

Relieving effect of mental health education combined with ideological and political education on students with anxiety disorder

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Background. Due to pressure from academic competition and future career planning, anxiety disorder has become one of the most common psychological problems among college students. Anxiety disorder not only affects their learning outcomes, but also causes interference in their daily lives. Psychological health education aims to help students understand and manage their emotions, while ideological and political education focuses on cultivating students' values, worldviews, and outlook on life. The research aims to explore the effectiveness of combining mental health education with ideological and political education in the treatment of anxiety disorder in students.

Subjects and Methods. The study randomly divided 164 college students with psychological anxiety into an experimental group and a control group. The control group received routine ideological and political education, while the experimental group received a combination of mental health education and ideological and political education. The experiment lasted for three months. The study used the Hamilton Anxiety Scale (HAMA) to evaluate the intervention of anxiety disorders in students.

Results. Before the experiment, there was no significant difference in anxiety scores between the two groups of students ($P > 0.05$); After last month, the anxiety symptoms of the experimental group students were significantly improved and significantly lower than those of the control group students ($P < 0.05$).

Conclusions. The combination of mental health and ideological and political education can effectively alleviate students' psychological anxiety and provide a positive impact on their learning and life.

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College music education on students' psychological anxiety in aesthetic education psychology

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Background. Music education, as a special form of art education, has a unique function of aesthetic education and psychological guidance. However, its specific impact on reducing students' psychological anxiety has not received sufficient attention and research.

Subjects and Methods. A randomized controlled experimental design was adopted in this study. 200 college students were selected as research objects and randomly divided into an intervention group and a control group, 100 in each group. The intervention group received a semester of music education, including learning music theory knowledge, participating in choir, receiving music therapy and other activities, while the control group maintained regular learning. Both groups of students were asked to complete the anxiety self-rating scale before and after the experiment to evaluate the change of their psychological anxiety level. The statistical software is SPSS23.0.

Results. After the experiment, the self-rating anxiety scale score of the intervention group was significantly lower than that before the experiment, and significantly lower than that of the control group. Further data analysis shows that music education has a significant effect on reducing students' psychological anxiety.

Conclusions. From the perspective of aesthetic education psychology, music education can effectively reduce the psychological anxiety of college students. This may be related to the fact that music education can provide a good emotional outlet, enhance students' self-cognition and self-efficacy, and thus improve their psychological state.

Guidance of creative design and delivery of information flow advertising to consumer anxiety

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Background. In the era of information explosion, information flow advertising has become an important way for enterprises to interact with consumers, but its impact on consumer anxiety has not been fully studied. The purpose of this study is to explore the