: The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by means \pm standard deviation, and the inspection method of measurement data is *t*-test. Chi-square test is used for the inspection of counting data. $P < 0.05$ indicates that the difference is significant.

Results: There was no significant difference in MMSE scores between the two groups before treatment