

Table 1. The effect of different innovative talent training modes on students' social fear in mathematics education in higher vocational colleges

Type	After 1 month	After 2 months	After 3 months
Mode 1	14.23±2.13	16.23±2.36	18.58±3.16
Mode 2	13.03±2.36	15.26±3.21	16.36±2.55
Mode 3	12.05±2.03	15.28±2.96	17.16±2.23

Conclusions: College mathematics should not lower the requirements for some science and engineering students and special students who are interested in taking part in the postgraduate entrance examination and mathematics competitions. On the contrary, we need to reform the teaching mode reasonably. The three innovative talent training modes in mathematics education in higher vocational colleges can improve students' social fear level, and the construction mode of optimizing teachers' strength has the most significant effect, with an impact value of 18.

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RESEARCH ON THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION SOCIAL PRACTICE EDUCATION OPERATION MECHANISM ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: As a special social group, college students play a vital role in the development and stability of society. However, the knowledge, collectivity, timeliness, policy and legality of college students determine that they will play a leading role in the process of building a socialist harmonious society. Due to the characteristics of college students and the general recognition of the society, the number of college students is increasing. In the process of employment, college students often face the common competition of multiple job seekers for a job and are eliminated. Therefore, in each job search process, they will always feel inferior to others, always in a state of tension, resulting in excessive psychological burden. At present, the employment anxiety of college students has become a hot issue concerned by society, schools, parents and teachers. Every year, the state invests a lot of money in college students' psychological problems. How to solve the problem of college students' employment anxiety has become a thorny problem for psychologists at home and abroad. At present, the research on anxiety problems mainly focuses on the psychological aspects of the concept and characteristics of anxiety, the theoretical analysis of anxiety factors, the testing of anxiety and the alleviation of anxiety. The exploration of a single discipline should comprehensively analyze the psychological problems of anxiety from multiple disciplines. China's national development is inseparable from the strength of young people. In the ideological and political education of college students, in order to improve the quality of college students' education, make the education targeted and improve the effectiveness, it is necessary to give full play to the ideological and political education of college students. At present, in the new historical development period, the ideological and political education for college students must have the characteristics of the times. It is very necessary to build up the practical education mechanism, and take education interaction as the core to improve the value of educational practice. The practical education of college students' ideological and political education is to extend theoretical education to practical education, which requires an in-depth understanding of relevant theories before it can be well implemented in practice. There is a certain law in the practice of ideological and political education, and the cognitive law can play a certain role in promoting the science of practical education. The main purpose of ideological and political education practice is to ensure the systematic operation of college students' ideological and political education. This is a dynamic operation system, and it is also a dynamic operation system that needs to be constantly improved. The continuous innovation of college students' education in practice can play a certain role in promoting the realization of college students' educational goals. In a specific social environment, the theory of ideological and political education in colleges and universities can no longer be limited to ideological and political publicity, but should take action to carry out moral education for college students from specific work, so as to enrich the content of education, and expand the content of education in the field of practice, so as to make the content of education more grounded, so that college students can accept and deepen their understanding of the content of education, and be reflected in action.

Objective: If China wants to achieve its development goals, it must give full play to the role of young people. Among young people, college students are pioneers. It is the duty of colleges and universities to carry out ideological and political education for college students. Improving the comprehensive quality of college students has practical significance for the development of the country and the nation. It is very necessary to make an in-depth exploration of the educational work of college students in the new era and build a practical education mechanism. This paper studies the operating mechanism of the ideological and political education of college students in the new era.

Subjects and methods: In this paper, 200 college students in a certain area are selected as the research objects, and they are randomly divided into experimental group and control group, with 100 students in each group. The experimental group was given the operation mechanism of ideological and political education and social practice education, and the control group was given the routine teaching program. After the experiment, the two groups were investigated and analyzed with SCL-90. The scale has a total of 90 self-assessment items, and the test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychoticism, etc., the higher the score, the lower the mental health level. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: After treatment, the scores of somatizations, interpersonal sensitivity, anxiety, depression and other factors in SCL-90 in the experimental group were significantly better than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. SCL-90 test score results

Factor	Control group	Experience group
Somatization	2.19	1.93
Obsessive compulsive symptoms	1.71	1.75
Interpersonal sensitivity	1.77	1.52
Depressed	1.52	1.43
Anxious	2.27	2.21
Hostile	1.44	1.64
Terror	1.51	1.45
Paranoid	1.52	1.44
Psychotic	1.33	1.41

Conclusions: College students are the hope of national development. To enable college students to establish a correct outlook on life, we must make education full of the color of the times. In the education of college students, it is very necessary for colleges and universities to build the education practice and education mechanism. We should constantly innovate the education mechanism from the perspective of social development, so that the college students can establish a correct outlook on life, adapt to the environment of the times, meet the requirements of the times, go into practice and prove their value with action. The results of this study show that the scores of somatizations, interpersonal sensitivity, anxiety, depression and other factors in SCL-90 in the experimental group after treatment are significantly better than those in the control group ($P < 0.05$), indicating that the operation mechanism of ideological and political education and social practice can effectively improve the negative psychology of college students, so as to alleviate the anxiety of college students in all aspects.

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INFLUENCE OF DEEP LEARNING ON CHILDREN'S COGNITIVE PSYCHOLOGY IN PRESCHOOL EDUCATION

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Background: With the improvement of the quality of life and people's attention to education, young parents have realized the importance of preschool education, that is, the preschool period between 0 and 6 years old. Many psychologists have shown through experiments that game is a complex psychological activity that contains a variety of cognitive components. Games can be the best way for children to learn. Because the game itself contains rich cognitive elements, it can promote children's cognitive development