

**Conclusions:** Although college students' employment anxiety is a common phenomenon, it will have a serious negative impact on college students' job hunting and employment, self-affirmation, and the improvement of comprehensive quality and ability. In order to explore the impact of the innovation of the management mode of continuing education in colleges and universities on alleviating the employment anxiety of college students, this study takes the innovation of the management mode of continuing education in colleges and universities as an intervention means, and evaluates and analyzes the anxiety level of college students before and after the intervention. The results show that after the innovation and optimization of the continuing education management model, the GAD-7 score and LSAS score of college students are significantly reduced, which shows that the innovation of the continuing education management model can effectively alleviate the employment anxiety of college students.

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## RESEARCH ON THE INFLUENCE OF THE GUIDING FUNCTION OF IDEOLOGICAL AND POLITICAL EDUCATION ON THE POSITIVE PSYCHOLOGICAL DEVELOPMENT OF COLLEGE STUDENTS

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**Background:** Positive psychology is a positive and optimistic psychological tendency of individuals to treat people, things or things. Positive psychology is a healthy and constructive psychological state. It specifically refers to students' active and positive psychological quality at the levels of cultural quality education, psychological education and psychological counseling. Positive psychology is the key content of positive psychology research, dealing with positive experiences such as past research satisfaction and satisfaction. The positive experience of happiness and happiness in the current research. Positive experiences such as optimism and hope for future research. Positive psychology attaches great importance to the prevention of mental diseases, and believes that the shaping ability of individual internal system has made great progress in the prevention of mental diseases. Positive psychology advocates the study of human virtues, fills the gap in the research of psychology in the psychological activities of ordinary people, and builds the positive side of human nature.

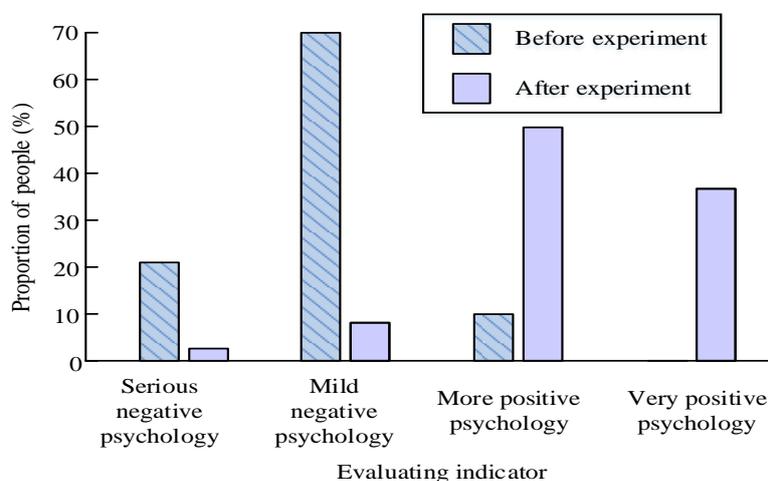
Ideological and political education plays an important role in establishing morality and cultivating positive values. Ideological and political education has three guiding functions. First, we should adhere to the problem-based approach and improve the political literacy, ideological vision and practical ability of college students through the reform of ideological and political courses. Second, the ideological and political course should adhere to the goal orientation, shoulder the multiple tasks of knowledge transmission and value shaping, cultivate socialist builders with all-round development of morality, intelligence, physique, art and labor, strengthen ideals and beliefs, cultivate the spirit of struggle, innovate teaching models, and improve the teaching effect of the ideological and political course. Cultivate new people of the times in an all-round way, help students establish moral quality, improve intellectual education, improve physical exercise and create an aesthetic atmosphere. Third, adhere to the results oriented, follow the law of teaching and educating people, and give play to the enthusiasm of ideological and political education. Follow the law of students' growth and stimulate students' initiative. Follow the law of ideological and political work and give full play to the creativity of ideological and political courses. Through the three guiding functions of ideological and political education, we can help college students establish a positive and healthy personality and cultivate high-quality talents with all-round development.

**Objective:** By mastering the guiding function of ideological and political education, strengthening ideological and political education courses and creating a learning atmosphere for ideological and political education, the research aims to solve the psychological and physiological needs of college students, help college students cultivate positive and healthy psychological conditions, and promote the comprehensive development of college students in morality, intelligence, physical education, art and labor.

**Subjects and methods:** The self-made mental health evaluation scale was used to evaluate the students in 5 colleges and universities. Students with certain negative psychology were randomly selected as the research objects. A total of 200 students were selected from 5 colleges and universities to participate in the

intervention experiment of the guiding function of ideological and political education on the positive psychological development of college students. The experiment lasted for 4 months. The self-made mental health evaluation scale was used to evaluate the results during and after the experiment, which were compared with those before the experiment, and the results were statistically analyzed by SPSS23.0 statistical software. The self-made scale has a total of 40 evaluation items. Each evaluation item is set with 0 to 3 points according to the options. After the project evaluation is completed, the scores are summed up. The lowest score is 0 and the highest score is 120. Four evaluation levels are set according to the scores, of which 0 to 30 indicates that the subjects have “serious negative psychology”, 31 to 60 indicates that the subjects have “mild negative psychology”, 61 to 90 indicates that the subjects have “more positive psychology”. A score of 91 to 120 indicates that the subjects have “very positive psychology”. By comparing the results before and after the intervention experiment, we can judge the impact of the guiding function of ideological and political education on the positive psychological development of college students.

**Results:** Figure 1 shows the change results of the proportion of people at each evaluation level before and after the intervention experiment. It can be seen from Figure 1 that before the intervention experiment, the proportion of people who were evaluated as “serious negative psychology” and “mild negative psychology” reached 90%. After the intervention experiment, the proportion of people who were evaluated as “mild negative psychology” decreased from 70% to 10%, and the proportion of people who were evaluated as “more positive psychology” and “very positive psychology” totaled 88%.



**Figure 1.** Change results of the proportion of people in each evaluation grade before and after the intervention experiment

**Conclusions:** Through the guiding function of ideological and political education, this paper defines the direction of college students’ psychological training, solves the psychological and physiological difficulties faced by college students, effectively improves college students’ negative psychology, improves their enthusiasm for ideological and political education, and cultivates positive and healthy psychological conditions.

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## THE EFFECT OF RURAL BASIC EDUCATION CURRICULUM AND PRACTICE ON RELIEVING STUDENTS’ PSYCHOLOGICAL ANXIETY

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**Background:** Anxiety generally refers to a negative psychological reaction, mainly worry and tension, that an individual produces in the face of potential danger or other disturbing factors. When the individual believes that he cannot achieve a specific goal or overcome an expected obstacle anxiety can be especially severe, the phenomenon of psychological anxiety is common among farmers in our country. If most people in a community are anxious because of the same or similar factors, this situation is social anxiety, and this