

selected from February 2019 to May 2020, including 22 males and 38 females. Firstly, the time spent on new media used by college students is surveyed. Secondly, the criteria for judging anxiety are as follows: (1) Two anxiety scores were performed on the participants, of which the anxiety self-rating scale ≥ 50 points, the Hamilton anxiety scale score ≥ 15 points, comprehensive SAS and HAMA assessment, those who do not need to use anti-anxiety or antidepressant drugs; (2) evaluate the participants' cognitive function, language ability and communication skills, confirm that the participants can complete the cognitive behavioral therapy; (3) I voluntarily participate in the project research, Those who have signed an informed consent form; (4) Perform routine physical examinations (blood routine, urine routine, liver function, chest X-ray) for participating college students to ensure that the participants are healthy and there is no obvious organic disease in the heart, lung, liver, kidney and other important organs; (5) Have not used any anti-anxiety or antidepressant drugs in the past six months, and have never participated in other psychotherapy; (6) Family has no history of epilepsy, depression, or other major mental illness; (7) No major mental shock in the past year, such as relatives, The death of a friend, etc. The results obtained using SPSS 15.0 statistical data questionnaire.

Results: Table 1 shows the results of the survey of college students' use of new media time. In this experimental study, 60 college students with anxiety were treated with video therapy under the background of new media for 72 h, and then the anxiety self-scale test was performed on all the subjects again. The results showed that 32 of the 42 mildly anxious patients were normal, and the remaining 10 were still mildly anxious but the SAS test scores had declined. Among the 18 moderately anxious people, 11 are already in normal mood, and the remaining 7 have all been reduced to mild anxiety. Therefore, a total of 60 students were psychologically counseled in this film and television therapy, of which 43 were in normal mood, and the remaining 17 were significantly relieved of anxiety, and the effective rate of returning to normal mood reached 71.67%.

Table 1. Daily time of college students using new media.

Time	<1 h	1 h-3 h	3 h-5 h	5 h-8 h	>8 h
Proportion/%	10.7	45.2	25.5	14.5	4.1

Conclusions: As one of the ways in which college students' leisure entertainment, the film and television play an irreplaceable role, but with the development of new media, film and television play content, the form has a rapid development and change, the form of transmission is in constant innovation, however its influence on college students also wavering between the positive and negative, shape group is in the midst of the values of college students, need more melody and positive The guidance of energy information. The society should advocate more realistic and positive thinking films and TV plays to promote to college students, solve the cognitive problems of college students, correct the wrong value orientation, establish more interaction with college students through new media, and provide more platforms for students to practice professional knowledge and improve their personal quality. At the same time, the management of movies and TV plays in traditional media should be gradually extended to new media as far as possible, especially the management of the network environment should be further strengthened to create a good environment for watching movies and TV plays, which can not only purify the market environment of movies and TV plays, but also help promote the comprehensive and healthy development of college students.

Since the number of samples included in this study is relatively small, it is still necessary to further expand the sample size to evaluate and improve the effect of video therapy. In summary, the film and television therapy of literary, film and television works in the context of new media can significantly improve the anxiety behavior of college students and reduce the degree of anxiety, which is of positive significance for mental health education and mental illness intervention in colleges and universities.

Acknowledgement: The research is supported by: Shanxi Provincial Higher School Philosophy and Social Science Research Project (2018)-"Exploring the creative style of sound in different film genres from the perspective of cultural anthropology", Shanxi Provincial Department Education, Item No.201803032.

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INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION ON ALLEVIATING COLLEGE STUDENTS' ANXIETY DISORDER

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Background: University stage is an important period for students to learn and deepen all kinds of basic theoretical knowledge, but also an important stage for students to develop basic ideas and values. In the new era, due to the influence of multiculturalism and the accumulation of various social problems, some college students have mental health problems, which should be paid attention to. At present, the health status of college students is worrying. Their unhealthy psychological state affects their development of potential and harms their physical and mental health. Anxiety caused by study tension; Inferiority complex caused by higher vocational colleges; Anxiety caused by communication difficulties; Panic caused by the pressure of choosing a career; Depression caused by emotional frustration. The causes of college students' psychological problems include family factors, school factors and social environment, as well as college students' own reasons. The family, the society, the school should care about university student's mental health. Studying the influencing factors of mental disorders (namely, mental diseases) and probing into the comprehensive prevention and control measures are the prerequisites for ensuring the smooth completion of their studies, and are more related to the improvement of social and cultural qualities. In the teaching practice, we should combine ideological and political education with college students' healthy psychological education organically, and innovate the educational path and mode actively according to the characteristics of the times, so as to better cultivate students' healthy psychological state and realize the goal of cultivating talents in college students' education.

Objective: With the continuous development of economic and social changes and the reform of higher education system, the ideological burden of college students is becoming increasingly heavy. College students are facing many problems, such as breaking away from their parents, establishing new interpersonal relationship, adapting to the new environment, etc. Good mental health is the basic guarantee for them to become useful talents with both ability and integrity. Therefore, how to help them solve these problems, cultivate healthy mental state and personality is one of the important tasks of college education. It is an urgent task for ideological and political education in universities to combine ideological and political education with college students' healthy psychological education and to explore its innovative path.

Subjects and methods: Select a higher vocational college of 300 students, students are voluntary participation. A psychological counseling room shall be set up within the higher vocational college, and 300 students of the higher vocational college shall be allowed to enter the psychological counseling room in an anonymous form for filling in the psychological questionnaire (Anxiety Self-Rating Scale, SAS), and the time for filling in the questionnaire shall be controlled within 30 minutes. A total of 65 students were found to have moderate anxiety disorder and 34 of them had severe anxiety disorder by analyzing their anxiety state.

Study design: Further, students with moderate and severe anxiety disorders were randomly divided into experimental group and observation group. The experimental group included 35 moderate anxiety patients and 16 severe anxiety patients. Participants included 30 patients with moderate anxiety and 18 patients with severe anxiety. Among them, the experimental group to carry out ideological and political education, especially to cultivate students' psychological quality, to build students' correct values and outlook on life; The observation group is only normal teaching, not ideological and political education. The experiment lasted 90 days. After 90 days, 99 students were asked to fill out the questionnaire again to record the changes of their psychological states before and after the experiment.

Methods: SPSS17.0 and Excel were used to make statistics before and after the experiment. Before and after the experiment, the experimental group and the observation group students' anxiety changes.

Results: Before and after the contrast experiment, the experimental group and the observation group's student anxious mood difference, obtains the score average experimental result as shown in Table 1.

Table 1. Comparison of anxiety between the two groups before and after experiment.

Groups	Before and after the experiment	Psychological anxiety score
Experimental group	Before experiment	44.62
	After the experiment	18.59
Observation group	Before experiment	49.31
	After the experiment	37.96

The higher the score of psychological anxiety was, the more serious the anxiety was. It was found that there was little difference between the experimental group and the observation group before the experiment. But after the experiment, the psychological anxiety scores of the experimental group decreased significantly, compared with the pre-experiment scores and the post-experiment scores of the observation group, there is a significant difference; There was no significant difference in the scores of psychological anxieties before and after the experiment in the observation group. Although the students' psychological anxiety was alleviated to some extent, they were still in moderate anxiety. After the experiment, the

students in the experimental group had moderate or severe anxiety turned into mild anxiety, which proved that the ideological and political education has a certain role in alleviating anxiety.

Conclusions: Mental health education is the important foundation of ideological and political education. If students cannot solve the psychological problems effectively, it will have a negative impact on the value orientation and moral concept of students, which is not conducive to ideological and political education. At the same time, ideological and political education is an effective complement to mental health education. Contemporary college students grow up in the information age, personality publicity, the pursuit of fashion, in the ideological and political education into mental health education, can enhance the ideological and political education of fresh vitality and effectiveness, so that students can better understand the relevant knowledge. Carrying out ideological and political education in higher vocational colleges is helpful to improve students' psychological quality and relieve their anxiety.

Acknowledgement: The research is supported by: Exploration and Research on the Application of Classroom Teaching Method of Ideological and Political Theory Course in Higher Vocational Colleges from the Perspective of Group Psychological Counselling, Jiangsu University Philosophy and Social Science Ideological and Political Work Special Project, (NO. 2020SJB0585).

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INFLUENCE OF THE MODEL MANAGEMENT OF THE ELDERLY CARE SERVICES IN THE BAY AREA ON THE MENTAL ANXIETY OF THE ELDERLY

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Background: With the advent of the current population aging, the proportion of heart failure of the elderly themselves is increasing. At present, in addition to the disease itself, elderly mental patients are also facing a series of family problems, such as empty nest, living alone, disability, etc. The long-term psychological condition cannot be effectively alleviated. At the same time, physical health and social adaptability are deteriorating, causing many elderly people to suffer. Anxiety seriously affects their physical and mental health and quality of life.

With the improvement of medical standards and the improvement of people's lives, the mortality rate of the Chinese population has decreased, the average life expectancy has increased, and the proportion of the elderly population has also increased year by year. Compared with some developed countries, China's old population base is huge and the growth rate is unprecedented. With the growth of the aging population, the existing politics, economy, society and people's lives will be affected to a certain extent. The old-age care service mode in the Bay Area still maintains the old-age care pattern of traditional families in form, but it reflects the transformation from traditional mode to modern mode in connotation. In terms of living style, in addition to living together with their children, the elderly can also choose to live separately and live alone with their children. In terms of pension funds, the elderly generally has independent sources of income such as pensions, and the insufficient part can be subsidized by their children or relatives and friends. Individuals in extreme poverty can also enjoy welfare relief through the community. In the way of living care, the elderly can be taken care of directly by their relatives such as children, hired to take care of them, and the community can also provide elderly care services. In this way, the elderly can spend their twilight years in their familiar family environment and community environment, and at the same time promote family harmony and community harmony. The model of elderly care services in the Bay Area will strive to build a new modern community with orderly management, complete services, a beautiful environment, good public security, convenient life, and harmonious interpersonal relationships. It can effectively solve the problem of aging, promote the system construction of the Bay Area elderly care service model, thereby alleviating the mental anxiety of the elderly.

Objective: With the rapid increase of the elderly population and the elderly, the number of lonely elderly people also increases. Therefore, an in-depth analysis of the influence of the current model of elderly care services in the Bay Area on the mental anxiety of the elderly is undoubtedly of great significance for alleviating the mental anxiety of the elderly.

Subjects and methods: The influencing factors of mental anxiety among the elderly were analyzed through the model of elderly care services in the Bay Area, and 300 elderly people with mental anxiety were taken as the survey subjects. Using questionnaires to analyze the specific effects of the model of elderly care services in the Bay Area, the total score is 10 points. The higher the score, the better the effect.

Results: The model of elderly care services in the Bay Area is that the community provides direct care