

anxiety state of college teachers and students under laboratory construction and safety management, and introduces relevance analysis and difference analysis on this basis. By analyzing the correlation points and differences between teachers and students' anxiety emotions, it provides the basis for anxiety de emotion control strategies.

Methods: SPSS19.0 was used in this study to make statistics on the anxiety psychological scores of college teachers and students under the construction and safety management of teaching laboratory.

Results: The comparison of quality anxiety and state anxiety between teachers and students in teaching laboratory construction and safety management is shown in Table 1.

Table 1. Comparison of anxiety between teachers and students

Category	Quality anxiety	State anxiety
Teacher	44.23±8.13	39.57±7.82
Student	45.17±7.92	39.86±7.89
Z	1.25	0.44
P	<0.05	<0.05

As shown in Table 1, the quality anxiety score of college students is 45.17 ± 7.92 , while the quality anxiety score of college teachers is 44.23 ± 8.13 , where P is less than 0.05, and the data is statistically significant. The score of state anxiety of college students was 39.86 ± 7.89 , while that of college teachers was 39.57 ± 7.82 , $P < 0.05$. It can be seen that the anxiety level of college students is generally higher than that of college teachers in the construction and safety management of teaching laboratories.

Conclusions: As a very important part of environmental safety in colleges and universities, whether the construction planning and safety management of teaching laboratory are strict will have a certain impact on the psychological state of college teachers and students who use the laboratory. By analyzing the psychological anxiety state of college teachers and students under the construction planning and safety management of teaching laboratory, this study finds out the similarities and differences of college teachers and students' psychological anxiety, and provides the basis for the psychological control strategy of college teachers and students.

* * * * *

THE INFLUENCE OF THE INNOVATION AND REFORM OF IDEOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES ON STUDENTS' ANXIETY UNDER THE PATTERN OF "GREAT THOUGHT AND POLITICS"

Yuning Liu

School of Foreign Languages, Jiangsu University of Technology, Changzhou 213000, China

Background: In the growth experience and environment of college students, there are many factors that may lead to students' anxiety, some of which are physiological and some are psychological. Some studies have shown that anxiety has obvious family aggregation, in which the anxiety symptoms caused by genetic factors alone account for 25% to 37% of all patients. This part contains the influence of genetic factors and collective trait factors, which may lead to the formation of anxiety psychology of contemporary college students. On the other hand, psychologically, the external social environment, parents' education methods and individual psychological trauma events in childhood may lead to contemporary college students' anxiety and more serious psychological diseases. Anxiety psychology is essentially a kind of stress psychology produced by consciousness and behavior. This kind of stress psychology is composed of external pressure sources and internal pressure sources. When students' individual beliefs and consistency are difficult to respond to external requirements, similar negative stress psychology, namely anxiety psychology, will occur. In general, anxiety psychology is conducive to the self-development of individual students. Stressors are everywhere in the study and life of individual students. Individual students have more or less developed certain anxiety psychological coping habits. This psychological bearing and release system is the basic response of human physiological system to external stimuli. However, this kind of stress psychology is constantly depressed and difficult to be effectively released, which will eventually lead to excessive anxiety. Under the pattern of "great thinking and politics", the innovation and reform of ideological education in colleges and universities starts from the perspective of the formation of students' anxiety psychology, helps students improve their way of looking at external stressors by helping students establish a more perfect

thinking system, and then relieves students' anxiety psychology from the path of anxiety.

Objective: This study is based on the formation mechanism of anxiety psychology of contemporary college students in the process of growth, takes the "great ideological and political" pattern as the background of ideological and political and psychological education, and uses the innovative reform of ideological education in colleges and universities to provide students with a more reasonable anxiety counseling and help seeking mechanism, and provide students with an educational environment that pays more attention to mental health.

Subjects and methods: 128 college students were selected as the main research objects. This study uses the method of logistic multifactor analysis to analyze the impact of college ideological education innovation reform on students' anxiety under the pattern of "great thinking and politics". In the analysis process, based on the current anxiety situation of college students, this paper analyzes the impact of different factors on students' anxiety under the ideological education innovation reform.

Study design: Based on the self-rating anxiety scale, this study analyzes the anxiety psychological status of contemporary college students, and uses the logistic analysis method to analyze the contact between the innovation and reform of ideological education in colleges and universities and the actual psychological anxiety status of students under the background of ideological and political education, and analyze the interaction relationship between them point by point.

Methods: EpiData was used in this study data entry and data processing using SPSS22.0.

Results: The logistic analysis of the impact of the innovation and reform of ideological education in colleges and universities on students' anxiety under the pattern of "great thinking and politics" is shown in Table 1.

Table 1. Comparison of anxiety between teachers and students

Influence factor	SE	P	OR
Past experience	0.168	0.012	0.651
Emotional relief	0.204	0.000	2.522
Actual behavior	0.277	0.001	0.401
Ideological guidance	0.216	0.000	0.376

As shown in Table 1, it can be seen that the *P* values of past experience, emotional relief, actual behavior and ideological guidance are 0.012, 0.000, 0.001 and 0.000 respectively, which are less than 0.05, which is statistically significant. Among them, the *P* values of emotional relief, actual behavior and ideological guidance are 0.000, 0.001 and 0.000 respectively, which are less than 0.01. It can be seen that the innovation and reform of ideological education in colleges and Universities under the pattern of "great thinking and politics" can affect students' anxiety from four factors: past experience, emotional relief, actual behavior and ideological guidance.

Conclusions: The causes of college students' anxiety are often personalized. Therefore, in the process of ideological and political education in colleges and universities, comprehensive and personalized teaching design should be carried out according to the psychological characteristics of college students' anxiety. This study takes the "great ideological and political education" as the main research background, based on the current anxiety situation of contemporary college students, and uses the method of logistic multi factor analysis to analyze the impact of the ideological and political education reform on students' anxiety. The results show that the impact of the innovation and reform of ideological and political education on students' anxiety in the past experience, emotional relief, actual behavior. The *P* values of the four influencing factors of ideological guidance are 0.012, 0.000, 0.001 and 0.000 respectively, which constitute statistical significance. It can be seen that the reform of ideological and political education in colleges and universities can really relieve students personalized and comprehensive anxiety and help students control their anxiety.

* * * * *

RESEARCH ON ALLEVIATING THE SYMPTOMS OF COMMUNICATION ADAPTATION DISORDER OF COLLEGE STUDENTS BY ART DESIGN EDUCATION

Hao Lu

Jiangxi Modern Polytechnic College, Nanchang 330095, China

Background: Communication barriers are negative factors formed in a communication relationship under