experience and thinking, sometimes they make mistakes and childish words and deeds, and sometimes their studies are not smooth. Once they are hit, they are prone to pessimism, weak psychological tolerance, and are very prone to anxiety and other negative emotions. With the continuous development of society, the incidence rate of adult anxiety and anxiety disorder is on the rise. Anxiety reaction is a normal psychological phenomenon. When a person's wish is not realized for a long time, or the possibility of realization is estimated to be very small, anxiety will occur, but excessive anxiety will cause anxiety disorder. In the heart of anxiety disorder, there is often a psychological problem that can't be rid of and unwilling to face. Anxiety is only a manifestation of contradiction and conflict, which can be used as a defense mechanism to avoid deeper troubles. A survey on the relationship between college students' self-efficacy, self-esteem and depression shows that about 10%-40% of college students have different degrees of bad psychological emotions, and anxiety is the most common psychological problem. Mild anxiety may have some positive significance, but long-term anxiety will affect people's work, study, and even physical and mental health. Anxiety is gradually becoming an important factor affecting college students' mental health. Therefore, it is of great significance to understand the characteristics of college students' psychological development and pay attention to college students' anxiety when facing problems.

Objective: With the continuous development of society and the increasing competition for talents, self-awareness and values are also changing in people's hearts. At present, college students generally pay more attention to their achievements and honors, and are under increasing pressure from society, school and family, which makes college students have varying degrees of anxiety and depression. Therefore, aiming at the mental anxiety of college students, this study adopts the teaching mode of inheritance and development of national physical education in colleges and universities to intervene, in order to explore the impact of the inheritance and development of national physical education in colleges and universities on alleviating college students' mental anxiety.

Subjects and methods: In this study, 200 college students in a university were divided into control group (100 cases) and research group (100 cases). The control group was given routine teaching and the research group was given the teaching mode of inheritance and development of national physical education in colleges and universities. Before and after the teaching, the self-designed scale was used to evaluate the students' anxiety and depression. The psychological evaluation of college students in W1 (0 month), W3 (4 months) and W4 (4 months) will be taken as the psychological evaluation of college students before teaching.

Results: There was no significant difference in the scores of anxiety scale between the two groups at W0, W1 and W2 ($P > 0.05$), but the scores of anxiety scale in the study group at W3, W4 and w4-w0 were significantly lower than those in the control group ($P < 0.05$). As shown in Table 1.

Table 1. Anxiety scores of the two groups at different time points

Scale	Group	W0	W1	W2	W3	W4	W4-W0
Anxiety scale	Research group	10.7	10.1	9.3	8.6	8.3	-2.4
	Control group	10.3	9.9	9.6	9.3	9.2	-1.2

Conclusions: Anxiety is a feeling intertwined by tension, anxiety, anxiety, worry and fear. It is a complex emotional response in the state of helplessness and chaos. Due to the change of college students' role and the influence of social environment after entering the university, many college students will have varying degrees of anxiety. National traditional sports in colleges and universities should be based on the present, face the society and focus on the future. It can not only exercise students' body and teach students the technology of some national traditional sports, but also focus on solving students' mental health problems. Through the study of national traditional sports, it is helpful for contemporary college students to adapt to university study and future work with good psychological quality.

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ANALYSIS AND GUIDANCE OF AGGREGATION INFORMATION PLATFORM ON THE FORMATION OF USERS' ANXIETY UNDER THE ENVIRONMENT OF IDEOLOGICAL AND POLITICAL NEW MEDIA

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Background: Anxiety can be summarized as a vague and unpleasant emotional state. Patients may have the psychological characteristics of anxiety, fear, pain and anxiety. Anxiety comes from excessive irresistible stimulation. Unlike tension, anxiety is the result of long-term inhibition. Anxiety occurs when tension accumulates in some people and breaks through a critical point. The emergence of anxiety is a long process and varies from person to person, mainly because everyone is affected by various conditions or factors. When people feel nervous about something, their thoughts will be disturbed by it repeatedly and make all kinds of exaggerated imagination and assumptions. When it exceeds the critical point, anxiety begins to appear. Anxiety is usually manifested in negative emotions such as self doubt, anxiety and tension. Curriculum ideological and political education is to integrate ideological and political education into curriculum teaching, find the relationship between professional knowledge and ideological and political education content, realize the introduction of ideological and political education related content in the process of curriculum development, and realize the educational purpose through the infiltration of various disciplines. In 2016, the National conference on ideological and political work in colleges and universities stressed the need to make all kinds of courses go hand in hand with ideological and political theory courses to form synergy. Among all colleges and universities in China, engineering colleges and universities account for a large proportion. Integrating ideological and political education in the curriculum of engineering colleges and universities is an inevitable requirement of current quality education. At present, many domestic colleges and universities are still in the exploratory stage for the integration of ideological and political education and various disciplines, and do not make effective use of teaching resources. Some teachers still only pay attention to students' professional knowledge and practical skills, and their understanding of ideological and political education is still limited. At present, computer and communication technology have developed to a great extent. At the same time, the Internet is also developing rapidly. In this context, the amount of information has increased explosively, and the channels for people to obtain information are becoming more and more diversified, flat and vertical. In order to meet the requirements of users, the portal era has gradually become the past, and the aggregated information client came into being.

Objective: At present, the society has entered the new media era, and each individual is an information producer. All kinds of information on the aggregation information platform are staggered and dazzling, and the platform will provide users with the information they like according to the algorithm. Information technology has driven the progress of mankind and brought redundant information to users, resulting in information pressure. Users' information anxiety caused by a large amount of information has also become a part of social anxiety. Therefore, it is also an important topic to explore how to eliminate social anxiety from the impact of aggregation information platform on users' anxiety.

Subjects and methods: 100 students with anxiety disorder were randomly divided into control group and experimental group, with 50 students in each group. The experimental group was given aggregation information platform teaching under the new media environment of ideological and political education, and the control group was given conventional ideological and political traditional teaching. The effect of alleviating anxiety of the two groups of students was counted by Excel. After teaching, the Self-rating Anxiety Scale (SAS) was used to evaluate before and after teaching (3 months). The score limit was 50 points. More than 50 points indicated anxiety. The lower the score, the healthier the psychology. Depression: Self-rating Depression Scale (SDS) was used to evaluate before intervention and after intervention (3 months). The score limit was 53 points. More than 53 points indicated depression. The lower the score, the healthier the psychology.

Results: Before teaching, there was no significant difference in SAS and SDS scores between the two groups ($P > 0.05$). After teaching, the SAS and SDS scores of the two groups were significantly lower than those before teaching ($P < 0.05$). After teaching, the score of the experimental group was significantly lower than that of the control group, and the difference was statistically significant ($P < 0.05$), as shown in Table 1.

Table 1. The anxiety and depression of the two groups were compared

Group	SAS		SDS	
	Before teaching	After teaching	Before teaching	After teaching
Control group	56.42	45.64	58.85	50.53
Experience group	55.99	41.37	58.76	41.17

Conclusions: Anxiety is caused by many aspects, among which the information cocoon room of aggregation information platform and information overload inevitably bring information anxiety to users. In this regard, users should correctly view network information, improve their media literacy, face up to the anxiety of the current society, and use diversified channels to collect information. The media should also

strengthen their own management. Only the joint efforts of the media and users can dispel the social anxiety caused by information. The results show that the scores of the experimental group after teaching are significantly lower than those of the control group ($P < 0.05$), which not only shows that the circuit course teaching mode under the curriculum ideological and political concept can improve the negative psychology of college students, but also shows that the effect of this teaching mode is significantly better than that of conventional teaching.

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ANALYSIS ON THE COMMONNESS BETWEEN COLLEGE STUDENTS' MENTAL HEALTH PROBLEMS AND IDEOLOGICAL AND POLITICAL EDUCATION

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Background: As the key content of psychological education, mental health knowledge is very important for the improvement of students' psychological quality. Psychological quality education can affect students' establishment of outlook on life, maturity of personal thought and adaptability to social environment to a certain extent. Therefore, we should pay attention to the mental health education of college students, deeply explore the essence and connotation of education, improve students' comprehensive ability and self-education ability, and lay the foundation for cultivating college students' innovation and entrepreneurship. Anxiety disorder is different from ordinary mental diseases. It not only has all negative emotions, but also may be the accumulation of all kinds of negative emotions. The physiological characteristics of anxiety disorder include insomnia, dreaminess, general weakness, dizziness, headache, dry mouth, loss of appetite, frequent urination, etc. Intellectual characteristics include inattention, dizziness, thinking disorder, etc. Emotional characteristics include irritability, tension, uneasiness, pessimism, etc. The main social characteristics are lack of self-confidence and inferiority. Some studies have pointed out that personality, growth environment and living experience are the main influencing factors of college students' anxiety. College students' anxiety can be divided into five types: learning, economy, emotion, social interaction and employment. Although these five kinds of anxiety are generally realistic anxiety, they also include neurotic anxiety and moral anxiety, which are mainly reflected in the mental health problems of college students. Although moderate anxiety has certain positive significance to life, anxiety is always a negative emotion. Excessive anxiety will bring a series of negative effects to life. Anxiety is not only harmful to physical and mental health, but also accompanied by many bad emotions, such as serious sleep disorders, cognitive disorders, mental disorders and so on. Mental health education is an important part of Ideological and political education in colleges and universities, but the traditional mental health education of college students generally lacks attention to anxiety.

Objective: The purpose of this study is to study the characteristics and adjustment countermeasures of contemporary college students' anxiety.

Subjects and methods: 400 students with anxiety disorder were selected to give college students an ideological and political education model integrating mental health education. This study refers to a large number of domestic and foreign literature, and uses Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to investigate and study, so as to judge the effect of Ideological and political education mode integrating mental health education on students' psychological rehabilitation. The HAMD scale adopts a 17-item version and includes seven factors: anxiety / somatization, weight, cognitive impairment, day and night change, retardation, sleep disorder and despair. It is divided into three grades: 24 points, 17 points and 7 points. A score lower than 7 indicates no depression, a score between 7 and 17 indicates mild depression, a score between 17 and 24 indicates moderate depression, and more than 24 indicates severe depression. HAMA scale can reflect the severity of the disease, including physical anxiety and mental anxiety. If the score is lower than 6, there is no depression; if the score is between 7 and 17, there may be anxiety; if the score is between 14 and 21, there is anxiety; if the score is more than 21, there is significant anxiety. The relevant data are in Excel and SPSS20.0 software for calculation and statistics.

Results: 400 students with anxiety disorder were selected to give college students an ideological and political education model integrating mental health education. This study refers to a large number of domestic and foreign literature, and uses Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) to investigate and study, so as to judge the effect of Ideological and political education mode integrating mental health education on students' psychological rehabilitation. The HAMD scale adopts a 17-item version and includes seven factors: anxiety / somatization, weight, cognitive impairment, day and