

50 indicates that the subjects have mild negative emotions; Between 50 and 75, it means that the subjects have moderate negative emotions. Between 75 and 100, it indicates that the subjects have severe negative emotions. The experimental effect is reflected according to the change of the number of people in each interval before and after correction.

Results: The number of students with severe negative emotions increased significantly in the first three weeks of the experiment, and the number of students with mild negative emotions decreased significantly in the remaining three weeks of the experiment.

Table 1. Changes in the number of Beck Anxiety Inventory before and after the experiment

Score interval	Number of people				
	Before experiment	The first week	The second week	The third week	The fourth week
[25,50)	58	60	68	80	102
[50,75)	77	79	82	95	105
[75,100]	189	185	174	149	117

Conclusions: In the application of the inherent cognitive correction experiment on the Japanese book of songs, the Beck Anxiety Scale for college students decreased gradually over time. Therefore, the experiment alleviated the state of college students' negative emotions on the basis of helping Japanese majors treat the Japanese book of songs correctly and objectively, so as to inhibit the phenomenon of related reading disabilities.

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STUDY ON THE INFLUENCE OF THE ORGANIC COMBINATION OF TRADITIONAL CULTURE AND IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' LEARNING ANXIETY

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Background: China's thousands of years of development history has precipitated and inherited a large number of excellent traditional culture, which is the crystallization of Chinese national culture. Under the condition of the gradual loss of contemporary Chinese national excellent culture, the education system of Chinese national traditional culture urgently needs to be combined with ideological and political education. Ideological and political education combined with traditional culture has good teaching effects, enriches ideological and political teaching contents, and improves the level of cultural exchange. Through in-depth study of the connotation of China's excellent traditional culture, it is important to carry forward the excellent culture of the Chinese nation, appreciate the Chinese culture and feel the edification of national emotion, enhance students' sense of national honor and national self-esteem, and play an important role in shaping college students' personality. It plays an important role in establishing college students' cultural self-confidence, enhancing college students' self-confidence and cultivating college students' mental health. Contemporary college students often have anxiety state before academic pressure and life pressure. Anxiety is people's instinctive emotion. This state is a good medicine for feeling boring and indifferent to life, preventing their stagnant state, and plays an important role in promoting personal development. However, when the psychology is in a state of anxiety for a long time, it will affect mental health and cause mental diseases. In serious cases, it will affect their normal life and have an extremely adverse impact on personal development. Anxiety can be regulated by enhancing personal security, enhancing self-confidence and diverting attention. Therefore, higher vocational colleges organically combine traditional education with ideological and political education to improve college students' self-confidence, so as to alleviate the anxiety symptoms of contemporary college students.

Objective: Colleges and universities shoulder the burden of cultivating the backbone of society, and the psychological state of college students is the focus of colleges and universities. Contemporary college students generally have the phenomenon of psychological anxiety. Higher vocational colleges organically combine traditional culture with ideological and political education to show the unique charm and strong

charm of traditional culture in the classroom. In this way, we can inherit and carry forward the fine traditional culture of the Chinese nation, help college students enhance cultural self-confidence, shape personality and establish self-confidence, and then explore its alleviating effect on college students' anxiety symptoms.

Subjects and methods: 60 college students were randomly selected from five higher vocational colleges, and 300 students were selected as the research object to participate in the teaching and training experiment of the combination of traditional culture and ideological and political education. The experiment lasted for 3 months. The anxiety state of 300 college students was recorded before the experiment. After the experiment, the anxiety state of college students participating in the experiment was evaluated once a month until the end of the experiment. By comparing the changes of college students' anxiety state, we can get the effect of alleviating college students' anxiety by the combination of traditional culture and ideological and political education. Self-rating Anxiety Scale (SAS) and Beck Anxiety Inventory (BAI) were used to evaluate the anxiety of college students. The self rating anxiety scale mainly evaluates anxiety through the frequency of anxiety symptoms, and the self rating Anxiety Scale adopts 4-level scoring standard. "Grade 0" indicates that there are no anxiety symptoms or the occurrence frequency is very low. "Grade 1" indicates that anxiety symptoms occur in a small part of the time; "Grade 2" indicates that anxiety symptoms occur more often. "Grade 3" means that most of the time is accompanied by anxiety symptoms. Each grade corresponds to its score. The score of self rating anxiety scale is positively correlated with the degree of anxiety symptoms, that is, the higher the score, the more serious the degree of anxiety, and the critical value is 100 points. Baker anxiety scale contains 25 scoring items, which are also evaluated through 4 grades, and its evaluation standard is judged by the total score. Baker Anxiety Scale score within 10 indicates no anxiety, 10-30 indicates mild anxiety, 30-60 indicates moderate anxiety, and more than 60 indicates moderate anxiety. Finally, the scale is analyzed to get the changes of data before and after the experiment.

Results: Figure 1 shows the changes of the average scores of the Self-rating Anxiety Scale and Baker Anxiety Scale before and after the experiment. From the change results, it can be seen that the change trend of the average scores of college students' Self-rating Anxiety Scale and Baker Anxiety Scale is generally the same, and the score statistics in the first month shows a downward trend, but the effect is not significant. The score statistics showed a significant downward trend in the next two months. The average score of the self rating anxiety scale decreased from 87 to 52 before the experiment. The average score of Baker anxiety scale decreased from 68 to 33.

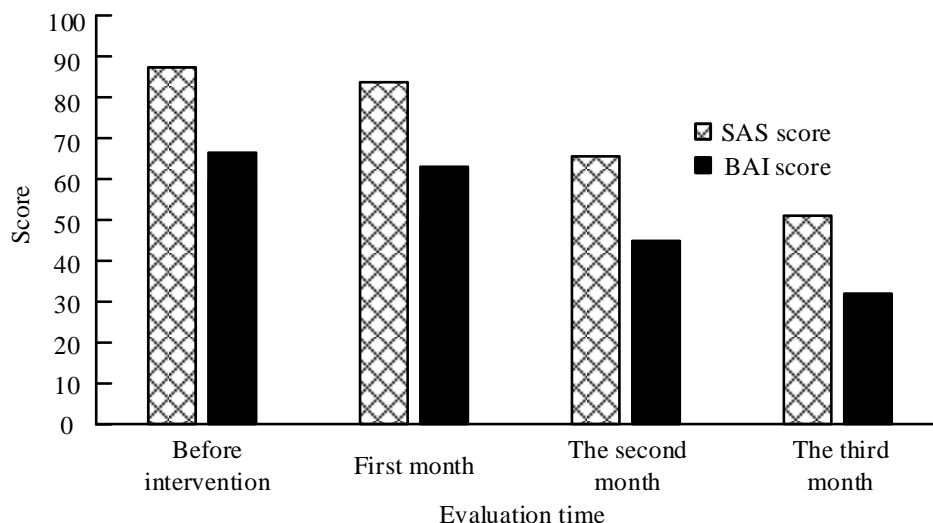


Figure 1. Changes of average scores of Self-rating Anxiety Scale and Beck Anxiety Scale before and after the experiment

Conclusions: Higher vocational colleges organically combine traditional culture with ideological and political education, give full play to the social core value of traditional culture, enable college students to inherit fine traditional culture, shape college students' personality, establish cultural self-confidence and enhance self-confidence through classroom, so as to effectively alleviate the serious anxiety of contemporary college students and cultivate good physical and mental health.

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RESEARCH ON THE STRATEGY OF PROMOTING THE HIGH-QUALITY DEVELOPMENT OF PARTY CONSTRUCTION IN COLLEGES AND UNIVERSITIES BASED ON SOCIAL PSYCHOLOGY

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Background: On the one hand, it plays an important role in the construction of grass-roots organizations. Social psychology helps to solve the problem of the image of Party members. In the past, most of the people's understanding of the image of Party members came from Party construction and the media. This way is guided and publicized by others, and they lack thinking. The image of Party members is improved through the psychological processing of the masses, so as to perceive the impact of the image of Party members on personal behavior. The vision of social psychology can enlarge the process of psychological processing of the masses and provide ideas for the high-quality development of Party construction. In addition, social psychology is helpful to carry out questionnaire survey and experimental research on Party construction, to understand the specific perception content of different groups of Party members' image and the weight of Party members' group in people's impression. In the past, the problems encountered in the study of the image of Party members were overcome by psychological technology. In the past, when investigating the image of Party members, the respondents would consider a variety of factors, and the answers were only to meet the political suitability, not their own real ideas; In addition, the answers in the survey questions may contain inducement, and the reliability of the data is low. The interference of these questions can be effectively avoided through social psychology technology, which is conducive to an in-depth understanding of people's perception of the image of Party members, so as to promote the development of Party construction in colleges and universities.

Objective: At present, China focuses on the construction of the image of Party members. In order to meet the high-quality development of Party construction in colleges and universities, we first need to understand the people's perception of the image of Party members. From the survey results, it is found that the people's understanding of Party members basically comes from the media, and in the survey process, the people almost only answer to meet the political suitability. Therefore, the results lack authenticity and seriously affect the development of Party construction in society. Therefore, the research enlarges the psychological processing process of the masses through social psychology technology, and then studies the high-quality development strategy of Party construction in colleges and universities.

Subjects and methods: 150 college students from the two universities were selected as the research objects, and the experimental objects were divided into 5 groups with 60 students in each group to participate in the experiment of perceiving the influence of the image of Party members on their own behavior. The experimental period was 4 months, and the experiment was divided into 5 groups for comparison. The first group was to perceive the image of Party members from media publicity; The second group perceived from the aspect of learning example; The third group perceived from the aspect of practical work; The fourth group perceived from the aspect of daily life. The fifth group perceived from the aspect of service. Finally, at the end of the experiment, the proportion of the actual number of people affected by behavior is counted. The degree of behavior affected has a positive correlation with the image of Party members. The research objects whose behavior is deeply affected have a higher evaluation of the image of Party members. Therefore, four grade evaluation indicators on the degree of behavior affected are set, namely "no impact", "mild impact", "moderate impact" and "severe impact". Finally, through the k-means algorithm, classify and count each degree, and analyze the proportion.

Results: The data in Table 1 shows the change results after the experiment of perceiving the impact of the image of Party members on their own behavior. In the first group, 90% of the people were not affected, the proportion of the people not affected in the second group was significantly less than that in the first group, and the proportion of other degrees increased. The proportion of the people not affected in the third group, the fourth group and the fifth group were 10%, and the proportion of the people slightly affected in the fourth group was 50%. In the fifth group, 30% were seriously affected.

Conclusions: The way based on social psychology can accurately understand the masses' perception of the image of Party members and the impact of the image of Party members on the masses' own behavior, improve the cognitive status of Party members in the masses, and actively participate in Party construction, to promote the development of high-quality Party construction in colleges and universities.

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