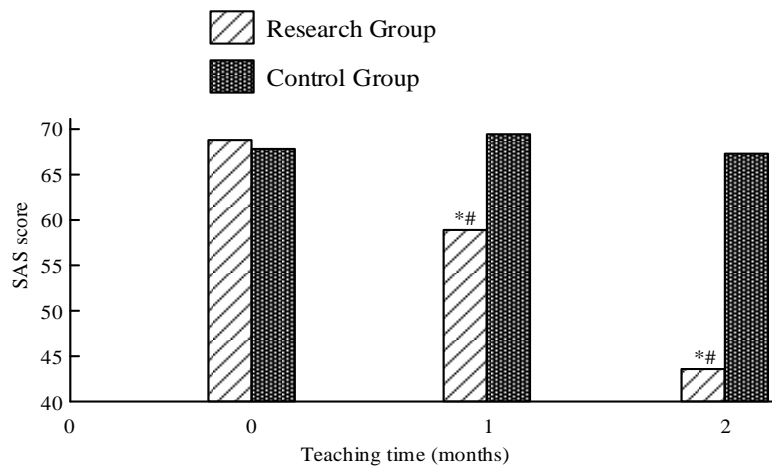


management modes.

Results: Before teaching, the self-assessment anxiety scale was used to assess the anxiety level of the two groups of students and record it. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of students. The results showed that after teaching, the anxiety level of the study group decreased significantly compared with that before teaching, while the anxiety level of the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety level of the two groups of students is shown in Figure 1.



Note: * $P < 0.05$ compared with that before teaching; #It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups

Conclusions: In the middle school stage, because of various reasons, students will have anxiety. There are many defects in the current middle school education management. The management effect is not enough. It cannot effectively improve students' learning enthusiasm and alleviate students' learning anxiety. Therefore, it needs to be improved and innovated. The research is based on educational psychology to improve and innovate the management mode of middle school education. The experimental results show that after teaching, the anxiety level of the study group is significantly lower than that of the control group. The above contents show that, based on educational psychology, the improvement and innovation of middle school education management mode can effectively improve the management effect and students' learning enthusiasm, improve students' performance and alleviate students' learning anxiety.

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RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL THEORY COURSE TEACHING ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: Educational psychology holds that students' cognition and emotion are related, restricted and penetrated each other. In college students, because of various reasons, students' mental health level is low, and they are prone to anxiety. Anxiety refers to a negative emotional state that occurs when human beings encounter difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt. There are eight main reasons for college students' psychological anxiety, including changes in the learning environment, self cognition disorders, excessive academic burden, difficult to adjust interpersonal relationships, psychological confusion in making friends, and insufficient psychological quality. It is difficult to bear the economic pressure caused by setbacks, excessive social competition and employment pressure, and the poverty of students' families. Excessive anxiety will damage students' physical and mental health, reduce students' interest and

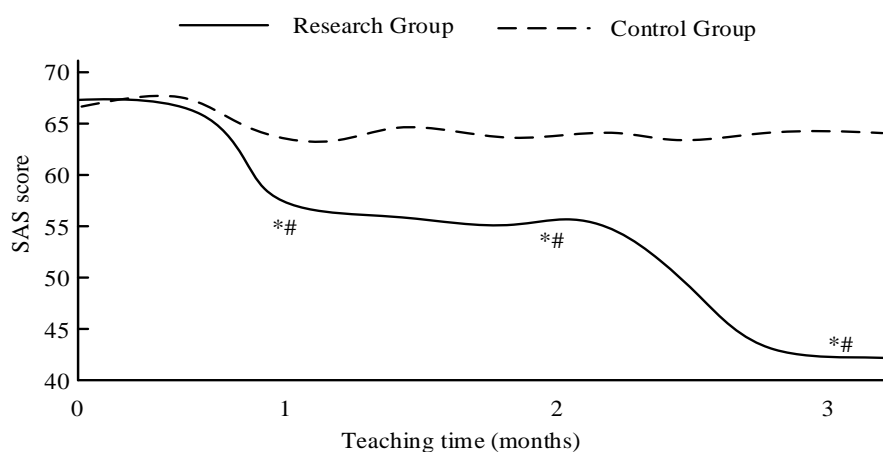
enthusiasm for learning, and affect students' development.

The teaching of Ideological and political theory is an important way to help students set up correct ideas, improve their mental health and alleviate their anxiety. However, the current teaching concept of Ideological and political theory course is relatively backward, and there are many defects in the teaching mode, which leads to the low quality of teaching and has no obvious effect on alleviating students' anxiety. Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organizations in the educational context. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching model improvement, promoting students' learning motivation and helping students overcome psychological problems. Through educational psychology, teachers can better understand students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. Therefore, the research is based on educational psychology to innovate and improve the current teaching mode of Ideological and political theory course, so as to improve the teaching quality, improve the students' mental health level, and alleviate the students' anxiety.

Objective: For various reasons, college students' mental health level is low and they are prone to anxiety. Based on educational psychology, the research innovates and improves the current teaching mode of ideological and political theory course, so as to improve the teaching quality, improve students' mental health level, and alleviate students' anxiety.

Subjects and methods: In the same major and grade of a university, 120 college students were selected as the research objects by stratified sampling. Using random number table method, 120 students were randomly divided into study group and control group, with 60 students in each group. Among them, the students in the research group used the improved ideological and political theory teaching model based on educational psychology. The students in the control group used the traditional teaching mode of ideological and political theory. After teaching for a period of time, the Self-rating Anxiety Scale (SAS) and the college students' Employment Anxiety Scale (EAS) were used to evaluate the anxiety of the two groups of students, and the students' professional course scores were used to evaluate the learning effect of the students.

Results: Before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the students in the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety level of the two groups of students is shown in Figure 1.



Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups

Conclusions: Because of various reasons, students' mental health level is low and they are prone to anxiety. Excessive anxiety will damage students' physical and mental health, reduce students' interest and enthusiasm for learning, and affect students' development. Therefore, the research is based on educational psychology to innovate and improve the current teaching mode of Ideological and political theory course in order to improve the teaching quality. The experimental results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant difference. After teaching, the

anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the students in the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The above content shows that the improved teaching mode of ideological and political theory based on educational psychology can effectively improve the teaching quality, improve students' mental health level and alleviate students' anxiety.

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RESEARCH ON THE WAY OF INTEGRATING IDEOLOGICAL AND POLITICAL EDUCATION INTO COLLEGE STUDENTS' PHYSICAL EDUCATION

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Background: In essence, teaching activities are also a kind of communication activities, and in the process of teaching communication, the audience is the key to produce the communication effect, which is an important active factor. When the audience of communication activities has high enthusiasm, the content of communication can attract the attention of the audience, and thus trigger the cognitive thinking and emotional resonance of the audience. In order to strengthen the effect of the reform of ideological and political education, it is necessary to analyze the characteristics of students' physical and mental development in the process of learning and practice from the audience psychology of students, and put forward targeted reform implementation strategies. Audience psychology is mainly divided into demand psychology, novelty seeking psychology, conformity psychology, performance psychology and rebellious psychology

A form of psychological expression. Knowledge seeking psychology refers to people's cognitive needs for the external environment. This cognitive content can be more concerned and valued by the audience. Cognitive content can help the audience acquire new knowledge, improve the audience's problem-solving ability, so as to help the audience obtain better living and development space. Therefore, the audience will have higher enthusiasm and participation in order to meet their own development needs. The teaching practice is a process of spreading cognitive knowledge. The teaching course is set up to meet the students' learning and development needs, so as to meet the students' thirst for knowledge. Novelty seeking psychology is also an important psychological feature of the audience. People have a higher desire for new things and are more willing to accept new and unknown things and information. New things can stimulate people's desire for satisfaction. Different information structures and forms of expression can enhance the audience's expectations for information. In the teaching process, we can reform and innovate the teaching form and content arrangement, make full use of new knowledge and new models to stimulate students' learning enthusiasm and improve the teaching effect.

With the advancement of the social development process, the new social development situation has put forward higher requirements for the education work in colleges and universities, requiring the planning and arrangement of the teaching system in colleges and universities, strengthening the comprehensive quality education of college students, and promoting the overall improvement of the quality of college students' talents. China's higher education has always adhered to the education concept of "health first", emphasizing the organic combination of professional teaching and physical exercise, helping college students enhance their physique in physical education teaching and practice while improving their professional quality, and realizing the coordinated development of physique and knowledge. In the teaching reform of colleges and universities, curriculum ideological and political education is a new kind of comprehensive education concept, which requires the combination of teaching activities and actual needs in the process of physical education teaching, deeply excavates the ideological and political elements in physical education teaching, and realizes the coordinated development of physical education and ideological and political education. In order to promote the comprehensive and all-round development of college students, we should integrate the ideological and political thoughts into the physical education teaching in colleges and universities, imperceptibly carry out ideological and political intervention in the physical education teaching, cultivate and teach students' spiritual pursuit and values.

Objective: Starting from the analysis of the psychological characteristics of the audience, the research understands the psychological factors of students in teaching activities, analyzes the current situation of physical education teaching in colleges and universities, analyzes the development process of ideological and political teaching reform and physical education teaching reform in colleges and universities, and puts