Results: Educational psychology can effectively grasp the teaching needs and psychological characteristics of both sides in the teaching process, guide teachers to optimize teaching courses according to students' psychological needs and problems, and then improve students' professional quality and ability and help them solve psychological problems, make them learn with a more positive attitude.

Conclusions: Educational psychology can provide theoretical basis for classroom teaching, enable teachers to teach students according to their aptitude, teach without category, and fully mobilize students' enthusiasm and initiative to participate in the classroom on the basis of grasping the psychological law and teaching law of teaching subject and object. At the same time, integrating teaching psychology into curriculum teaching reform can pay more attention to students' psychological changes and needs, and then enlighten students' negative emotions with the help of teaching means. Make it look at the changes of itself and surrounding things more objectively and comprehensively, and improve the level of mental health.

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THE INFLUENCE OF LANGUAGE ART EXPRESSION ON ALLEVIATING AUDIENCE MENTAL ANXIETY IN NEWS COMMUNICATION

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Background: The main feature of mental anxiety is anxiety, which will produce anxiety without basis and origin, and there is no clear objective object and specific content. In addition to anxiety, individuals with mental anxiety will also have fear and anxiety, muscle tension, autonomic nerve symptoms and other physiological reactions. According to different classification methods, the types of mental anxiety are different. According to the time of symptom onset, it can be divided into acute anxiety and chronic anxiety. Acute anxiety often occurs at night, with panic attacks. Individuals will have physiological symptoms such as tachycardia and dyspnea. In severe cases, there will be limb weights, numbness around the mouth and so on. Chronic anxiety usually appears panic, fatigue and neuroticism, sometimes accompanied by physiological symptoms such as cold sweat, nausea and urgent urination. This kind of anxiety is similar to neurasthenia and needs careful judgment. In addition, according to the characteristics of symptoms, mental anxiety can be divided into two types: generalized anxiety and panic attack. In generalized anxiety, individuals will be nervous without certain objects, and show excessive worry or worry about some problems in real life, and this anxiety has the characteristics of regularity and persistence. Terrorist attacks are repeated strong panic, and you will feel out of control.

In the fast-paced life, people's pressure gradually increases. For a long time, under various pressure environments, many people have mental anxiety, especially generalized anxiety. People are only in a state of anxiety, but they can't tell why they are anxious. The news has changed from a humorous language to a more entertaining language, which has attracted the audience's attention and increased the artistic expression of the news. Let the audience feel a lot of fun when watching some social news, make people laugh unconsciously, feel relaxed, forget the troubles in real life, and deepen people's memory of those social news. According to the characteristics of language art expression in news communication, this paper studies the influence of language art expression in news communication on alleviating audience mental anxiety.

Objective: To analyze and study the characteristics of language art expression in news communication, study its specific impact on the audience's mental anxiety, and on this basis, put forward relevant suggestions on news communication, increase the diversity and novelty of language art expression in news communication, attract the audience's attention and alleviate the audience's mental anxiety. Increasing the interaction between the program and the audience, improve the enthusiasm of the audience to watch relevant news programs, so as to further alleviate the mental anxiety of the audience.

Research objects and methods: The research object is college students. Using data mining technology, 200 college students with mental anxiety are mined from the mental health database of a university. The 200 students were divided into normal group (66), traditional news group (67) and new news group (67). During the experiment, the normal group conducted general teaching. The traditional news group and the new news group watched 45 minutes of news on the basis of general teaching. The news of the traditional news group and the reform news group adopted the traditional news communication mode and the innovative news communication mode respectively, and watched once a week for 3 months. During the experiment, relevant data were recorded and analyzed by SAS software. The influence of specific factors was quantified by 1-5 grades. The higher the score, the greater the impact. The impact of language art

expression in news communication on alleviating audience mental anxiety was studied.

Results: People are in an environment full of all kinds of pressure. Mental anxiety is a psychological problem in the process of life and work, which will seriously attack people's curiosity and enthusiasm for things. In order to attract the attention of more viewers and stimulate their desire to continue watching, the language of news communication has changed, and the artistic expression characteristics of diversity, novelty and readability have emerged. In the process of watching news, people can temporarily forget the troubles in life, feel the joy brought by the new news, and alleviate their mental anxiety imperceptibly. In the new newsgroup, freshmen believe that the impact of the novelty of language art expression on mental anxiety is 5 points, and the relevant impact scores are shown in Table 1.

Table 1. The influence of language art expression on mental anxiety of college students in different grades in news communication

Grade	Diversity	Novelty	Readability
Freshman	4	5	4
Sophomore	4	4	5
Junior	5	4	5

Conclusions: By increasing the diversity, novelty and readability of language art expression in news communication, the audience can relax their body and mind, obtain joy and laughter, and imperceptibly alleviate the audience's mental anxiety.

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ANALYSIS OF IDEOLOGICAL AND POLITICAL PSYCHOLOGICAL QUALITY OF POOR COLLEGE STUDENTS AND RESEARCH ON EDUCATIONAL COUNTERMEASURES

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Background: The state carries out continuous educational system reform, attaches importance to the family economic status of poor students, and implements economic assistance measures. In this assistance process, colleges and universities ignore the ideological, political and psychological quality education of poor students. Their ideological, political and psychological quality has appeared in varying degrees, affecting the life of poor students and the healthy development of their body and mind. Poor students in colleges and universities are those who enjoy state subsidies from families with financial difficulties. Due to the influence of family economic environment, poor college students have difficulties in maintaining their life and learning. In this environment, poor college students are prone to different degrees of psychological and ideological and political problems. Without corresponding intervention, poor college students will even have extreme thoughts. The psychological and ideological and political problems of poor college students are manifested in seven aspects: ideological and political trend, lack of sense of responsibility, lack of self-confidence, lack of healthy psychology and so on. In the ideological and political trend, some poor students have a vague understanding of the relationship between the state, nationality and individual. Some poor students lack group consciousness and pay more attention to their own interests. Some poor students are unwilling to assume their responsibilities, afraid of hard work, do not want to engage in some work study work, and are perfunctory in their work attitude. When facing difficulties, some poor students will lack self-confidence and courage to solve problems. Dare not show their own advantages on the relevant self-display platform, and have the psychology of timidity and inferiority. Use the Internet, alcoholism and other negative ways to escape the outside world and indulge in it.

Objective: To understand the current system implementation of poor students in colleges and universities, study the psychological and ideological and political problems of poor students in colleges and universities, and put forward relevant educational countermeasures according to the existing problems. The government should play a leading role in the education of poor students. While adhering to the subsidy policy, it also needs to adjust the investment in combination with the actual situation of different regions. Create a good social atmosphere so that poor students can have fair employment opportunities in an unbiased society. The school has a comprehensive understanding of the family situation and learning situation of different poor students, carries out targeted education, improves the effect of education, and timely and effectively helps those poor students in active ideological and political education. In the process