expectations for the future, low mood and poor sleep are the most prominent symptoms of psychological depression in the elderly. The rate of depressive symptoms in the elderly in China is between 16.11% and 35.90%, among which the rate of moderate and severe depression is between 2.24% and 7.00%. In the context of social transformation, the new intergenerational relationship has an important impact on the social support of the elderly with different numbers of children, and transmitted to the psychological level, which directly affects the subjective well-being and mental health of the elderly. The traditional psychological service mainly focuses on the guidance of community psychologists, but the interval of service cycle and the particularity of different elderly individuals make the depression relief effect under this treatment very little. Therefore, while advocating and promoting elderly care services, the state, government and society should pay more attention to the psychological status of the elderly and put forward more psychotherapy methods to improve the depression of the elderly.

Objective: In order to pay more attention to the mental health of the elderly, help improve the degree of depression and improve their mental health level, the research aims to put forward a high-quality psychological service model to carry out psychotherapy and emotional counseling for the elderly, help them improve their mood, so as to reduce the mortality of elderly patients with depression and provide new ideas for the innovation of elderly care service.

Research objects and methods: 200 elderly people with depression and anxiety in a community were selected as the research objects. The emotional and mental health levels of elderly patients with depression were analyzed by stratified cluster sampling with the help of hospital anxiety and Depression Scale (HADS) and interview records.

Methods design: The subjects were divided into control group and experimental group. The control group received general mental health services. The experimental group adopted the community elderly psychological assistance system of "elderly self-help, peer assistance and professional help". With the help of hands evaluation and interview results, the mental health status of elderly patients with depression under the two kinds of psychological services was evaluated. The total number of returned and valid questionnaires were 195 and 192 respectively, and the effective rate of the questionnaire was 98.46%.

Methods: The scores of the scale under different psychological services were analyzed by Excel and statistical analysis.

Results: The application of high-quality psychological services in the form of "three AIDS" can effectively alleviate the psychological emotions of elderly patients with depression. Based on certain social support and emotional care, it can improve the elderly's hope for future life and effectively alleviate the negative emotions caused by depression. The scale scores of elderly patients with depression under different psychological service treatment have significant statistical significance. Table 1 shows the statistics of depression relief of the elderly by different psychological services.

Table1. Statistics of depression relief of the elderly under different psychological services (Mean ± standard deviation)

Experimental grouping	Depression	Aloneness	Subjective well-being	Self-identity
Experience group	28.01±3.65	34.79±5.46	17.34±1.13	12.54±4.11
Control group	17.23±2.14	15.28±3.41	22.57±4.65	25.42±7.41

Conclusions: Confucius said, "today's filial piety means that you can raise. As for dogs and horses, you can raise them; what's the difference between disrespect?" this shows that the behavior of no spiritual investment, only pure material support and lack of love, respect and enthusiasm at the psychological level cannot be called filial piety, nor is it a scientific way to deal with aging. Providing high-quality psychological services, starting from the psychological needs of elderly patients, and giving some care and help can effectively alleviate the emotional disorders and depression of the elderly. Therefore, accelerating the construction of a four-level complete mental health service system for the elderly of "country province city community" is not only conducive to effectively grasp the overall situation of the development of mental health of the elderly from the national level, but also conducive to giving timely and effective psychological assistance to the elderly at the micro level.

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ANALYSIS ON THE EFFECT OF CURRICULUM IDEOLOGICAL AND POLITICAL

CONCEPT ON ALLEVIATING ADOLESCENT ANXIETY IN THE TEACHING OF "CIRCUIT" SPECIALTY

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Background: Curriculum ideological and political education is to integrate ideological and political education into curriculum teaching, seek the relevance between professional knowledge and ideological and political education content, and integrate ideological and political education related content in the course of curriculum development, so as to achieve the educational goal through subject infiltration. Engineering colleges and universities account for a large proportion in today's colleges and universities. Carrying out curriculum ideological and political construction in engineering courses is an inevitable requirement of all-round education. At present, most colleges and universities are still at the stage of exploration, and do not fully and effectively use the ideological and political teaching resources. Some teachers and students only attach importance to the professional knowledge and skills education, but their cognition of the ideological and political education has limitations and is not enough to accumulate. The evaluation mechanism of teachers' work in colleges and universities is relatively backward. In order to cultivate talents in all aspects, this paper, taking "circuit principle" as an example, analyzes the necessity of carrying out the course ideological and political education, digs into the inner link between the course and ideological and political education, studies the influence of the course ideological and political education on students, and further explores the practical path of ideological and political education of engineering courses.

Circuit course is an important basic and compulsory course for information engineering, communication engineering, internet of things engineering, integrated circuit design and other related majors, as well as a course with strong practicality. This course not only emphasizes students' understanding of basic concepts and mastering basic methods, but also pays attention to the flexible use of circuit analysis methods and analysis software, and provides the basic knowledge of circuit theory and the support of circuit analysis methods for the following basic courses and specialized courses. At the same time, the course is also closely related to engineering practice to cultivate students' ability of scientific thinking, analysis and calculation, and scientific induction, and to set up a serious scientific style and an engineering viewpoint of integrating theory with practice, so as to lay a good foundation for undertaking relevant work after graduation. According to the requirements of "Guideline of Ideological and Political Construction of College Curriculum", we should combine the education of Marxist standpoint, viewpoint and method with the cultivation of scientific spirit in the course teaching of basic courses of engineering specialty such as circuit to improve students' ability of correctly understanding, analyzing and solving problems so as to relieve students' anxiety. In order to improve the situation, a series of effective measures should be taken to realize the combination of knowledge imparting and value leading and to set up a new circuit course system. Enhance relevance between courses.

Objective: For the junior college students, it is not only the foundation of entering the professional field, but also the starting point of training the professional quality of the future technical personnel. The background course of "circuit principle" and ideological and political education seem to be independent of each other, but in fact, they are identical in political direction, educational goal and cultural identity. Engineering background courses such as "Circuit Principle" and ideological and political education complement and promote each other. The teaching process focuses on the cultivation of high-quality talents with outstanding abilities, while the education process focuses on ideological and political education.

Subjects and methods: Randomly selected 100 students with anxiety disorders, regardless of gender, age, professional circuit professional. The 100 patients were randomly divided into control group and experimental group, 50 people in each group. There was no significant difference in learning anxiety symptoms and indexes between the experimental group and the control group before the experiment. Select the same circuit teachers, teaching the same class, the experimental group used the way of thinking into the circuit theory teaching, the control group only used the normal traditional teaching. The teacher should treat the two groups of students equally. Video surveillance throughout the course. Students were interviewed after class to compare the anxiety of the two groups. The interview includes whether the introduction of curriculum thinking can inspire students to study hard, whether it can cultivate students' good professional quality through moral education and whether it can relieve their anxiety. Using Excel statistical circuit course teaching course ideological and political concepts on students to alleviate anxiety effects.

Results: The results of this survey, the influence values of specific factors were quantified by 0-4,0 indicating irrelevant, 1 slight influence, 2 general influence, 3 obvious influence, 4 sufficient influence, and the specific statistical tables are shown in Table 1.

Table 1. Effect of course ideological and political concepts in circuit professional course teaching on the relief effect of student anxiety disorders

Factors	Inspire learning	Cultivate professional quality	Relief of anxiety
Influence values	4	4	4

Conclusions: Through experimental investigation, it is shown that the ideological and political effect of the course can relieve students' anxiety, and encourage students to study hard through typical cases, cultivate good professional quality through moral education, and encourage students' innovative and entrepreneurial spirit through cutting-edge analysis of current affairs.

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ANALYSIS OF ELECTRONIC COMMUNICATION MAJOR TEACHING UNDER THE HORIZON OF THINKING AND LOGICAL DISORDER

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Background: In recent years, due to the rapid development of the national information industry, the advantages of the industry have become increasingly prominent in the development of the national economy. Many universities have established new electronic information majors such as communication engineering and electronic information engineering, and a large number of students have entered such majors. Due to lack of school-running experience, insufficient investment of funds, insufficient understanding of the nature of majors and insufficient learning ability of students, great difficulties have been caused to the construction of majors and the cultivation of talents, which directly leads to the decline of the learning quality and learning ability of college students and causes them to feel weary. With the enrollment expansion of colleges and universities in the past ten years, higher education has been transformed from the education of outstanding talents to the education of the masses, which has led to a serious decline in the quality of students in ordinary colleges and universities. The students' learning ability, self-restraint and management ability are relatively poor, and their comprehensive quality is obviously different from that of the students in key colleges and universities. The expansion of enrollment in colleges and universities is a great hindrance to the study of new electronic information majors. Therefore, it is necessary for colleges and universities to carry out research on teaching reform according to students' characteristics, school nature and specialty characteristics, and form a clear guiding ideology and orientation for running a school, i.e., to cultivate engineering implementation talents for enterprises, so as to enable students to have strong adaptability and competitiveness in enterprises and institutions after graduation. In order to improve students' comprehensive quality and social competitiveness, we should make a reasonable training plan and syllabus, and make a deep exploration and research on electronic information major.

Objective: Thinking is an indirect and general reflection of human brain on objective things, an important feature of human spiritual activities, and an advanced stage of cognitive process. Thought is produced on the basis of feeling and perception, and is expressed in words and in words. Thinking includes the process of analysis, synthesis, abstraction, generalization, judgment and inference. Thinking through the concept and concept, concept and concept of contact, that is, through the process of association and logic to achieve. From the view of developmental psychology, human thinking is from intuitive thinking in images to abstract thinking in logic. This development process is accomplished through the increasing perfection of brain structure and function, through continuous learning and social practice. Purposefulness, coherence and logic are the characteristics of normal human thinking activities. Purposefulness refers to the conscious process of thinking around a certain goal. Coherence refers to the process of thinking between the concepts before and after the link, interrelated. Logicality refers to the process of thinking is reasonable and logical.

Subjects and methods: At present, there are some problems in the teaching of specialty courses in colleges and universities, such as the low overall quality of teachers, the lack of theoretical knowledge and practical experience, which affect the normal thinking of students and the effect of specialty teaching, and the introduction of teachers is an important problem. In addition, the lack of rationality in the professional curriculum, young teachers lack sufficient experience or lack of practical ability, generally pay attention to theoretical teaching in teaching. This major requires students to participate in practical activities, to have a good thinking logic to learn instructions programming and kernel transplantation, and to carry out practice. However, at present, many colleges and universities are using confirmatory experiments in