

students are shown in Table 1.

Table 1. SAS score of two groups of students

Timing	Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	35	35	-	-
Before intervention	64.72±8.04	64.33±9.05	0.642	0.457
After intervention	42.45±2.03	63.76±8.88	8.452	0.000
<i>t</i>	8.571	0.706	-	-
<i>P</i>	0.000	0.431	-	-

Conclusions: In the network information age, college students are exposed to a lot of information, but the information is mixed, and the mind of college students is not fully developed. Therefore, they are easy to be affected by some bad information, resulting in various negative emotions, such as anxiety, depression, mania, etc., which seriously affect the normal study and life of students. Based on the theory of educational psychology, this study proposes to use China's traditional culture to reform the teaching mode of art education in colleges and universities. The results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant difference. After teaching, the anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the students in the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The above results show that the improved art education teaching model based on educational psychology can effectively improve the teaching quality, alleviate students' negative emotions, and then improve students' mental health.

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AN ANALYSIS OF THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF IDEOLOGICAL AND POLITICAL WORK ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION

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Background: In the information age, college students are exposed to more and more information and views, but their minds are not yet fully developed, so they are vulnerable to some bad information and views, resulting in negative emotions. When there are too many negative emotions, it will lead to anxiety among college students. Excessive anxiety will have an adverse impact on students' physical and mental health, which will make students feel painful and lose interest in learning and life, and eventually lead to mental disorders, mental diseases and mental diseases. In serious cases, it will even lead to students' suicidal tendencies and criminal tendencies, and seriously disrupt social security and social harmony. Therefore, in colleges and universities, students' mental health education is highly valued. Ideological and political education in colleges and universities is an important way to realize the mental health education of college students. However, there are many defects in the current teaching mode of Ideological and political education in colleges and universities, such as too much theoretical knowledge, students and schools do not pay attention to it, and the teaching concept is relatively backward. As a result, the teaching quality is low, students' learning interest and enthusiasm are low, and the effect of mental health education on students is not obvious, which cannot effectively alleviate students' anxiety. Therefore, further improvement and innovation are needed.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of students' cognitive ability development, teachers' cultivation of students'

cognitive understanding, students' memory development, students' knowledge consolidation methods, students' cognitive strategy formation cultivate students' problem-solving ability and innovation ability, cultivate students' correct self-awareness, students' group psychology and students' mental health education. Based on the theory of educational psychology, the research puts forward strategies for the innovative development of ideological and political work in colleges and universities, so as to improve the teaching quality of Ideological and political education in colleges and universities, effectively alleviate students' anxiety, and have a positive significance for the long-term development of students.

Objective: The current teaching mode of Ideological and political education in colleges and universities has many defects. The effect of mental health education on students is not obvious, and it cannot effectively alleviate students' anxiety. Therefore, it needs to be further improved and innovated. Based on the theory of educational psychology, the research puts forward strategies for the innovative development of Ideological and political work in colleges and universities, so as to improve the teaching quality of ideological and political education in colleges and universities, effectively alleviate students' anxiety, and have a positive significance for the long-term development of students.

Subjects and methods: In the same major and grade of a university, 80 college students were selected as the research objects by stratified sampling. 80 students were randomly divided into study group and control group with 40 students in each group. Among them, the students in the research group used the innovative college ideological and political teaching model based on educational psychology to teach. The students in the control group used the traditional ideological and political teaching mode in colleges and universities. After a period of teaching, the Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and college students' Employment Anxiety Scale (EAS) were used to evaluate the anxiety of the two groups of students.

Results: Before teaching, the self-assessment anxiety scale was used to assess the anxiety level of the two groups of students and record it. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of students. The results showed that after teaching, the anxiety level of the study group decreased significantly compared with that before teaching, while the anxiety level of the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety level of the two groups of students is shown in Figure 1.

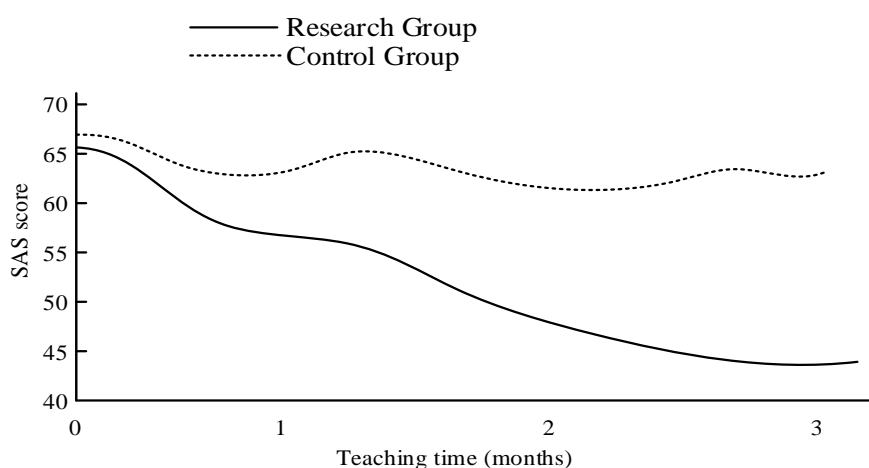


Figure 1. SAS scores of two groups

Conclusions: College students' minds are not yet fully developed, so they are vulnerable to some bad information and views, resulting in negative emotions. When there are too many negative emotions, it will lead to anxiety among college students. Excessive anxiety will have an adverse impact on students' physical and mental health, which will make students feel painful and lose interest in learning and life, and eventually lead to mental disorders, mental diseases and mental diseases. In serious cases, it will even lead to students' suicidal tendencies and criminal tendencies, and seriously disrupt social security and social harmony. Based on the theory of educational psychology, the research puts forward strategies for the innovative development of Ideological and political work in colleges and universities, so as to improve the teaching quality of ideological and political education in colleges and universities and alleviate students' anxiety. The experimental results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant difference. After teaching, the anxiety level of the students in the research group decreased significantly compared with that before teaching, while the anxiety level of the

students in the control group did not change significantly compared with that before teaching. The above results show that the innovative college ideological and political teaching model based on educational psychology can effectively alleviate students' anxiety, and has a positive significance for the long-term development of students.

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RESEARCH ON THE EFFECT OF CURLING PHYSICAL FITNESS TRAINING ON ALLEVIATING COMPETITION PSYCHOLOGICAL ANXIETY

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Background: Curling is a competitive event, which has the characteristics of small competition site, many competitors and great chance of winning or losing the competition. Therefore, during the competition, athletes are prone to fear, tension and anxiety. The causes of the anxiety of curling athletes are mainly related to the lack of confidence in their own strength. In the course of the game, the athletes are afraid of their poor performance, dragging their teammates to lose the game, and then they are criticized and criticized by the audience, coaches and teammates. In addition, the anxiety of the competition is also related to the athletes' psychological quality and competition experience. Curling athletes with strong psychological quality and more competition experience have lower probability and degree of psychological anxiety during the competition. On the contrary, curling athletes with poor psychological quality and less competition experience have higher probability and degree of psychological anxiety during the competition. Moderate anxiety helps curling athletes concentrate and complete the competition better. However, excessive anxiety will make athletes too nervous, and thus play an abnormal role, which is unfavorable to the performance of the competition. Therefore, it is of great significance for athletes' performance and career to take intervention measures to relieve athletes' anxiety before the competition.

In previous studies, it has been confirmed that appropriate physical exercise can regulate individual mood, stimulate individual spirit, help individuals vent negative emotions and bad emotions, cultivate individual strong will, help individuals better adapt to the environment, face setbacks, and improve individual psychological quality. Therefore, physical exercise can effectively alleviate individual anxiety. Cognitive psychology is a new trend of thought and research direction in the West in the mid-1950s. In a broad sense, it refers to the study of human advanced psychological processes, mainly cognitive processes, such as attention, perception, representation, memory, creativity, problem solving, speech and thinking. In a narrow sense, it is equivalent to contemporary information processing psychology. Studying cognitive process from the perspective of information processing is the mainstream of modern cognitive psychology. It can be said that cognitive psychology is equal to information processing psychology. It regards people as an information processing system, and thinks that cognition is the whole process of information processing, including encoding, storing and extracting inputs such as feeling, memory, creativity and thinking. According to this view, cognition can be divided into a series of stages, each stage is a unit that performs specific operations on input information, and response is the product of this series of stages and operations. The components of information processing system are interrelated to some extent. Based on cognitive psychology, the study analyzes the athletes' competition cognition, so as to analyze the athletes' competition anxiety factors. According to the analysis results, it is of great significance for athletes' performance and career to study the use of physical training to improve athletes' strength and self-confidence, so as to alleviate athletes' competition anxiety.

Objective: During the competition, curling athletes are prone to fear, tension and other emotions, forming anxiety. Based on cognitive psychology, the research analyzes the athletes' competition cognition, and uses physical training to improve the athletes' strength and self-confidence, so as to alleviate the athletes' competition anxiety, which is of great significance to the athletes' competition performance and career.

Subjects and methods: 20 curling athletes were selected as the research object. The 20 curling athletes were randomly divided into the research group and the control group by using the random number table method, with 10 people in each group. Among them, the curling athletes in the research group adopted the