

vocal music curriculum can alleviate students' psychological anxiety.

**Subjects and methods:** Take 200 high school students with psychological anxiety as the research object, carry out college vocal music teaching for 200 students, and record the psychological changes of students before and after six months of study. The evaluation indicators are optimistic attitude, stress relief, physical and mental improvement and learning improvement. Compare the number of indicators before and after vocal music teaching to evaluate the improvement of students' psychological anxiety.

**Results:** After six months of vocal music teaching, the changes in the number of evaluation indicators of psychological anxious students are shown in Table 1. It can be seen that after six months of vocal music course learning in colleges and universities, the number of indicators of psychological anxious students has been improved, their learning quality has been improved, and the pressure on students has been relieved. It can be seen that vocal music teaching has a positive impact on students' psychological anxiety.

**Table 1.** Changes in the number of evaluation indexes of students with psychological anxiety after six months of vocal music teaching

Project	Optimistic attitude	Stress relief	Physical and mental improvement	Study better
Before education	40	21	35	40
After education	120	130	112	156
<i>P</i>	< 0.05	< 0.05	< 0.05	< 0.05

**Conclusions:** Psychological anxiety has become a common social phenomenon. In the college environment, more and more students have psychological anxiety symptoms, which not only affect their study, but also affect their body and mind, and have an adverse impact on the current development of college education. Therefore, modern education should pay attention to it. Therefore, this paper analyzes the impact of college students' psychological anxiety on students' development, and puts forward that college vocal music education can alleviate students' mental anxiety symptoms. The marriage certificate shows that through vocal music teaching in colleges and universities, students' psychological anxiety has been effectively alleviated, their learning is more active, and their physical and mental quality has been improved. Therefore, the development of modern education needs to pay attention to the mental health education of students, so as to promote the scientific and healthy development of students.

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## APPLICATION OF SOCIAL PSYCHOLOGY IN THE TREATMENT OF PROFESSIONAL MENTAL ANXIETY OF FINANCIAL PRACTITIONERS

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**Background:** Social psychology is to explore interpersonal relationships from the level of individuals and social groups. It explores behavioral and psychological changes between individuals and groups. Man is the unity of physiology, psychology and society. People's mental health is affected by family environment and social life factors. Social psychology attaches importance to the analysis of individual psychological factors and emphasizes the interaction between individual and society. The most basic organizational form of social life is the family. The first cradle of personal growth after birth is also the family. Personal mental health problems are closely related to family environment. Parents' socio-economic status, family structure and family relations, family rearing style, childhood life experience and early education are important factors affecting individual mental health. Social life factors include social culture, knowledge, wealth, social competition, interpersonal relationships and so on. When individuals are in mental health, they can actively adapt to social life and natural environment through psychological activities and mental state. Mental health is easy to be affected by social life factors. The influence of social culture on individual mental health mainly has two ways: one is standardized social culture, the other is non standardized social culture. Standardized social culture is the objective compulsion of social culture and the consciousness of individual self-regulation. In the process of social survival, individuals will consciously restrict their behavior according to social norms and make individuals gradually socialized. However, due to the particularity of individuals, in the process of socialization, their social culture will collide with their emotions, resulting in individual

mental health problems. Personality is the sum of people's psychological characteristics. Different time and place have different effects on people's thought, emotion and behavior. Personality tendency and psychological characteristics are two main aspects of personality, which have a great impact on people's mental health. Personality tendency is the driving force of personality. Research shows that personality tendency is the most active factor in personality. Personality tendency determines people's attitude towards reality and the tendency and choice of social cognitive objects. In short, mental health problems, also known as psychological imbalance, are a series of problems different from physiological diseases caused by the central nervous system. In recent years, China has paid more and more attention to mental health problems. Relevant scholars and experts continue to analyze the influencing factors of adult mental health problems from all aspects, and put forward corresponding solutions. Among them, personality and social psychology have a great impact on people's mental health. Through the study of it, we can find many ways to improve people's mental health level, so as to improve the mental health level of our people.

In terms of economic aggregate, China is already the second largest economy in the world. Over the past 20 years, economic construction has been the focus of China's development. Among them, the financial industry, as the top priority, is mainly represented by the banking industry, securities industry and insurance industry. Globalization, WTO and economic crisis have caused various economic problems. Human resources are an important part of industrial development. The health of employees in these financial industries is not only related to the healthy and orderly development of the industry itself, but also related to the prospects of the whole social economy. Since the financial industry has the characteristics of high risk and plays a leading role in the national economy, it is related to economic development and social stability, as well as the future and destiny of employees. Therefore, employees always bear great psychological pressure and mental anxiety, which affects their health and quality of life. Conversely, the physical and mental health of employees has a great impact on the healthy and stable development of the financial industry. Therefore, it is of great theoretical and practical significance to analyze the mental anxiety and its causes of employees in financial institutions, and study and formulate management strategies to alleviate stress and promote employees' health.

**Objective:** In order to improve the professional mental anxiety of financial practitioners, this paper analyzes the causes of mental anxiety of employees in financial institutions, and constructs a management model based on social psychology intervention, in order to help the physical and mental health of financial practitioners, so as to ensure the sustainable and stable development of the financial industry.

**Subjects and methods:** 300 financial practitioners were randomly divided into control group and experimental group, with 150 in each group. The control group implemented the traditional management mode, and the experimental group implemented the management mode of social psychology intervention. The intervention cycle was 3 months. Then, combined with the Self-rating Anxiety Scale (SAS), the mental anxiety status of financial practitioners is measured. The higher the score, the more serious the anxiety psychology is. Finally, the improvement of mental anxiety of the two groups of financial practitioners is compared and analyzed.

**Methods:** All data were statistically processed by SPSS22.0 software.

**Results:** Table 1 shows the improvement of mental anxiety of the two groups of financial practitioners. Compared with the control group with conventional management mode, the experimental group with social psychology intervention management mode improved the mental anxiety of financial practitioners more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Table 1.** The improvement of mental anxiety of financial practitioners in the two groups ( $n=300$ )

Factor	Control group ( $n=150$ )	Experience group ( $n=150$ )	<i>P</i>
Somatization	4.69±0.59	1.39±0.43	0.00
Obsessive compulsive symptoms	4.47±0.43	1.45±0.56	0.00
Interpersonal sensitivity	3.54±0.55	1.25±0.43	0.00
Depressive status	3.36±0.41	1.43±0.57	0.00
Anxiety state	3.44±0.56	1.28±0.43	0.00
Hostile situation	4.29±0.42	1.39±0.43	0.00
Psychological state of terror	4.69±0.59	1.45±0.56	0.00
Paranoid mental state	4.47±0.43	1.25±0.43	0.00
Psychotic	3.54±0.55	1.43±0.57	0.00

**Conclusions:** The management mode based on social psychology intervention has a significant effect on alleviating the mental anxiety of financial practitioners. It can not only help financial practitioners form

correct work values, but also actively dredge the psychological anxiety of financial practitioners.

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## ANALYSIS ON THE ROLE OF IDEOLOGICAL AND POLITICAL EDUCATION IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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**Background:** Ideological and political education is an important course to improve students' mental health and alleviate negative emotions. Ideological and political education curriculum is an important part of college students' moral education. At the same time, it is also an important way to improve college students' ideological and moral cultivation, psychological quality and cultivate correct moral concepts, legal concepts and humanistic concepts. Since the reform and opening up, the reform of ideological and political education in colleges and universities has been continuously promoted. After continuous adjustment and standardization, the ideological and political education system in colleges and universities has been continuously developed. It has been adjusted in time with the needs of the development of the times. Although the mode of ideological and political education in colleges and universities continues to improve, colleges and universities always put the correct guidance of ideological and political education to students' consciousness in an important position, adhere to the principle of moral education first, and correctly guide students' moral personality and ideological consciousness through ideological and political education. In the face of the general situation of college students' employment anxiety, colleges and universities should give full play to the intervention role of ideological and political education in students' mental health, help college students' employment anxiety through ideological and political education, dredge their mental health problems, and alleviate their employment anxiety.

College students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very easy to have employment anxiety. There are three main factors for students' employment anxiety, namely social factors, upward comparison and employment competitiveness. The first is social factors. Many college students have poor family conditions. Therefore, these college students bear the expectation of a family and hope to improve the quality of life of their families through study and work. When the employment competition is too large, these students will also bear greater employment pressure. The second is upward comparison. Students often compare with other individuals in the surrounding environment to evaluate their own social characteristics. Students tend to compare upward, that is, pay attention to individuals who are stronger than themselves, so they often feedback negative information, leading to students' frustration. Finally, the employment competitiveness of college students includes professional ability, professional ability, innovation ability, job hunting ability, adaptability and so on. When students feel that their employment competitiveness is not enough, they will have anxiety.

**Objective:** The research analyzes the state of employment anxiety of college students, understands the degree of anxiety of college students about their own employment prospects, grasps the mental health level of contemporary college students, and discusses the causes of employment anxiety of college students. The research analyzes the role of college ideological and political education in college students' psychological intervention, excavates the application effect of college ideological and political education in alleviating college students' employment anxiety, and hopes to put forward a new solution to alleviate college students' employment anxiety.

**Subjects and methods:** Combined with Delphi method and experimental method, this study analyzes the impact of college ideological and political education on students' employment anxiety, uses Delphi method to carry out three rounds of expert consultation and empowerment, and understands the correlation between college political education and college students' employment anxiety. The selected experts are required to have been engaged in scientific research or practical work in the fields related to ideological and political education for more than 5 years, with high professional quality, and are required to ensure the whole process participation during the research consultation, and all experts are willing to participate in the consultation and research. The study used the comparative experimental method to understand the alleviating effect of college ideological and political education on college students' employment anxiety. 50 college students were randomly selected as the experimental objects for three months of ideological and political education. The ideological and political education was taught once a week for 1.5 hours each time. Compare the scores of employment anxiety of the subjects before and after the experiment, and analyze