

and ideological and political content learning. The experimental time was three months. After the experiment, the mental health status of the subjects before and after the experiment was statistically analyzed with the help of scale tools and statistical analysis tools. The Likert scale score is used to classify the impact degree of the impact score of the scale, i.e., no impact, slight impact, general impact, obvious impact and full impact are respectively assigned with five integers of 1, 2, 3, 4 and 5 for quantification.

Results: The music education mode under the integration of ideology and politics can effectively realize the initiative of students' participation in the classroom, guide students' psychological status and emotions in music teaching activities, and pay attention to the affirmation of their own internal value. Table 1 shows the scores of some mental health scales of the subjects before and after the improvement of music education mode.

It can be seen from Table 1 that there is a large gap in the scores of the mental health scale of the research objects before and after the improvement of the music education mode. Among them, the scores of the research objects in the scale of somatization, compulsion, anxiety and depression decreased by 8 points, 13 points, 18 points and 20 points respectively. The above results show that the mental health status of college students has been significantly improved.

Table 1. The scores of some mental health scales of the subjects before and after the improvement of music education mode

Timing	Somatization	Force	Anxious	Depressed
Before the experiment	13.26±0.27	21.98±0.65	25.23±0.78	29.77±0.54
After the experiment	5.21±0.22	8.53±0.11	7.04±0.24	9.23±0.32

Conclusions: The plan for strengthening teachers aims to implement the training plan for high-quality teachers, strengthen the accurate training of teachers, effectively improve the comprehensive quality of teachers, and then focus on the improvement of their own teaching level and teaching quality. Adding ideological and political education to the music teaching mode can better grasp the changes of students' psychological status, and timely adjust and optimize the teaching plan according to students' mental health, so as to reduce the generation of their negative emotions and the incorrect evaluation of their own external factors.

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ANALYSIS ON THE INFLUENCE OF THE INNOVATION AND REFORM OF IDEOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON THE DEVELOPMENT OF COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the improvement of China's economic development level and the increasing emphasis on students' quality education and mental health literacy, people begin to focus on mental health. The standard of mental health is that individuals have good psychological adjustment ability and emotional control ability, and can make better psychological response and state to the changes and stimuli of the surrounding environment. Different individuals show different psychological status at different stages, and the degree of subjective and objective environment, cognitive level and psychological intervention is also different. College students are in a critical period of physical and mental development. The teaching reform and the transformation of teaching methods will greatly expand the scope of students' cognition, and make students consider themselves in the social collective, which puts forward higher requirements for their adaptability and self-regulation ability. Under the influence of various factors, many college students have mental health problems, showing varying degrees of anxiety, depression and panic. These negative emotions have brought great difficulties to college students, causing some students to have sleep disorders and emotional disorders, and even causing a certain impact on their development of three outlooks. In order to cultivate high-quality talents, colleges and universities should implement intervention measures to timely and effectively intervene students' mental health problems, improve their psychological tolerance, so that they can slowly learn to effectively adjust their emotions, and let them better analyze and solve problems. As a way to guide students' thinking and behavior, ideological education in colleges and universities has not played its guiding role. When teaching related courses, the teaching method does not fit well with the

thinking mode of college students. College students living in an open environment are influenced by the environment. They are more open to students' way of thinking and have strong curiosity about knowledge. The indoctrination teaching method has a certain blocking effect on the development of students' thinking. In teaching, the students' psychological state is ignored, and the teaching methods are not adjusted in time according to the students' psychological state, which makes the teaching effect poor, and the students' mental health problems have not been effectively intervened. And the professional level of teachers needs to be improved, which cannot meet the needs of participants and college students, making the effect of ideological education unsatisfactory. According to the students' mental health problems, it is necessary to integrate the mental health education into the ideological education in colleges and universities. In teaching, we should intervene the students' mental health problems in order to alleviate the students' mental health problems and promote the development of students' mental health.

Objective: To understand the current situation of ideological education in colleges and universities and students' mental health problems, and to analyze the reasons for students' mental health problems. On this basis, we should integrate mental health education into ideological education in colleges and universities, and put forward reform strategies. In teaching, we should take mental health education as the premise to train talents, so that students can have healthy psychological quality. We should carry out psychological training for students to develop their psychological ability, so that students' creative ability can be cultivated and improved, students' mental health problems can be alleviated, students can gradually learn to control their emotions, their emotions will no longer fluctuate violently as before, and their social adaptability can be cultivated, So that they can quickly adapt to the surrounding environment, improve their self-confidence and overcome their inferiority complex.

Subjects and method: The research objects are college students. 432 students from different majors and grades are randomly selected from a university. They understand the mental health status of these students and the current status of innovation and entrepreneurship education, and analyze the students' views on the current innovation and entrepreneurship education. The students were divided into control group and experimental group, with 216 students in both groups. After the experiment, the control group received general ideological education, and the experimental group received ideological education after the reform. The teaching time was 1 semester, and the relevant experimental data were recorded during the teaching period. Use statistical software to process and analyze relevant data, and study the impact of ideological education in colleges and universities on the development of college students' mental health after the reform. The score is 0-4 grade. The higher the score, the heavier the degree.

Results: By integrating mental health education into ideological education in colleges and universities, college students' mental health problems have been significantly improved, their learning initiative and enthusiasm have been significantly improved, and students have become self-esteem and self-confidence. After the experiment, the anxiety score of the students in the experimental group decreased by 2.34 points to 1.05 points. The results are shown in Table 1.

Table 1. Psychological state scores of the experimental group before and after the experiment

Time	Anxious	Bigotry	Somatization	Fidgety
Before the experiment	3.39	3.04	3.42	3.17
After the experiment	1.05	0.86	1.13	0.81

Conclusions: Due to introverted personality, great learning pressure, fierce employment competition and other factors, many college students have mental health problems, showing anxiety, anxiety, irritability and other negative emotions, which have a great negative impact on students' body and mind. Integrating mental health education into ideological education in colleges and universities can effectively intervene students' psychological activities, significantly improve college students' mental health problems, make students more active in learning, and greatly improve the teaching effect.

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RESEARCH ON THE INFLUENCE OF COLLEGE STUDENTS' INNOVATION AND ENTREPRENEURSHIP ON EMPLOYMENT ANXIETY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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