

intervention, so as to realize the organic combination of preaching and teaching. The practice of curriculum ideological and political education also needs to be supported by a scientific and reasonable teaching evaluation system to help teachers and students understand the teaching effect of curriculum ideological and political education in time, actively diagnose the problems existing in the existing teaching mode, ensure the smooth development and implementation of curriculum ideological and political education, and provide help for colleges and universities to challenge educational management measures in time.

**Subjects and methods:** The research carried out a new curriculum ideological and political education evaluation system in a university, with 5 university teaching managers, 17 professional course teachers and 200 university students as the research objects. 200 college students came from 4 classes of different grades and majors. The research is to try out the new curriculum ideological and political education evaluation system in these four classes for one academic year. By comparing the students' mental health level and the changes of professional curriculum scores under the new education evaluation system, it analyzes the feasibility and effectiveness of the new curriculum ideological and political education evaluation system, and understands the psychological impact of the new evaluation mechanism on students. From the perspective of college teaching managers and professional course teachers, this study analyzes the practicality of the new evaluation system in college education management, and explores the impact of the new curriculum ideological and political education model on students' psychological laws from the perspective of educational management psychology.

**Results:** Table 1 shows the changes of students' psychological and professional learning scores before and after the reform.

**Table 1.** Changes in students' psychology and professional academic performance before and after the reform

Test dimension	Before reform	After reform
Mental health level	1.75±0.26	3.52±0.34
Professional course scores	71.06±3.68	82.37±4.39
Psychological enthusiasm	1.03±1.77	3.14±0.85

**Conclusions:** The promotion of the ideological and political education mode of the curriculum has broken the traditional isolated ideological and political education, and promoted the idea development and method innovation of Ideological and political education in colleges and universities by using the synergistic teaching effect of various professional courses and ideological and political intervention. The self-improvement and development of students is of great value. A scientific and reasonable evaluation system of Ideological and political education in the curriculum can help colleges and students timely understand the problems existing in the curriculum, provide positive feedback to students, help colleges and universities timely optimize and adjust the model of Ideological and political education in the curriculum, and promote the comprehensive improvement of students' mental health and professional skills.

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## APPLICATION OF COLLEGE STUDENTS' MENTAL HEALTH EDUCATION IN IDEOLOGICAL AND POLITICAL WORK IN COLLEGES AND UNIVERSITIES

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**Background:** With the acceleration of the pace of modern life and the intensification of social competition, great pressure has been brought to people. These social pressures are projected on college students, which makes them fall into worry about the prospects of future self-development at the stage of campus learning. Certain life and competitive pressure can help college students seize the opportunity to study actively, and virtually urge college students to actively improve their skills, so as to enhance their social core competitiveness. However, some college students are difficult to adjust their own state in time in the strong mental pressure, which makes them fall into deep anxiety and tension, and cannot convert the stress emotion into development power, which makes some college students have serious mental anxiety

problems, seriously affects their normal life and study, and leads to the reduction of their mental health level. When college students have bad emotional state that cannot be adjusted by themselves, they need to apply psychological intervention to college students from the outside. Through psychological relief and guidance to college students, they can help college students with psychological problems correct their mentality in time and avoid the impact of negative emotions and events. As an important part of Ideological and political work in colleges and universities, mental health education in colleges and universities is an important means of psychological intervention for students. Through the way of psychological guidance, college mental health education can enhance students' psychological quality when facing the difficulties of students and learning, adjust the psychological state of college students, promote the cultivation of college students' personality psychology and psychological mechanism, and help college students meet the challenges with a healthy and positive attitude.

In order to improve the psychological defense line of college students and avoid college students losing their chance in the final impact of the social ideological trend, colleges and universities combine mental health education with ideological and political education, and realize the all-round guidance of college students' psychology through the organic integration of psychological intervention in mental health education and the cultivation of the value concept of Ideological and political education. Introducing mental health education into Ideological and political work in colleges and universities can help colleges and universities form a sound and perfect student psychological intervention system, change the traditional indoctrination mode of psychological education, and improve the quality and effect of Ideological and political work in colleges and universities. The application of mental health education can provide new teaching ideas for the ideological and political work in colleges and universities, create a good psychological intervention atmosphere for the promotion of the ideological and political work in colleges and universities, promote the ideological and political work in a healthy and positive atmosphere, and promote the maximum efficiency of the ideological and political work. college students' mental health education pays more attention to the interaction between teachers and students, and understands students' mental health status in relaxed communication activities, so as to help students solve mental health problems. However, the traditional ideological and political work in colleges and universities is more serious, ignoring the educational subjectivity of students. Combining the promotion of Ideological and political work in colleges and universities with college students' mental health education can effectively adjust the seriousness and tension of Ideological and political work, provide college students with opportunities to express themselves, and promote the expression of students' real emotions.

**Subjects and methods:** Through the research on the mental health education of college students and the ideological and political work of colleges and universities, the research deeply excavates the commonness and individuality of the mental health education of college students and the ideological and political work of colleges and universities, puts forward the ideological and political work mode of colleges and universities integrating the mental health education, and explores the application effect of the new ideological and political work mode of colleges and universities by means of comparative experiments. The research takes 300 college students as the research objects, and divides the research objects into traditional ideological and political group and joint group. The traditional ideological and political group carries out ideological and political work in colleges and universities according to the previous working mode, while the joint group adopts a new working mode integrating mental health education. The comparative experiment lasts for 6 months. By comparing the quality of students' mental health and the enthusiasm of Ideological and political participation under the two working modes, this paper analyzes the role of mental health education in the development of Ideological and political work in colleges and universities.

**Results:** The impact of the new ideological and political work mode of colleges and universities integrating mental health education on the development of college students' mental health is shown in Table 1. With the application of the new work mode, the degree of students' mental problems is significantly reduced.

**Table 1.** The influence of the new ideological and political work mode in colleges and universities integrating mental health education on the development of college students' mental health

Test dimension	Before experiment	After experiment
Psychological anxiety	3.49	1.25
Psychological depression	3.25	1.14
Stress level	3.61	1.00

**Conclusions:** The mental health education of college students and the ideological and political work in colleges and universities complement each other. The introduction of the mental health education of college students has opened up new ideas for the development of the ideological and political work in colleges and

universities, updated the traditional and old educational work ideas, righted the dominant position of students in the mental health education and ideological and political work, and provided help to promote the smooth development of the ideological and political work in colleges and universities. The combination of Ideological and political work in colleges and universities and mental health education for college students can effectively enhance the enthusiasm of college students' Ideological and political participation, alleviate their mental pressure and negative emotions, and is of great significance to improve the quality of college students' mental health.

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## ANALYSIS ON THE INFLUENCE OF THE TEACHING REFORM OF “IDEOLOGICAL AND POLITICAL EDUCATION IN PHYSICAL EDUCATION” ON STUDENTS’ PSYCHOLOGICAL ANXIETY IN HIGHER VOCATIONAL COLLEGES

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**Background:** Psychological anxiety is a psychological state in which an individual is mainly anxious about possible future dangers, losses and threats, supplemented by negative and complex emotions such as tension, uneasiness, worry and worry. Age structure, cognitive level, social experience, mental health and other factors will make individuals show different psychological states, and will show different levels of psychological illness. Anxiety, as a form of contradiction and conflict, is also a defense mechanism to reduce deep-seated troubles, that is, appropriate anxiety can make individuals maintain a more positive emotional state to deal with the surrounding things and interpersonal relationships, but more serious anxiety will make it difficult for individuals to get rid of this emotional pressure and produce psychological problems, which will cause great damage to their physical and mental health. At present, the treatment of psychological anxiety is mainly based on psychological counseling, drug therapy and external stimulation therapy, but these treatment methods are more vulnerable to the interference of internal and external factors and the influence of time cycle, so they are difficult to play a lasting and stable intervention role in individuals.

The working class will mainly show anxiety due to work and family factors, and the student group will mainly produce anxiety due to learning and employment conditions. Realizing the control and adjustment time of psychological anxiety can effectively reduce the negative impact of this emotion on individuals. As the main participants in teaching activities, the student group is more vulnerable to interference from external things because the law of physical and mental development is not yet fully mature. At the same time, the change of the learning environment and the change of the learning methods strengthen the “social attribute” of students, that is, students need to take more account of their own value and the role of behavior mechanism in the surrounding environment and interpersonal relationships, so as to increase the probability of students’ emotional and psychological problems. Research shows that sports can effectively mobilize students’ emotional health and reduce the generation of negative emotions. At present, it is difficult for physical education to play its role in regulating students’ psychological state. Therefore, the research will integrate the ideological and political course content into physical education to achieve teaching reform, give play to the positive role of Ideological and political education in students’ psychological toughness and self-worth evaluation, and then realize the alleviation mechanism of students’ psychological anxiety.

**Subjects and methods:** The research take the curriculum ideological and political program as the research object, and 102 students of different grades in a university as the experimental object. Before the experiment, the initial information about the mental health status and anxiety level of the subjects was collected with the help of Hamilton scale and self rating anxiety scale. Then physical education teachers conducted a 12 weeks teaching experiment. During the implementation of the program, with the human and material education motivation as the influencing factors, through the combination of direct and indirect education, they formed a dynamic network of Ideological and political education inside and outside the classroom, combining people. Under the guidance of psychological theory, they realized the satisfaction of students’ learning needs and psychological characteristics in the aspects of teaching design and curriculum objectives. And invite students to participate in different physical education teaching programs in the process of experiment, explore their anxiety psychological changes in the process of experiment, and realize the statistical collation of experimental data with the help of statistical analysis tools.

**Results:** Adding ideological and political content to the physical education curriculum can effectively combine the leading role of Ideological and Political Curriculum on students’ values and internal emotions