humanistic care, and promote the construction and development of a harmonious society.

Patients suffering from visual inferiority disorder, color perception disorder, and so on. The research is based on design psychology to innovate art design, alleviate the cognitive impairment of people with color visual impairment, reflect humanistic care, and promote the construction and development of a harmonious society.

Subjects and methods: 100 patients with cognitive impairment with color vision impairment were selected from a third-class hospital. The Cognitive Impairment Assessment Scale (CIAS) was developed in combination with the mental health part of the concise mental state examination scale and the 36-Item Short Form Survey (SF-36) to assess the degree of cognitive impairment.

Study design: Using random number table method, 100 patients with cognitive impairment with color visual impairment were randomly divided into study group and control group, with 50 people in each group. Both groups were given routine drug treatment. Among them, patients in the research group enjoy innovative art design works based on design psychology for 30 minutes every day. Patients in the control group enjoyed traditional art and design works for 30 minutes every day. After a period of intervention, the degree of cognitive impairment was compared between the two groups.

Methods: Using Excel software and SPSS22.0 software to process and analyze relevant data.

Results: Before intervention, there was no significant difference in CIAS score between the two groups ($P > 0.05$). After the intervention, the CIAS score of the study group was significantly higher than that of the control group ($P < 0.05$), as shown in Table 1.

Table 1. CIAS scores of two groups of researchers

Timing	CIAS Score		t	P
	Research group	Control group		
Before intervention	56.4±8.5	56.5±9.2	0.254	0.671
After intervention	86.4±6.4	77.2±7.0	6.673	0.025
t	7.643	5.361	-	-
P	0.001	0.032	-	-

Conclusions: Traditional art design pays attention to the use of color, and the therapeutic effect on cognitive impairment patients with color visual impairment is not obvious. Chinese traditional aesthetics, such as ink painting, poetry and calligraphy, do not pay attention to the application of color, but pay more attention to the expression of artistic conception. In addition, the emotional expression and cultural connotation contained in traditional aesthetics are easier to make the audience feel cordial and identity. Therefore, based on design psychology, the research applies traditional aesthetics to art design in order to innovate art design. The results showed that there was no significant difference in CIAS score between the two groups before intervention ($P > 0.05$). After the intervention, the CIAS score of the study group was significantly higher than that of the control group ($P < 0.05$). To sum up, innovative art design based on design psychology can significantly alleviate the cognitive impairment of people with color vision impairment, reflect the humanistic care of art design, and promote the construction and development of a harmonious society.

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THE NECESSITY OF STRENGTHENING IDEOLOGICAL AND POLITICAL EDUCATION IN COLLEGES AND UNIVERSITIES BASED ON THE CONNOTATION OF STUDENTS' PSYCHOLOGICAL ANXIETY

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Background: When there are unsolvable problems in life and learning, individuals will have anxiety, fear and tension, feel uneasy without coming, and worry about possible threats. This experience and psychological state are called psychological anxiety. Individuals with anxiety lack a sense of security, and

there will be some physiological reactions, such as facial panic, rapid heartbeat, feeling dry mouth, etc. Psychological anxiety has both advantages and disadvantages for individuals. Appropriate psychological anxiety will promote the improvement of their work efficiency and learning efficiency, mentally in a state of positive progress, full of enthusiasm for the goals to be achieved, actively find ways to solve the problems existing in the process of efforts, and full of hope. Excessive psychological anxiety will affect the individual's work and learning process, and the enthusiasm is not high. Because anxiety, panic, and other psychology occupy the heart, they will disturb their thinking. The more they reach a critical juncture, they will be at a loss, have confused ideas, and don't know what to do. Moreover, severe psychological anxiety will also cause damage to the body and mind of individuals. Their spirit will be in a very tired state, and they will have mental abnormalities, be suspicious of the subtle movements around, cause damage to various organs of the body, cause some diseases and even death. The factors of psychological anxiety are divided into personal factors and environmental factors. In personal factors, different individual personality characteristics have a different probability of psychological anxiety. Introverted individuals are more likely to suffer from psychological anxiety than extroverted individuals. Environmental factors refer to all kinds of work, learning environment and the interpersonal environment with great pressure and fierce competition. Stimulated by these environmental factors, individuals have psychological anxiety.

In colleges and universities, due to the great pressure brought by learning and interpersonal, students are overwhelmed, resulting in different psychological anxiety. At present, the ideological and political education in colleges and universities has a tendency of knowledge, and insufficient attention is paid to students' mental health problems, which leads to the lack of timely and correct guidance of students' outlook on life, values and world outlook. Students' ability to distinguish right from wrong is insufficient, their psychological tolerance is weak, and they cannot analyze and deal with difficulties and temptations well. Students' mental health problems are obvious, one of which is psychological anxiety. The research of ideological and political education in colleges and universities in mental health education is still in the preliminary stage, there is no perfect mental health education system, the research on mental health education is not in-depth, and there is a trend of "emphasizing governance over prevention" in the implementation of mental health education. The construction of teachers in mental health education is not enough, and teachers' teaching initiative is not enough. Therefore, it is imperative to strengthen ideological and political education in colleges and universities.

Objective: To understand the psychological anxiety problems of college students and analyze the causes. Study the current situation and differences of ideological and political education in colleges and universities, and enhance the timeliness of ideological and political education in colleges and universities according to the connotation of students' psychological anxiety. Through the reconstruction of educational concept, relationship optimization, environmental planning and returning to reality, we should reform the ideological and political education in colleges and universities, solve the existing problems and intervene the students' psychological anxiety in time.

Research objects and methods: The research objects were college students with psychological anxiety. Four colleges and universities were selected, and 280 college students with psychological anxiety were randomly selected from these colleges and universities. These students come from different majors and grades, and there are some differences in their mental health problems. Understand their learning situation, mental health status and their views on the course in the ideological and political education course, carry out the teaching of the reformed ideological and political education course for these students, and record the relevant data. Through the fuzzy evaluation method, this paper evaluates the influence of ideological and political education teaching on students' psychological anxiety after the reform. The relevant influencing factors are quantified, and 0-4 scores are adopted. 0-4 scores respectively mean no impact, slight impact, general impact, obvious impact, and complete impact. SAS software is used for data processing and analysis.

Table 1. The influence of ideological and political education on students' psychological anxiety after reform

Grade	Reshaping the concept of education	Create a relaxed educational environment	Relationship optimization
Freshman	4	3	3
Sophomore	3	3	4
Junior	4	4	4

Results: Ideological and political education in colleges and universities did not involve much in students' mental health education. Students' mental health problems could not be solved through ideological and political education, and students' psychological anxiety could not be intervened in time. Through the measures of reshaping educational concepts, relationship optimization, environmental planning, and returning to reality, integrating mental health education into ideological and political education, respecting

students, understanding their spiritual needs, enhancing their self-confidence and alleviating psychological anxiety. In the ideological and political education after the reform, the impact of creating a relaxed educational environment on sophomores with psychological anxiety is scored as 3 points. The results are shown in Table 1.

Conclusions: After the reform of ideological and political education, teachers pay more attention to students' mental health, optimize the relationship between teachers and students, promote the elimination of students' psychological anxiety, and guide students to form positive, healthy, and upward values.

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AESTHETIC DESIGN OF SMART HOME PRODUCTS BASED ON THE PSYCHOLOGY OF ANXIETY PATIENTS

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Background: Anxiety disorder belongs to mental disorder. The influencing factors of anxiety disorder include quality factors and social psychological factors. Among the quality factors, individual personality characteristics will affect the occurrence of anxiety disorders. For example, introverted and shy individuals are generally more likely to suffer from anxiety disorders, and those who are too neurotic are more likely to suffer from anxiety disorders than normal individuals. Among the social psychological factors, interpersonal tension and long-term mental work are more likely to produce anxiety disorder. The psychology of patients with anxiety disorder will reflect different characteristics due to different manifestations of anxiety disorder. The manifestations of anxiety disorder, they can be divided into six types: Patients with lack of stability and self-control, patients with heavy life pressure, patients with anxiety and urgency, patients with decreased work and learning efficiency, patients with long-term anxiety and tension due to disease, and patients with immature psychological defense mechanism. Patients who lack stability will make a strong response to external stimuli. When they hear some subtle movements, their heartbeat will accelerate, their expression will be nervous, their emotions are easy fluctuate, and the range is large. Patients with a sense of load-bearing life will feel a lot of pressure brought by life, which is close to the edge that they can bear. Their attitude towards things is basically that they have to do and can't do it. They just work for survival and are more passive. When the effect of work and study is not ideal, it will cause a serious blow to the patients, promote the patients to have anticipatory anxiety and feel timid about what they will do. Patients with a sense of urgency will feel that they have little time left for themselves, which is not enough to complete tasks and goals. They feel that they have a lot of things to do but can't do anything. They are very nervous. Even during the rest time, they will worry about what they haven't done, which will affect their work efficiency.

With the continuous development of the times, after people's living needs are met, they begin to pursue higher-level spiritual needs, and the requirements for home environment are gradually improved. With the rapid development of network technology, its application field is expanding, and all walks of life have in-depth research. Under this background, smart home has developed slowly and popularized rapidly. When designing smart home products, people should not only pursue functional practicability, but also carry out aesthetic design. As for aesthetic design, people put forward the requirements of emotional design of smart home. Through smart home products to adjust people's emotions, relieve pressure and make home a place of spiritual dependence. The emotional design of smart home products includes three principles: humanization of interactive experience, naturalization of situation simulation and agility of information processing. According to these principles, make home a harbor for the soul. Therefore, according to the psychological characteristics of anxiety patients, targeted design is carried out to meet their emotional design requirements for smart home products.

Objective: To analyze and study the psychology of anxiety disorder and patients with anxiety disorder, and analyze the causes of related problems. In the aesthetic design of smart home products, the emotional design of products should be carried out considering the emotional needs of anxiety patients. Under the three design principles of humanization of interactive experience, naturalization of situation simulation and agility of information processing, the five functional areas of door, living room, bedroom, study and kitchen are designed separately, so that patients with anxiety disorder can relax at home, feel a moment of tranquility and alleviate anxiety and tension.

Subjects and methods: The subjects were patients with anxiety disorder. Understand the requirements