

Ideological and political education plays an obvious role in shaping students' social character, especially in three aspects: cognitive level, moral quality and patriotic feelings. The average score is about 95 points. As the successors of the society in the new era, we should vigorously carry forward the socialist morality, start from ourselves, and constantly form and carry forward the moral qualities stipulated by the core socialist values such as patriotism, dedication, honesty and fraternity.

**Table 1.** The effect of ideological and political education on students' social character six months after its implementation

School	Positive emotions	Social skills	Cognitive level	Moral character	Patriotism
School 1	93.26±1.98	93.91±2.16	94.26±2.36	94.91±3.26	95.26±4.12
School 2	93.68±1.23	94.33±2.2	94.68±3.21	95.33±4.02	95.68±3.50

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## RESEARCH ON THE INFLUENCE OF THE INTEGRATION OF MARXIST THEORY INTO IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING THE PSYCHOLOGICAL PRESSURE OF COLLEGE STUDENTS

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**Background:** College students are facing more and more pressure from life, employment and social interaction, which will lead to anxiety, irritability, anxiety and other negative emotions. Anxiety is a kind of abnormal psychological bad mood, which is mainly caused by excessive worry about the future, fate, life safety and other irritability, including anxiety, panic, tension, anxiety and other psychological manifestations. Medical psychologists believe that anxiety usually refers to people's negative emotions, such as risk, pressure and pain, which are beyond their acceptable range, and it is difficult for people to face and solve these problems. Generally speaking, anxiety itself is a very reasonable emotional response. However, long-term anxiety can lead to physical and emotional diseases. Anxiety can be divided into pathological anxiety and realistic anxiety. Pathological anxiety is one of the most common types of anxiety. Its clinical manifestations are panic anxiety, generalized anxiety disorder and so on. A large number of studies at home and abroad show that the combination of Marxist theory and ideological and political education has a great impact on the anxiety of college students.

The formation and existing law of college students' thoughts, views and "Three Outlooks" is an important research direction of Ideological and political education. Offering ideological and political theory courses in colleges and universities is not only the main way to carry out ideological and political education for students, but also enables students to systematically understand the objectives of Marxist theory education. The smooth development of ideological and political education has an inseparable relationship with Marxist theory and other contents. The role of ideological and political education in the education of socialist core values also determines the status of Marxist theory in ideological and political education. The integration of Marxist theory into ideological and political education has an extremely important role, which is shown as follows. First, guide ideological and political education in the right direction. First, cultivate "five loves" education; Then, set up a correct world outlook and values; Secondly, establish socialist ideals and beliefs; Finally, gradually develop civilized behavior and habits, and form good moral quality. Second, carry forward the core values of socialism with Chinese characteristics. College students are an important force for the future development of the motherland. We should pay attention to and strengthen the ideological and spiritual cultivation of college students. Only by integrating socialist core values into students' life and study can we effectively carry out quality education and smoothly implement Marxist theory education.

**Objective:** This paper analyzes the effect of ideological and political education combined with Marxist theory on college students' psychological pressure, in order to improve students' psychological problems.

**Subjects and methods:** 200 college students with different degrees of psychological anxiety were selected as the research objects. According to the random grouping method, they were divided into blank group and observation group. The blank group adopted general ideological and political education, and the observation group adopted ideological and political education combined with Marxist theory. The mental health status of patients was analyzed by Hamilton Anxiety Rating Scale (HAMA), and the anxiety status of

patients was analyzed and evaluated by support vector machine algorithm. The experiment lasted for 3 months. The HAMA scale is divided into two factors, mental and physical, with a total of 14 items and a score of 60 points. Somatic anxiety factors include autonomic nervous system symptoms, reproductive and urinary system symptoms, gastrointestinal symptoms, respiratory system symptoms, cardiovascular system symptoms, sensory system and muscle system symptoms; Mental anxiety factors include behavior performance, depression, cognitive function, insomnia, fear, tension and anxiety. The higher the score of the scale, the more serious the anxiety of patients. The evaluation index is the improvement rate. In order to ensure the reliability of the research results, the final data were processed and analyzed by Chiss data analysis software.

**Results:** Table 1 refers to the impact of ideological and political education combined with Marxist theory on students' psychological pressure. It can be seen from Table 1 that after the implementation of ideological and political education in combination with Marxist theory, the psychological stress of college students can be greatly improved, with the improvement rate reaching more than 87%. More attention can be paid to students' mental health problems during the follow-up implementation of Ideological and political education.

**Table 1.** The influence of ideological and political education combined with Marxist theory on students' psychological pressure

Index	Before	After 1 month	After 2 months
Behavior during the meeting	77	85	87
Depressed mood	79	82	90
Cognitive function	76	83	89
Insomnia	77	85	92
Fear	79	86	91
Nervous	76	83	89
Anxiety state	75	84	87

**Conclusions:** It is of great significance for colleges and universities to promote college students to learn Marxism well for their own development, ideological transformation and the improvement of their comprehensive quality. Marxist theory and "Three Outlooks education" are also the guiding ideology of Ideological and political education in major colleges and universities. They promote the establishment of students' world outlook and outlook on life, and improve their ability to analyze and solve problems. After the implementation of Ideological and political education combined with Marxist theory, the psychological stress of college students can be greatly improved, and the improvement rate is more than 87%.

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## THE INFLUENCE OF COLLEGE ENGLISH EDUCATION AND TEACHING REFORM RESEARCH ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY

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**Background:** After college students enter the University, their learning style is facing great changes. At the same time, with the increase of learning pressure and learning tasks, as well as the decline of psychological endurance, their mental health problems have become increasingly prominent. Student anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor restlessness and sympathetic hyperfunction. The causes include depression, mental stimulation, personality, congenital heredity, etc., which are manifested in negative emotions such as anxiety, shame, disappointment, anxiety, fear, etc. According to the data of the international health organization, the number of anxiety and depression patients among college students is still growing, and the incidence group is also getting younger and younger. With the increasingly serious anxiety of students, colleges and universities must take corresponding measures to intervene students' anxiety. At present,