

physical and mental diseases. Therefore, it is very important to integrate labor education into the teaching of professional courses in higher vocational colleges, which can effectively relieve the anxiety of college students.

**Subjects and methods:** Anxiety is a kind of nervous, uneasy and fearful complex emotional state, which is caused by an individual's failure to achieve his goal or overcome obstacles and threats, and his self-esteem is frustrated or his sense of failure and guilt is increased. Many problems such as appearance, emotion, interpersonal communication, study and examination, entrance and employment, personal ability, money and so on suddenly appear in front of the young college students. The negative emotion experience is not well handled, the negative behavior is accompanied with, the anxiety mood changes into the anxiety symptom, several year's university life then runs counter to the growth. In order to improve the mental health of college students, labor education into the teaching of professional courses in higher vocational colleges can effectively ease the anxiety of college students.

**Study design:** Questionnaires on anxiety were distributed to 1000 college students, asking them to complete the questionnaires at one time, and the time for each student to fill in the questionnaires was about 15 to 20 minutes. A total of 1000 copies were distributed, 964 were recovered and 947 were valid.

**Methods:** Using Excel statistics labor education into professional courses in higher vocational colleges to alleviate the effect of anxiety disorders.

**Results:** Individual's psychological factor mainly includes factors and so on knowledge, sentiment, will, good faith. The process of internalization of labor values is the process of cognition, emotion, will and belief merging, upgrading, deepening and consolidating. Cognition is the basis, students in the existing concept of labor on the basis of continuous re-cognition, and constantly improve labor skills, forming the quality of labor. Emotion is the driving force, emotional needs is an important part of internalization activities, can effectively improve the autonomy of college students, ease anxiety. Will has a clear goal, the training of students' will to work needs to be honed in the continuous labor practice for a long time, insisting on the professional skills of lean. Faith is the goal, the formation of labor values, the Student Union according to the labor values of their own needs for re-analysis, and constantly improve the labor will, establish labor beliefs.

The results of this survey use 0-4 five levels of quantitative specific factors influence value, 0 means nothing, 1 means a slight impact, 2 means a general impact, 3 means a significant impact, 4 means full impact.

**Table 1.** The relief of labor education on psychological anxiety of college students.

Factor	Cognition	Emotion	Will	Faith
University student	3	4	3	4

**Conclusions:** With the deepening of the reform of education and teaching, labor education has become an important part of the talent training system in the new era. We shall actively carry forward the "labor spirit" among students, guide students to understand the truth of "advocating and respecting labor", help students to establish the labor consciousness of "labor is the most glorious, the most noble, the greatest and the most beautiful", and cultivate socialist builders and successors with "moral, intellectual, physical and aesthetic labor". Vocational students should form correct labor values in labor education, realize the happiness of creating a better life through labor, cultivate labor skills that can satisfy the survival and development of the new era, realize the goal of "nurturing morality through labor, enlightening wisdom through labor, improving health through labor, and benefiting beauty through labor", relieve the anxiety of college students, and finally realize the all-round development of people.

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## THE INFLUENCE OF IDEOLOGICAL AND POLITICAL EDUCATION IDEAS IN COLLEGE COURSES ON THE HEALTHY DEVELOPMENT OF STUDENTS' PSYCHOLOGICAL QUALITY

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**Background:** Traditional ideological and political theory teaching is the most important and basic carrier in the ideological and political education of college students. However, since entering the 21st century, facing the complicated domestic and international political and ideological development situation, more and more colleges and universities have begun to realize that they can no longer only rely on traditional ideological and political theory courses as a single channel of communication for students' ideological and political education. It is necessary to actively broaden and innovate the teaching carrier of students' ideological and political education and enrich the ways for students to receive ideological and political education through the development of a new education model such as curriculum ideological and political education. From a deeper perspective, the ideological and political education concepts of college courses can effectively promote the healthy development of students' psychological quality. Colleges and universities not only need to adopt new educational concepts of curriculum ideology and politics to innovate traditional ideological and political education, but also to continuously broaden the horizons of ideological and political educators with a vision of facing modernization, facing the world, and facing the future. To break through the various limitations of traditional ideological and political education in colleges and universities, can we effectively open up the new situation of ideological and political education in colleges and universities today.

As an innovative educational model, curriculum ideological and political education is an important measure to realize students' Ideological and political education by innovating educational ideas and improving teaching methods. It is inevitable that some controversies existed in the ideological and political teaching concepts of the curriculum, but should also arouse more attention and thinking. Ideological and political educators gradually integrate the traditional resources of ideological and political courses with modern resources, internal and external resources, explicit resources and implicit resources into educational resources with the same goal, realizing the organic unity of knowledge transfer and value guidance. Promote the transformation of ideological and political courses to three-dimensional education.

**Objective:** At present, curriculum ideological and political education is a kind of innovative education mode. It is an important reform measure to realize the ideological and political education of students on the basis of reforming educational concepts and improving teaching methods. The implementation of quality education is to enable the educated to develop harmoniously in physical, psychological, and social and cultural qualities, and to develop comprehensively in moral, intellectual, and physical aspects. It can also be said that its overall optimization education. This kind of education starts and ends with the healthy development of the educated body and mind and the formation of a sound personality. But for a long time, many people pay more attention to physical health, but pay less attention to mental health. Therefore, the idea of ideological and political education in college courses can improve students' mental health and promote their better development.

**Subjects and methods:** The ideological and political education concept of college courses has a positive guiding effect on the psychological development of students, and can help students establish correct values and learning views. It can be seen that the psychological condition of students needs to be relieved by the ideological and political education of college courses. This article mainly conducts research on students' confidence, sense of responsibility, creativity, character, and personality stability from the perspectives of ideological and political education in college courses. Primary schools, junior high schools, and high schools were selected as the research objects, and questionnaires were issued to their students to count the impact of ideological and political education on various aspects of college courses.

**Study design:** Using stratified cluster random sampling method, 1000 students were surveyed. Randomly select 1 elementary school, junior high school and high school in each of the city, county, and town, randomly select 1 class for each grade, and conduct questionnaire surveys among students in 12 classes. 1,000 questionnaires are distributed, and 979 valid questionnaires are collected.

**Methods:** Use Excel to calculate the degree of influence of ideological and political education of college courses on their own psychological quality by students of all ages.

**Results:** Under the influence of ideological and political education concepts, students will have varying degrees of influence on their own psychological quality. Because elementary school students have not yet sound minds, the ideological and political education concept has a greater impact on all aspects of them, while high school students have matured with respect to psychological and physical development, so the effect is small.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact of the assessment The individual subjectively caused a large error. Take the assessment value of 1000 students and take the average, and the

result is determined by rounding off. The specific statistical table is shown in Table 1.

**Table 1.** The impact of ideological and political education on students' psychological quality.

Factor	Confidence	Sense of responsibility	Creativity	Character	Stable personality
Primary school	5	3	5	5	5
Junior high school	5	4	4	4	3
High school	3	3	4	3	3

**Conclusions:** Curriculum ideological and political refers to the formation of a pattern of full-staff, full-course, and all-round education, to form a synergistic effect with various courses and ideological and political theory courses, and to “develop people with morality” as the fundamental task of education A kind of comprehensive education concept. Curriculum ideology must not only focus on condensing knowledge base in value dissemination, but also emphasize value guidance in knowledge dissemination, and effectively promote the integration of explicit education and implicit education. This brand-new education model pays special attention to the development of “curriculum ideological and political” as a starting point to actively construct a large ideological and political pattern in colleges and universities, that is, to focus on new achievements, new eras, new ideas, new goals, and new deployments. Begin with new requirements, reconstruct the new curriculum system of ideological and political education in colleges and universities, so as to maximize the promotion of various majors, courses, and all-round development as the main front of ideological and political education for classroom teaching and morality.

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## THE CREATION AND INFLUENCE ANALYSIS OF WORKS ABOUT “LI ZIQI” UNDER THE CONDITION OF THE AUDIENCE’S COMPENSATING MENTAL ANXIETY

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**Background:** Human survival needs are composed of five levels: physical needs, safety needs, belonging and love needs, respect needs, and self-realization needs. With the development of economy and technology, higher-level needs will be more importantly manifested. In addition to simple food, clothing, shelter, and transportation, people’s essential survival needs also have more important spiritual needs—*aesthetic needs and spiritual destination needs*. In the traditional Chinese aesthetic concept, the aesthetic charm of tranquility, harmony, leisure, unrestrained, and primitive simplicity embodies the symbolic characteristics of traditional art and culture. The series of short videos of “Li Ziqi” amplifies this aesthetic feature in traditional Chinese art and culture, breaking the status quo of restraint, tension, depression, and speed caused by modern society, allowing people to escape from reality, Enjoy the idyllic pictures that the video brings to people. The pursuit of peaceful life and aesthetics expressed in these videos is in line with people’s subjective psychological consciousness, allowing people to break the real environment of money, competition, and anxiety, eliminate inner depression and anxiety, and return to a peaceful and natural inner state. Li Ziran’s series of videos all implement his pursuit of beauty. In addition to satisfying people’s essential aesthetic activities, fans can subtly accept the influence and change of China’s excellent traditional art and culture. In the series of short videos of “Li Ziqi”, the most attractive place for users is that it creates an immersive look and feel for users and the feeling of “These things are very simple and can be done by hand”. For example, the issue of playing cotton gave viewers a kind of guidance to play cotton, while the issue of the four treasures of the study, through the description of the pen, ink, paper and inkstone production process, stimulated the audience’s desire to explore relevant knowledge. By paying attention to the viewer’s emotions, short videos continue to develop new creative modes, allowing viewers to immerse themselves in it and get the most intuitive experience.

**Objective:** With the rapid development of society, people’s life rhythm is gradually accelerating, and the pursuit of a “fast-paced” lifestyle has caused modern people to fall into a whirlpool of anxiety and desire a “slow-paced” life. The aesthetic style of “fast but slow” presented in Li Ziqi’s short video just comforts the contemporary people’s desire for a “slow life” and helps relieve people’s anxiety.