

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

with the mitigation mechanism of physical education on students' negative emotions, and realize the improvement mechanism of students' psychological anxiety. The experimental results show that the teaching of "Ideological and political education in physical education" can effectively realize the positive intervention on students' mental health and help them reduce negative emotions. Table 1 shows the statistics of psychological anxiety scores of the subjects under different physical education courses during the experiment.

**Table 1.** Statistics of psychological anxiety scores of subjects in different physical education courses during the experiment

Curriculum	Physical education courses	Ideological and political education in physical education
Before experiment	5.67±2.14	5.48±2.06
After experiment	4.25±1.75	1.23±1.33
<i>t</i>	-2.153	1.694
<i>P</i>	0.053	0.002

The results in Table 1 show that before the experimental intervention, the psychological anxiety scores of the experimental subjects have little difference, but after the experimental intervention, the improvement effect of students' psychological status under the physical education curriculum learning is not as obvious as that of the application of Ideological and political education in the physical education curriculum ( $P < 0.05$ ). The above results show that the integration of Ideological and political education and physical education can effectively guide students' negative emotions.

**Conclusions:** Ideological and political education can effectively guide students' self-worth identity and emotional psychology, help them reduce the troubles and negative emotions caused by external nonobjective facts, and integrate them with physical education courses, which is not only in line with the performance of educational psychology, but also an important embodiment of meeting students' learning needs and psychological needs. In the future educational work, colleges and universities should actively encourage teachers to pay attention to students' mental health and emotional changes, and actively help students get rid of a series of negative emotions and psychological problems such as psychological anxiety.

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## EFFECT OF STRENGTHENING HOSPITAL EMERGENCY FINANCIAL MANAGEMENT ON RELIEVING PSYCHOLOGICAL STRESS OF PRACTITIONERS UNDER PUBLIC HEALTH EMERGENCIES

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**Background:** Public health emergencies refer to the sudden emergence of infectious diseases, diseases with unknown factors, occupational poisoning, food poisoning and other health events that damage public health. They have the characteristics of rapid transmission, strong harmfulness and strong explosiveness. Public health emergencies will increase the public's demand for medical and health resources. In this context, the hospital should do a good job in emergency financial management, scientifically match and use hospital emergency materials, fully maintain the stable operation of the hospital, and timely assist in dealing with public health emergencies. However, in the current hospital emergency management, there are still some problems, such as insufficient supply of emergency materials, great risks in internal control, imperfect medical insurance settlement system and imperfect medical service price management system. These problems will affect the overall financial management operation efficiency of the hospital and the prevention and control ability to deal with unexpected public events. The quality of the hospital's financial management ability will directly affect the work enthusiasm and pressure of the financial management personnel. In the case of public health emergencies, the complex flow management of material resources and the complexity of financial system management are very easy to make the staff feel tired. In the long run, the long-term work pressure and psychological pressure will lead to job burnout and psychological problems, it has a great impact on their physical and mental health and work. Psychological stress refers to the positive or negative experience that the brain shows in order to help us focus on coping with challenging situations. Moderate psychological pressure can encourage individuals to continuously stimulate their own