

work and life of these people. For example, the continuous development of e-commerce economy has solved the problems that more and more people are unwilling to shop offline, socialize and cook. With the continuous development of the e-commerce industry, people with anxiety can solve their own life problems through the e-commerce network, such as ordering meals, shopping and purchasing the products they need. Coupled with the continuous optimization of e-commerce industry in logistics distribution, the timeliness of logistics distribution in China has been greatly improved. More and more young groups choose e-commerce consumption to make up for the problems caused by their own work and study fatigue, and effectively alleviate the pressure of anxiety patients, which has a positive impact on the body and mind of patients.

Objective: This paper analyzes the relevant theories and manifestations of anxiety psychology, studies the consumption status of modern young people under economic psychology, and then discusses the impact of e-commerce on consumer anxiety psychology from the perspective of economic psychology. This paper aims to analyze the impact of e-commerce on consumer anxiety from the perspective of economic psychology, and promote the development of China's consumer economy.

Subjects and methods: In the study, 120 people were randomly selected as the research objects. These research objects all suffered from anxiety psychological problems, including students, enterprise employees, farmers, tour guides and other people from all walks of life. A 4-month e-commerce experiment was conducted for these patients. In the four months, the subjects could realize their personal consumption plans through the designated e-commerce platform, including dining, ticket purchase, tourism, etc. PASW 18.0 software package and Excel 2007 were used to process all the data, and psychological scales were used to record the changes of psychological activities of the subjects before and after the experiment.

Results: As shown in Table 1, the changes of psychological indicators of the subjects after the four months experimental test. 1-5 mitigation. Through the four months e-commerce experimental test, the researcher's psychological index data have been significantly improved. Some research objects said that due to their busy work, e-commerce shopping solved their own life and shopping problems, alleviated their daily busy situation, and had a good effect on their own anxiety.

Table 1. Changes of psychological indicators of the subjects after the four months experimental test

Survey object		Index score
Experience group	Nervous	4.2±1.1
	Uneasy	4.1±0.3
	Low mood	4.5±0.2
	Mentality	4.1±1.3
Control group	Nervous	2.1±1.1
	Uneasy	2.1±0.3
	Low mood	2.1±1.1
	Mentality	3.1±1.3

Conclusions: Today, with the economic globalization, the development of China's e-commerce economy has made remarkable achievements in the world, which not only drives the development of China's economy, but also facilitates the consumption habits of Chinese people. At present, due to the influence of life, work, study and other factors, more and more people are affected by environmental pressure and suffer from anxiety psychological problems. These groups do not have more time to shop or participate in social activities. The rise of e-commerce consumption has solved the problems of many consumers. The experimental results show that patients with anxiety have significantly improved their anxiety after participating in the e-commerce experiment for four months. The research content has important reference significance for promoting China's economic development and improving modern people's anxiety.

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THE IMPACT OF HIGHER EDUCATION REFORM INTEGRATING IDEOLOGICAL AND POLITICAL CONCEPTS OF CURRICULUM ON STUDENTS' EMOTIONAL BARRIERS

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Background: Affective disorder is a common mental disease. People with affective disorder often suffer

from depression, depression, manic temperament and other problems. Affected by the external environment, patients with emotional disorders may have extreme aggressive behaviors. With the aggravation of emotional disorders, patients are prone to depression and affective psychosis, which has a serious impact on people's physical and mental development. However, in medical research, medical staff often call affective disorders affective psychoses. This disease will continue to rise or fall with the patient's emotional changes. At the same time, the patient's thinking and thoughts will also be affected, thereby affecting people's judgment and behavior. For patients with mild affective disorder, they can usually respond to certain negative life events, while for patients with severe affective disorder, serious patients will have recurrent attacks, hallucinations, self-mutilation and other problems. In clinical medical research, although affective disorders often occur repeatedly, most of the affective disorders can be relieved by drugs or training, and only a few more serious patients may have residual sequelae, or even become chronic diseases. At present, affective disorders mostly occur in young people, and most of them are 16 to 30 years old. With the rapid development of China's economy and society in recent years, people's pace of life has been quickened. Influenced by work, study and other factors, more and more students have also suffered from emotional disorders, which has attracted extensive attention from the society.

With the development of higher education, students' mental health has been concerned by the school. College education not only needs to cultivate quality talents with all-round development of morality, intelligence, physique, art and labor, but also needs to ensure that students have sound physical and mental quality, so as to meet the requirements of social development and construction. However, in recent years, affected by the social employment environment, the burden of academic pressure and social activities, many college students have suffered from affective disorders. As a result, the body and mind are affected, and the study, life and work are affected to varying degrees. Students' affective disorder is extremely unfavorable to the development of modern education. It needs college educators to face it correctly and take necessary measures to deal with it. As an important subject of modern higher education, ideological and political education has played an important role in promoting students' thoughts, emotions, personality and quality. In the development of modern education, colleges and universities actively integrate the ideological and political concepts into the education of various disciplines, help students build a good outlook on thought, life and the world, and improve students' comprehensive quality, which has an important impact on the development of students' body and mind. Therefore, it is of great significance for higher education reform to integrate ideological and political education to alleviate students' emotional barriers.

Objective: This paper analyzes the relevant theories and manifestations of affective disorders, analyzes the causes of affective disorders, and then discusses the impact of higher education reform integrating the ideological and political concepts of curriculum on students' affective disorders. It aims at alleviating students' psychological diseases through ideological and political education, and then promoting the vigorous development of modern education.

Subjects and methods: Taking 120 students with affective disorders in a university as the research object, a six-month teaching experiment of professional integration of Ideological and political ideas was carried out. The PASW 18.0 software package and Excel 2007 were used to process all the data, and the affective disorder psychological scale was used to record the changes of students' psychological activities before and after the experiment. And then evaluate the effect of Integrating Ideological and political teaching on students' emotional barriers, and promote the healthy development of modern higher education.

Results: Table 1 psychological changes of students after teaching experiment after 6 months. By adopting the specialized teaching experiment Integrating Ideological and political ideas, the psychological indicators of students' emotional disorders have been significantly improved. This shows that in the development of higher education, the integration of Ideological and political ideas in various professional disciplines has an important impact on improving students' psychological diseases and promoting the development of modern education.

Table 1. Psychological changes of students after teaching experiment after 6 months

Project	Before learning test	After learning test	P
Anxiety and tension	3.17±2.71	8.15±1.32	<0.05
Learning uneasiness	2.19±1.25	7.63±1.23	<0.05
Social skills	2.63±1.13	8.45±1.58	<0.05
Learning effect	2.15±1.02	7.46±1.15	<0.05
Stable mentality	2.22±1.31	9.12±0.28	<0.05
Learning motivation	2.88±1.23	8.46±1.25	<0.05

Conclusions: Affective disorder is a common psychological and mental disease in modern society. The patients' emotions fluctuate greatly, which will have an adverse impact on personal thinking, thinking and behavior. Especially with the acceleration of the pace of modern life, affective disorders have a high incidence among college students, which has a serious impact on the development of modern education. Therefore, in this context, college education needs to pay close attention to students' mental health problems and take effective measures to deal with them. The experimental results show that through the professional teaching experiment Integrating Ideological and political ideas, students' affective disorder indicators have been effectively alleviated, which can effectively improve students' condition and ensure the smooth development of students' life and learning. The content of the study has important reference significance for promoting the development of higher education.

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THE GUIDING ROLE OF THE INTEGRATION OF CRAFTSMAN SPIRIT AND IDEOLOGICAL AND POLITICAL EDUCATION OF COLLEGE STUDENTS ON STUDENTS' POSITIVE PSYCHOLOGY

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Background: In the process of accelerating the pace of development of the times, people's real life and spiritual world show certain impetuosity, which will have a negative impact on people's daily study, work and life to varying degrees, and then hinder their own growth and development. For college students, being flashy, impetuous and unrealistic is a taboo, which has a great negative impact on their learning process and the improvement of their comprehensive ability. Craftsman spirit is one of the basic qualities that college students must have. With its interpretive effect on the labor quality of excellence, diligence and simplicity in traditional Chinese culture, it can play a significant positive role in guiding college students, and help them shape practical and progressive the fine character of rigorous study. In theory, the spirit of craftsman can be regarded as a code of professional ethics, requiring employees in all industries to treat their work with the same rigorous and meticulous attitude as craftsmen treat their own works. Although the spirit of craftsman seems simple, it is difficult to stick to the spirit of craftsman all the time, making it the most missing quality in modern people's work. For individuals, the positive role of craftsman spirit is mainly reflected in two aspects: real life and spiritual life. Ideological and political education plays an important role in the theoretical teaching and practical courses in colleges and universities. Its main role is to effectively cultivate the thoughts and behaviors of college students, so as to make them become young people of a new socialist era with fighting and enterprising spirit and responsibility. In the course design of Ideological and political education, adding the spirit of craftsman can promote college students to understand the connotation of Ideological and political education, and reasonably and effectively cultivate their thinking and ways of dealing with the world, so as to help the realization of their comprehensive development. Positive psychology is an important subject that pays attention to and studies people's psychological function. Its purpose is to promote the exertion of individual potential, make it develop better in a good environment, and improve and show its positive strength and excellent quality. Positive psychology emphasizes that everyone has unlimited development potential and excellent talent, which can play a positive role in promoting their own growth and development. In the relevant theories of positive psychology, there is a certain correlation between social environment and people's positive quality. In detail, social relations, cultural norms and family factors all have a great impact on human development. Good social environment, positive social activities and organizations can promote the establishment of people's positive quality.

Objective: Explore the guiding effect of the integration of craftsman spirit and ideological and political education on students' positive psychology, excavate an efficient and reasonable education mode, and realize a reliable guarantee for the improvement of students' positive psychology.

Subjects and methods: In this study, 125 college students were randomly selected from a university by simple random sampling. From the perspective of positive psychology, this paper explores the psychological changes of college students under the intervention of the integration of craftsman spirit and ideological and political education. The Warwick Edinburgh Mental Well Being Scale (WEMWBS) was used to assess the positive mental health of college students. WEMWBS mainly includes the evaluation contents of positive emotion, positive psychological function and interpersonal satisfaction, with a total of 14 evaluation items;