

processing ability, ability to withstand blows and setbacks, healthy and correct values and good outlook on life is shown in Table 1. 0-4 points are used to indicate the degree of influence, 0 indicates no influence and 4 indicates complete influence. Table 1 shows that students' social psychology has a significant and complete impact on students' various psychological qualities.

**Conclusions:** The cultivation of college students' psychological quality in professional learning is also a key issue that students and college teachers need to pay attention to all the time. Therefore, how to cultivate college students' psychological quality is of great significance. The research determines the teaching direction of colleges and universities by analyzing the social psychology produced in college students' social activities and evaluating the specific value of social psychology in the cultivation of college students' psychological quality. The results show that college students' social psychology has a very obvious impact on their psychological quality. Therefore, in college teaching and daily life, students need to participate in social activities to cultivate their own social psychological growth, and cultivate their own psychological quality based on social psychology, so as to improve students' comprehensive quality and ensure their healthy development in society.

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## ANXIETY PSYCHOLOGICAL PROBLEMS OF COLLEGE STUDENTS FROM THE PERSPECTIVE OF IDEOLOGICAL AND POLITICAL EDUCATION

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**Background:** In psychology, it is believed that college students are just at the boundary between school and society. Many college students can't calmly deal with the pressure of learning, economy, communication and love, passively avoid, and can't actively explore and solve problems, which leads to negative emotions such as complaint, anxiety and fear of difficulties, which seriously affects their physical and mental health. With the acceleration of social development, the social pressure that college students need to face also begins to increase. Under this social pressure, the mental health status of college students has become the main topic of social concern. It is undeniable that in the psychological changes of college students, more psychological problems are anxiety disorders. The conventional psychological anxiety relief program is to carry out psychological courses, instill relevant psychological knowledge into students, and help students understand the serious impact of negative psychological emotions. However, in the development of psychological curriculum, students' interest in the psychological curriculum is not high, which leads to little effect of psychological curriculum on students' psychological counseling. Colleges and universities gradually shift the focus of students' mental health training to ideological and political teaching and alleviate students' psychological anxiety through the cultivation of values in ideological and political teaching.

In the current ideological and political education in colleges and universities, ideological and political education is to build a correct ideological and political outlook for students through ideological and political education, and help students maintain normal healthy values for a long time in their follow-up study and life. In the teaching practice of ideological and political education in colleges and universities for many years, it is found that students are more prone to psychological changes in the study of ideological and political courses, and in the ideological and political teaching in colleges and universities, the results reflected in their teaching can effectively alleviate students' negative psychological emotions. With the change of social situation, the ideological and political teaching curriculum in colleges and universities also needs to be innovated and reformed. The ideological and political teaching reform in colleges and universities is to assist students to establish correct values after enrollment. In colleges and universities, students need to cultivate strong self-management ability, which also needs to cultivate students' self-emotional management. Therefore, it is particularly important to alleviate students' anxiety through ideological and political education in colleges and universities. From the perspective of ideological and political education, the research analyzes the current situation of college students' psychological anxiety in ideological and political teaching, and helps colleges and universities establish innovative teaching programs of ideological and political education that can alleviate students' anxiety, in order to put forward solutions for the development of ideological and political education in colleges and universities and the alleviation of students' anxiety.

**Objective:** College students are about to enter society, so they are facing great pressure and fierce

competition. Many students fall into confusion about the future in this environment, resulting in anxiety and depression, affecting the level of mental health, and then affecting the healthy growth of students. Ideological and political education in colleges and universities is the main way to shape students' personality, cultivate students' outlook on life and values, and improve college students' psychological quality. Therefore, in order to solve the psychological anxiety of college students, this paper puts forward a teaching scheme with ideological and political education as the core, and analyzes its impact on students' psychology.

**Study design:** 120 students in a university were selected as the main research object, the psychological anxiety of all students was counted, and the students were divided into groups according to their different psychological anxiety. The innovative program of ideological and political teaching was used to alleviate students' psychological anxiety. All data were collected by SPSS24.0,  $P < 0.05$  was statistically significant.

**Results:** There are different levels of anxiety among all students. The specific analysis of the anxiety of all students shows that the changes of students' anxiety before and after teaching are shown in Table 1. Table 1 shows that the anxiety scores of students in different grades can be significantly reduced in teaching.

**Table 1.** Changes in students' anxiety

Project	Anxiety score		P
	Before teaching	After teaching	
Freshman (n=30)	69.57±2.31	35.45±1.26	<0.05
Sophomore (n=30)	66.12±2.06	39.52±1.66	<0.05
Junior (n=30)	60.11±2.28	40.02±1.33	<0.05
Senior (n=30)	70.1±2.69	42.06±1.25	<0.05

**Conclusions:** As an important part of the college curriculum, ideological and political education in colleges and universities needs to pay attention to how to alleviate students' increasing anxiety. The research starts from the improvement of teaching schemes in ideological and political education, and formulates a good teaching innovation scheme for the purpose of improving students' psychological anxiety. The results show that in the innovative teaching of ideological and political education, college students of different grades can get a significant decline in scores, that is, students' psychological anxiety can be significantly alleviated. The psychological anxiety of college students needs to be paid close attention to and solved in college teaching. At the same time, colleges and universities should also build teaching plans based on students' psychological negative emotions in ideological and political teaching, provide the basis of teaching environment for students' healthy growth, promote students' normal growth, and provide a theoretical basis for talent training in our country.

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## THE TEACHING REFORM PATH OF ART EDUCATION CURRICULUM IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is the theoretical basis of teaching reform in colleges and universities. In the teaching reform in colleges and universities, the application of educational psychology can realize the practice of teaching reform to the greatest extent. The purpose of educational psychology is to guide the reform of teaching mode and system. From the perspective of educational psychology, any teaching system has its aspects that can be reformed. Educational psychology emphasizes the intervention of human learning and educational programs in the educational context, so as to improve the teaching level. In educational psychology, taking students' learning tasks as the background and psychology as the basis, this paper analyzes students' learning psychology, designs courses and optimizes teaching plans from students' learning levels. In recent years, due to the needs of social development, educational development is constantly updating and iterating, and the tasks of educational psychology are increasing. Therefore, the scope of research objects of educational psychology is also expanding. And with the change of social education concept, education is not only the infusion of knowledge, but also shoulder the role of cultivating students' moral behavior and aesthetic emotion. In college teaching, teachers and schools pay more and more attention to students' aesthetic emotion in colleges and universities. Therefore, how to cultivate