

themselves in the group, which is both fruitful and dedicated. At the same time, individuals gradually cultivate their subjective initiative, improve their sense of self-efficacy, and are willing to take the initiative to grow for their own future. The construction of this model not only creates a new idea of ideological and political education and mental health education, but also provides theoretical support and reference value for the development of college students' ideological and political education and the improvement of college students' mental health level in the new era.

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EFFECTIVE EFFECT OF SCL-90 ON ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: In recent years, the number of college graduates in China is increasing. The research points out that from 2021 to 2025, the employment prospect of college students is not optimistic, college students will bear great psychological pressure, and employment anxiety will become a common psychological phenomenon among contemporary college students. Employment anxiety is a restless emotional experience caused by college students' bad cognition of employment goals, processes and results, and this negative emotional experience is often accompanied by various physiological reactions, such as insomnia, tension, fear, anxiety and so on. Even if the employment anxiety is eliminated after employment, it will still have a certain impact on the physiology and psychology of college students. Although it is normal for college students to have slight anxiety in the process of employment, excessive anxiety will cause psychological disappointment and depression, and even extreme behavior. The main reason for the employment pressure of college students is that under the current social situation, the number of college graduates is increasing year by year, so that the established jobs cannot meet the needs of graduates. Secondly, when college students are employed, they are facing the pressure from families, schools and other aspects, which will inevitably cause college students to have negative emotions and psychological pressure. For college students themselves, their psychological ability to bear pressure is usually low, and they can't face up to the difficulties and setbacks in the process of employment. In addition, due to the long-term study of theoretical knowledge on campus and poor practical ability and hardship bearing ability, college students will feel that they are discouraged from job opportunities due to high work intensity or low salary in the process of job hunting. These reasons have led to the employment pressure and even employment anxiety of college students.

Objective: In view of the employment anxiety of college students, this study proposes to use cognitive therapy combined with group counseling to alleviate the employment anxiety of college students. Cognitive therapy believes that maladaptive behaviors and emotions are related to maladaptive cognition. Psychological counselors need to find this bad cognition and take appropriate measures to correct them in time. The psychological problems of college students' employment not only seriously affect the physical and mental health of college students and their future self-development, but also provide effective countermeasures to solve the employment anxiety of college students and improve the mental health level of graduates through exploratory intervention experiments.

Research objects and methods: Among the experimental volunteers of 8 colleges and universities in an area, 500 college students with medium and low-level anxiety were selected by SAS test. 120 students who clearly expressed employment confusion were selected through interview and randomly divided into experimental group and control group, with 60 students in each group.

Study design: The experimental group was given cognitive therapy combined with group counseling, and the control group was given routine treatment. The intervention plan of the experimental group includes unit topics such as ice breaking, theoretical knowledge learning, cognitive others, cognitive self, cognitive career, cognitive anxiety, cognitive job search, cognitive self-confidence, follow-up discussion and so on. After the experiment, SCL-90 scale was used to investigate and analyze the two groups. The scale has a total of 90 self-evaluation items. The test factors include somatization, obsessive-compulsive symptoms, depression, anxiety, psychosis, etc. through the 5-level scoring method, the higher the score, the lower the level of mental health.

Methods: The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

Results: The scores of somatizations, interpersonal sensitivity, anxiety and depression in SCL-90 in the experimental group were significantly better than those in the control group ($P < 0.05$).

Table 1. Comparison of SCL-90 test results between the two groups

Factor	Control group	Experience group
Somatization	2.2±0.43	1.94±0.47
Obsessive compulsive symptoms	1.71±0.75	1.74±0.57
Interpersonal sensitivity	1.76±0.82	1.51±0.46
Depressed	1.51±0.67	1.42±0.35
Anxious	2.26±0.40	2.20±0.24
Hostile	1.43±0.76	1.63±0.65
Terror	1.50±0.43	1.44±0.46
Paranoid	1.51±0.41	1.43±0.30
Psychotic	1.32±0.47	1.40±0.29

Conclusions: Through cognitive therapy combined with group counseling program, members show a high sense of belonging and happiness. In addition to learning some useful emotion regulation techniques and paying more attention to the establishment of cognitive model, members find self-worth and sense of belonging in the group. Interpersonal relationship has been improved, more willing to communicate and cooperate with others. Self-confidence has been improved and have more positive expectations for the future. Members are more positive than before, more willing to take the initiative to face their negative emotions and more willing to solve problems by themselves. More introverted students are more cheerful.

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INFLUENCE OF CHINESE FOLK-DANCE EDUCATION ON ALLEVIATING COLLEGE STUDENTS' MENTAL ANXIETY

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Background: With the population growth and aging, 3.5 billion people around the world are affected by mental diseases. Anxiety is a common mental disorder. This disease has a very high incidence rate and disability rate, which will bring great burden to the patients and their families. The economic burden of anxiety and depression in the United States is more than 210 billion US dollars, which poses a serious threat to the health systems of developed and developing countries. For Chinese contemporary college students, due to the pressure from school, family and society, college students will have some bad emotions. Research shows that dance education can effectively control the mood of anxiety patients and improve their social communication ability. Therefore, it is of great significance to analyze the impact of Chinese folk-dance education on college students' mental anxiety. Chinese folk-dance is a required core course for Dance Majors in colleges and universities, as well as an elective course for other majors. To learn national dance well, we need not only the ability to dominate the body, the ability to imitate and remember movements, but also the understanding and mastery of national culture, national spirit and national psychology, so as to learn the real essence of national folk-dance. National psychology is an interdisciplinary subject based on Ethnology and social psychology, which studies the life, emotion, behavior, psychology and other aspects of a certain ethnic group under certain conditions. This paper hopes to find out the coincidence between Chinese national folk-dance and national psychology, and apply the theory of national psychology to the study of national dance in colleges and universities, so as to alleviate the mental anxiety of college students.

Objective: Dance intervention is a common treatment for mental diseases, but there are still many deficiencies in the current research on the intervention effect of Chinese folk-dance education on college students' mental anxiety. Research shows that dance intervention has a certain therapeutic effect on college students' bad emotions such as anxiety and depression, but it does not reach the expected value. Therefore, based on the theory of national psychology, the research applies Chinese national folk-dance education to the treatment and intervention of college students' mental anxiety, hoping to effectively alleviate the anxiety of college students and improve their learning and quality of life.

Research objects and methods: In this study, Chinese folk-dance education was used to intervene the