

ANALYSIS OF THE INFLUENCE OF IDEOLOGICAL AND POLITICAL TEACHING REFORM ON COLLEGE STUDENTS' GROUP ANXIETY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology is a science that studies people's social behavior and its psychological basis in social communication. In social psychology, the psychological and behavioral activities of individuals and groups are different and diverse, and are affected by many factors. The main research objects of social psychology are divided into two levels: the individual level and the group level. The individual's social psychological phenomenon mainly shows the thoughts, feelings and behaviors with strong individual color that are constrained by the external environmental conditions, while the group level is composed of the consciousness consensus and norms jointly expressed by individuals, including the group's communication structure and racial prejudice. Social psychology includes micro level, meson level and macro level. Looking at individual development and social changes from the perspective of social psychology can effectively link the close relationship between individuals and social groups, strengthen the guidance and intervention of individual behavior decision-making and psychological changes, and make them have a better understanding of their own value orientation and social role identity, so as to reduce the negative emotions and psychological problems caused by external non-objective changes. When the danger is coming, the individual will enter the alert state, produce unpleasant emotional states and somatic activation such as tension, anxiety and anxiety, and produce efforts and expectations to avoid danger and threat, namely anxiety. Anxiety is often associated with depression, which can be divided into trait anxiety and state anxiety. Trait anxiety is a relatively stable and lasting individual difference in individual personality traits, while state anxiety refers to the transient anxiety in a specific situation. Among them, group anxiety refers to the emotional syndrome with anxiety, depression, fear and other negative emotions when the group is faced with emergencies, and makes it have the behavioral intention of avoiding danger at the cognitive level. However, college students' physical and mental development is not yet fully mature, and they are more likely to be restricted and affected by external things and their own internal cognitive structure, resulting in negative emotions and psychological problems. The ideological and political education in colleges and universities plays a role in guiding students' thoughts through teaching classes, so paying attention to students' psychological education and guiding their positive emotions is one of the teaching tasks that colleges and universities should pay attention to. However, ideological and political construction seldom helps students improve their mental health from the macro level in terms of intervention in students' thoughts, which cannot make them have a comprehensive and clear understanding of their own value identity and the criteria for judging things, and then it is difficult to master the mental health status of students. Therefore, the research explores the influence mechanism of ideological and political teaching reform on students' group anxiety from the perspective of social psychology.

Subjects and methods: Firstly, the basic information about the psychological anxiety of students in a university was collected by random sampling, and the students with social group anxiety were taken as the research objects. Then, with the help of principal component analysis, this paper analyzes and extracts the factors of the current situation and problems of the original ideological and political teaching, and makes targeted improvement and mode optimization on the basis of considering the students' psychological status. The optimized experimental model and anxiety test scale were used to make statistics on the mental health and anxiety status of middle school students during the experiment. The experimental teaching time was three months. After the experiment, the difference of the experimental data was analyzed with the help of statistical analysis tools, so as to better test the intervention mechanism of ideological and political education reform on students' group anxiety.

Results: With the help of social psychology, we can effectively strengthen the practical application of classroom teaching, improve students' awareness of self-social consciousness, group psychology and social role, and better play the role of ideological and political teaching in intervening and guiding students' psychological status. Figure 1 shows the scores of students' group anxiety under different ideological and political teaching modes.

In Figure 1, before the intervention of the teaching experiment, there was a small difference in the anxiety degree of the students in the two groups under the teaching mode. One week after the intervention, the anxiety score of the students under the original teaching mode was higher than that under the improved teaching mode. However, after two weeks, three weeks and four weeks of the intervention, the anxiety score of the students under the improved mode was lower than that under the original teaching mode, and

the score decreased significantly.

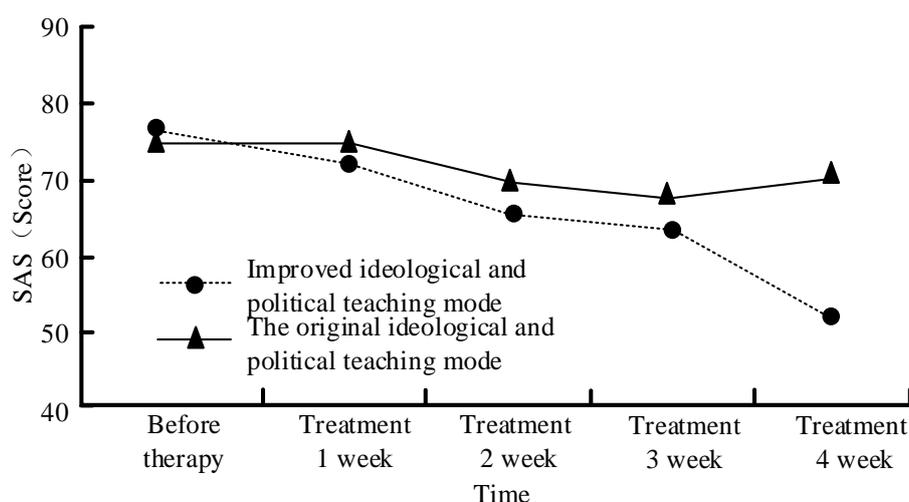


Figure 1. Statistics of students' group anxiety scores under different ideological and political teaching modes

Conclusions: Bringing social psychology into the teaching reform can not only make the teaching process not divorced from reality, but also respect individual differences while practicing educational ideas, fully respect students' psychological needs and learning needs, and make them have a clear understanding of their own role positioning. The increase of students' sociality can improve their cognitive level and ability of social practice, so that they can deal with emergencies with better psychological quality when encountering emergencies, and then grow into comprehensive quality talents with all-round development.

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RESEARCH ON THE INFLUENCE OF COLLEGE COUNSELOR TEAM CONSTRUCTION ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is an important subject in the theory of applied psychology. Its main research content is the science of the changes between teaching and learning in the school context. The research content of educational psychology includes five aspects: teaching environment, teaching content, teaching media, students and teachers. These five elements are intertwined and act on the three processes through reflection and evaluation, teaching process and learning process. At present, the research methods of educational psychology are mainly experimental method and survey method. Among them, survey method includes measurement method, questionnaire method, interview method and observation method. In the process of education, the role of educational psychology is to obtain students' problems, provide theoretical guidance for the smooth development of teaching work, and also provide reference for the timely intervention of students' bad behavior. In view of the fact that college students are facing more and more changes in life, study, interpersonal communication and other aspects, this will lead to their psychological differences, imbalances, sequencing and orientation, stages and continuity. From the perspective of educational psychology, the construction of college counselors' team can improve the educational cognition level of counselors, redefine the educational concept of college students, help students improve their personality and establish correct values.