

before the experiment, but the engineering quality level of the experimental group is significantly higher than that of the control group after the experiment. According to the analysis of significant results, there was a significant difference in the overall result scores between the two groups after the end of the experiment ($P < 0.05$), but not before the beginning of the experiment.

Table 1. Results of two groups before and after the experiment

	Before the experiment	After the experiment
Control group	72.625	74.685
Experimental group	73.105	92.125

Conclusions: Educational psychology is a psychological subject specialized in the study of human learning. It has been applied in various fields, including related science and engineering majors. The engineering quality of science and engineering majors is one of the important qualities of students, which can reflect students' learning situation and application ability. The experiment organically combines the theory of educational psychology with the relevant teaching of science and engineering, and analyzes its influence by means of SEM and other tools. The experimental results show that the reformed teaching mode has a significant effect on improving students' engineering quality.

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ANALYSIS OF THE INFLUENCE OF THE REFORM AND INNOVATION OF IDEOLOGICAL AND POLITICAL EDUCATION ON COLLEGE STUDENTS' LEARNING ANXIETY

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Background: As a special group of teenagers, their physical and mental development is not yet fully mature, which makes them prone to show a certain degree of anxiety, depression, decline, pessimism and other negative emotions, even suicidal thoughts, when they encounter various setbacks, pressures and misfortunes in life. The frequent anxiety disorder in this period is regarded as "growth storm" or "growth pain", which has become a common problem among adolescents, and the etiology and pathological mechanism of adolescent anxiety disorder will be affected by factors such as personal genetics, personality, attribution style, family factors, social support and peer relationship. According to statistics, in the past 30 years, the global incidence rate of adolescent mental disorders has increased significantly. Anxiety disorder is one of the most common mental disorders. The prevalence of adolescent anxiety disorder is as high as 19%. Students' attention to individuals gradually turns to their own interior, but there is a big gap between the surrounding environment and their own heart, which is easy to produce negation of the outside world and themselves, leading to a series of psychological problems and behavioral disorders, of which learning anxiety is the most significant. The change of learning environment and the change of learning methods make it difficult for college students to have a good grasp of teaching methods and knowledge learning content when they are learning activities, and then show learning anxiety in the learning process. Learning anxiety refers to the psychological imbalance caused by the students' individual difficulty in absorbing the teaching content due to the influence of teaching difficulties, teaching classes, teachers' teaching ability and other factors in the teaching process, or the inability to keep up with the teaching progress and the differences of students' individual qualities. Mild learning anxiety can make students keep a high mood all the time, and then constantly alert themselves to strengthen their own constraints. However, excessive learning anxiety will cause students' individual learning resistance and rebellious psychology, and then affect their learning psychology, learning attitude and learning psychology in the learning process. It will also have a negative impact on their own value affirmation and confidence enhancement, which is not conducive to the development of their physical and mental health and the improvement of their learning quality. At present, the ideological and political teaching in colleges and universities ignores the laws of students' psychological quality and learning characteristics in the teaching process, which makes the

teaching superficial. In addition, due to the limitations of the teaching mode and the limitations and singleness of the teaching means, it is difficult for students to concentrate in the teaching class. However, the original curriculum learning requirements make students have to face learning pressure. Under the internal and external pressure factors, students' learning anxiety is aggravated. Finally, the guiding mechanism of ideological and political teaching to students' psychological status is difficult to give full play to its actual effect. Therefore, to realize the reform and innovation of ideological and political education in colleges and universities, to innovate the ideological and political teaching mode from many aspects, and to fully grasp and respect the grasp and guidance of students' psychological quality, which has important practical and theoretical significance for the improvement of students' mental health.

Objective: In order to help college students better improve their learning anxiety, reduce the generation of their negative emotions and psychological problems, and improve their mental health level, the research has carried out reform and innovation on the teaching of ideological and political education, so that the teaching methods can better meet the students' learning needs and psychological characteristics, and achieve the intervention of students' learning behavior mechanism with psychological guidance.

Subjects and methods: With the help of random sampling method, this study collects the basic information about the learning and psychological status of students in four universities, and takes the students with learning anxiety as the research object after sample screening, and designs the teaching experiment. By compiling the ideological and political class anxiety scale, the data of the study subjects' learning anxiety before and after the experiment were collected. The learning anxiety scale consists of 33 questions, including communication fear, test anxiety and negative evaluation anxiety. The scale has high consistency in the test. Then, according to the problems of ideological and political classroom teaching fed back by students, targeted improvements are made, and the model of ideological and political classroom is improved with the theoretical support of psychology related knowledge. The students were randomly divided into the ideological and political teaching improvement group and the ideological and political teaching routine group. The two groups of students adopted different ideological and political models, and the experiment lasted for three months. After the experiment, the anxiety relief and psychological problems of the subjects were statistically analyzed.

Results: The degree of learning anxiety of the subjects showed individual differences, and the effect gap was also different due to the effect of classroom teaching. The degree of learning anxiety of boys was generally higher than that of girls. Table 1 shows the statistics of anxiety level of students of different genders.

Table 1. Statistics of anxiety level of students of different genders

Gender	Minimum	Maximum	Mean	Std. Deviation
Boy student	-43.00	54.00	-2.4973	13.5021
Girl student	-47.11	49.27	-2.3612	11.4078

Conclusions: The course of ideological and political education itself has a certain degree of psychological intervention, but the degree of its psychological role has a direct relationship with the quality of classroom teaching. Learning anxiety is one of the most important anxiety levels of college students. Severe learning anxiety will seriously affect students' learning psychology and learning attitude in classroom teaching. The introduction of psychology related theories to the reform and innovation of ideological and political teaching can effectively play the role of ideological and political teaching in intervening students' psychological situation, effectively alleviate students' learning anxiety and improve their mental health level.

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DISCUSSION ON THE TEACHING REFORM OF FINANCIAL RISK COURSE FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is an important branch of psychology. The core of its research is human learning psychology, the effect of educational intervention, the psychology of teachers and the social environment of teaching. Broadly speaking, educational psychology mainly studies human learning,