

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

Wei Zhou

Yancheng Polytechnic College, Yancheng 224005, China

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

forward the ideological and political teaching mode of physical education in colleges and universities considering the psychology of the audience, in order to enhance the correct values of contemporary college students in college teaching.

Subjects and methods: 500 college students were randomly divided into research group and control group. The students in the research group adopted the physical education curriculum education mode based on audience psychological and political teaching, while the students in the control group adopted the conventional physical education teaching mode. The self rating anxiety and depression scale was used to evaluate the anxiety and depression status of all students before and after teaching. The students' teaching results were reflected by the examination results of physical education courses, and the students' positive psychological changes were used to reflect the cultivation results of students' correct values. The differences between the two groups before and after teaching were compared and analyzed.

Results: The anxiety and depression scores and performance differences between the two groups are shown in Table 1. Table 1 shows that the change of anxiety and depression scores of the study group is more obvious than that of the control group, and it can be seen from the comparison of student performance after teaching that the performance of the study group is significantly higher than that of the control group.

Table 1. Differences in anxiety and depression scores and scores between the two groups

Project		Anxiety score	Depression score	Sports performance
Control group	Before teaching	72.36±4.12	72.55±3.34	62.73±8.54
	After teaching	68.46±4.01	67.15±3.97	71.57±8.32
Research group	Before teaching	71.94±4.31	72.06±3.45	62.53±8.67
	After teaching	49.47±3.67	47.13±3.75	81.86±8.72

Conclusions: In education, colleges and universities have gradually changed from the improvement of students' professional performance to the improvement of students' comprehensive ability. Among them, students' physical exercise has become the main course of college students' physical quality training. In order to deal with the unsatisfactory phenomenon of physical education in colleges and universities caused by students' negative emotions, the study proposes to use audience psychology to integrate ideological and political education into physical education, and evaluate students' values by analyzing the changes of students' negative emotions and positive psychological changes. The results show that the students' negative emotion score reduction effect and the positive psychological training effect are better than those under the conventional teaching. Therefore, in college teaching, the physical education teaching based on the cultivation of students' physical and mental quality can add the cultivation scheme of students' values, which will help students' future development.

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RESEARCH ON THE INFLUENCE OF EMPLOYEES' PSYCHOLOGICAL ANXIETY ON THE BASIC TECHNOLOGY AND DEVELOPMENT OF GIS

Qijuan Han

Wuhan Polytechnic, Wuhan 430074, China

Background: With the development of society, all walks of life in China are becoming more and more scientific and technological. The intelligent development of GIS is of great significance to the social development of China in. The improvement of geographic information system is one of the basic conditions for economic development. When the functions of geographic information system become more and more comprehensive, China's international competitiveness and advantages can be significantly increased. The main applications of geographic information technology in China include transportation, environmental protection, national defense security and many other fields. The use of GIS related technologies can effectively promote the development of the industry in different fields. With the development of geographic information system, its technical functions are constantly improving, which makes the application scope of geographic information system in various fields also increasing. Some studies have pointed out that geographic information technology contains advanced science and computer science foundation, and its powerful data processing ability can realize multi data analysis more quickly and efficiently. At present, the development of independent information system technology is relatively rapid. In the current development of geographic information system, it includes geographic information modeling