

THE INFLUENCE OF THE REFORM AND INNOVATION OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION PRACTICE ON STUDENTS' SPIRITUAL AND EMOTIONAL ANXIETY

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Background: Mental and emotional anxiety belongs to widespread anxiety in anxiety psychology, which belongs to pathological anxiety. Mental and emotional anxiety is chronic and diffuse. It takes a long time to form and will produce unrealistic anxiety, tension and other emotions in life situations. Mental and emotional anxiety will appear different physiological symptoms, such as numbness in hands and feet, rapid heartbeat, chest suffocation and so on. Life situation is generally some daily trivia, such as examination, study, work and other situations. Mental and emotional anxiety will worry and fear about what doesn't happen in the future, worry about some things you can't control, and often panic. For example, housewives often fear that their children will be hurt, often pay attention to their children's situation, and take a look at their children at intervals when doing things. When going out, they will lead their children, often pay attention to the surrounding environment, worry about sudden changes, and fear that they will not have time to respond. Parents are afraid that if they don't master all kinds of knowledge before and after the exam, they will worry about whether they will fail the exam. Take a negative view of what has not happened, worry too much, and cause mental and emotional anxiety. In this state, the individual's spirit is difficult to concentrate, and is more sensitive to sound and light. The spirit is in a tight state, and the emotion is more sensitive. He will even feel sad and cry when thinking about it.

Due to the different personality characteristics of college students, there will be differences in their sensitivity to the stimulation of surrounding things and their response to pressure. Some students have strong psychological tolerance and can adjust themselves. Some students have relatively weak adjustment ability and will have slight psychological problems. Some students have poor psychological tolerance and emotional regulation ability and are very sensitive to the surrounding stimuli, resulting in mental and emotional anxiety, easy having negative associations with what has not happened, and then feeling worried and afraid. After paying attention to students' mental health, colleges and universities put forward new requirements for ideological and political education to integrate psychological counseling. According to the psychological status of college students, adjust the teaching methods of ideological and political education, and conduct psychological counseling for students in the process of educational practice, so as to alleviate and cure students' mental health problems. Therefore, in view of college students' mental and emotional anxiety, we should reform the practice of college students' ideological and political education, and study its influence on students' mental and emotional anxiety.

Objective: To comprehensively grasp the mental and emotional anxiety of college students and study its causes. The practical reform of ideological and political education is carried out for college students' spiritual and emotional anxiety. By combining textbook knowledge with students' role-playing, the behavior of college students is standardized, guiding them to make positive association with themselves and collectives and compare with reality, triggering them to think positively and realize the unity of consciousness and behavior, so as to cure mental and emotional anxiety. In teaching, we should consciously cultivate students' positive psychological quality, develop good moral quality, improve their psychological tolerance and anti-interference ability, improve their mental tension, and alleviate or even cure their mental and emotional anxiety.

Research objects and methods: The research objects are college students with mental and emotional anxiety. Through data mining technology, 260 college students with mental and emotional anxiety were selected from the mental health database of two colleges and universities. These college students come from different majors, different grades and different family backgrounds. Analyze their situation in learning and interpersonal relationship, and carry out the ideological and political education for these college students after the reform for two months, once a week, 60 minutes each time. During the experiment, the relevant data were recorded, the treatment was statistically analyzed through SAS house arrest, and the influence of the reform and innovation of ideological and political education practice on the cure of students' mental and emotional anxiety was studied.

Results: In colleges and universities, college students have different degrees and types of psychological problems, and mental and emotional anxiety is one of them. College students with mental and emotional anxiety are difficult to concentrate and their learning efficiency is not high. After the reform of ideological and political education, the relevant symptoms of college students have been significantly improved, the attention of students has been improved to a certain extent, and the mental and emotional anxiety has been slowly cured. The effect of role plays on the cure of mental and emotional disorders of students

majoring in human geography is scored as 4 points, and the results are shown in Table 1.

Table 1. The influence of ideological and political curriculum obstacles on students' will education in colleges and universities

Major	Social survey	Cosplay	Cultivate students' positive psychological quality
Mathematics major	5	4	5
Human geography	4	4	5
Accounting profession	4	5	5

Conclusions: After the reform and innovation of the practice of ideological and political education for college students, the mental and emotional disorders of college students have been slowly alleviated and cured after innovative education, their learning attention has been significantly improved, they no longer feel worried and uneasy about what has not happened, and their emotions have become positive.

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EFFECTIVENESS OF POSITIVE PSYCHOLOGY IN PROMOTING IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES

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Background: Positive psychology belongs to psychology, which rose at the end of last century. It mainly studies human positive psychology, virtue and other positive aspects. Positive psychology attaches importance to the positive promotion of human positive psychological quality in different industries, and has a wide range of applications, including enterprise management, education, society and so on. In the research of positive psychology, it is emphasized to use scientific methods on the principle of adhering to science to guide the positive psychological quality of individuals. Through positive psychology, individuals with psychological problems are guided to pay attention to the positive aspects of things, and slowly become positive and optimistic under the stimulation of various positive things, broaden their mind and alleviate the negative emotions in their hearts. When you look at things, you will no longer blindly look at the bad side of things, and you will maintain a positive and optimistic attitude. In the face of difficulties, meet challenges bravely, make unremitting efforts, and actively adjust the direction of efforts according to the situation until success. The application of positive psychology in the process of relevant education and training will create a positive atmosphere, promote the smooth development of these activities and improve the effect of activities, so as to make individuals and groups develop well, improve people's quality of life and contribute to the stability of social security.

At present, ideological and political education in colleges and universities has achieved some good results after continuous reform, but there are still some problems. For students, they do not pay much attention to the role of ideological and political education. In class, many students simply listen to the class without in-depth thinking, do not know much about the role of ideological and political education, and their learning enthusiasm is low. Some students even regard the ideological and political education course as a course of playing with mobile phones. They often look down at the mobile phone and don't listen to what the teacher is talking about. They are even perfunctory about the homework of the ideological and political education course. On the whole, the teaching effect of ideological and political education course is not very good, and the students' harvest is limited. For teachers, their teaching and research level still needs to be continuously improved. Some teachers' teaching ideas do not keep up with the pace of teaching development, and there is a lag phenomenon. The teaching methods used by teachers in ideological and political education courses are single and relatively old, the innovation of teaching mode is insufficient, the relevant evaluation mechanism needs to be improved, and there is a phenomenon that theory is light of practice. The real performance of students cannot be reflected in the examination results. According to the role of positive psychology, it is applied to improve the effectiveness of ideological and political education in colleges and universities, stimulate students' learning enthusiasm, let teachers actively explore and research in ideological and political education, and carry out all-round innovation.