

Results. The HAMD scores of the control group and intervention group before the experiment were 7.86 ± 1.36 and 7.06 ± 4.59 , respectively, and after the experiment were 8.15 ± 2.34 and 9.56 ± 2.86 , respectively. In the Yang's Mania Rating Scale score, the control group and intervention group achieved 3.26 ± 2.15 and 3.78 ± 1.06 respectively before the experiment, and 4.26 ± 2.06 and 5.02 ± 1.01 respectively after the experiment.

Conclusions. Music education courses that incorporate ideological and political thinking are more effective in improving the condition of patients with bipolar disorder.

Optimization of mathematics teaching and learning for the treatment of anxiety disorders in college students

Zhanchen Liu and Haiyong Yin*

Cangzhou Jiaotong College, Cangzhou 061199, China

*Corresponding author.

Background. The study attempts to integrate Civic and Political Psychoeducation to optimize the teaching content of traditional mathematics courses in colleges and universities, in order to alleviate college students' anxiety in the process of mathematics learning, as the difficulty of mathematics courses in colleges and universities increases.

Subjects and Methods. As subjects for this study, 120 students majoring in Mathematics Applications at one of China's universities were chosen. The 120 college students were randomly and equally divided into two groups, the control group and the experimental group, with 60 students in each group. The students in the experimental group were taught utilizing the Civic Psychology intervention in their mathematics courses, whereas the students in the control group were taught using the usual mathematics lecture approach. The trial ran for a semester. After one semester, the students' anxiety psychological ratings under various instructional approaches were compared. The data changes during the experiment were recorded and analyzed using SPSS23.0.

Results. The study's findings demonstrate that after one semester of mathematics instruction, the average anxiety level of the experimental group dropped from 28.56 to 5.21, whereas the average anxiety score of the control group did not change appreciably. It can be demonstrated that the experimental group's teaching style can more successfully ease college students' anxiety during the arithmetic learning process.

Conclusions. A college mathematics teaching strategy that mixes ideological and psychological education can successfully reduce college students' anxiety during the mathematics learning process.

Psychological intervention combined with civic education on students with autism

Xiaoqin Pang^{1*}, Xiyun Zhong¹ and Yimin Xiao²

¹Hainan University, Haikou 571737, China and ²Hainan Vocational University of Science and Technology, Haikou 571126, China

*Corresponding author.

Background. In response to the phenomenon of autism and autism in the socialization process of students in higher education, this study attempted to combine Civic Education and Cognitive Psychological Intervention Therapy (CPIT) with the aim of alleviating the symptoms associated with students with autism.

Subjects and Methods. Thirty students with autism from five colleges and universities in a city were selected as subjects for this study. The 30 autistic students were randomly and equally divided into the control group and the intervention group. The students in the intervention group were treated with Civic Education combined with Cognitive Psychological Intervention Therapy, and the students in the control group were treated with Civic Education only. The whole course of treatment lasted for 3 months. The data generated during the experiment were analyzed and recorded using SPSS23.0. Self-made autistic psychological scale was used for assessment, and the higher the score of the scale, the more serious the autistic psychology of the students.

Results. After 3 months of treatment, the mean Autism Psychological Scale score of the students in the intervention group decreased from 9.85 to 2.35, while the mean Autism Psychological Scale score of the students in the control group decreased from 9.24 to 8.65.

Conclusions. In conclusion, it can be concluded that Civic Education combined with Cognitive Psychological Intervention Therapy can be more effective in alleviating students' autism.

An investigation of the effect of industry-teaching integration and civic education on students' job anxiety

Rong Qian

Jiuzhou Polytechnic, Xuzhou 221116, China

Background. Aiming at the current situation of employment anxiety disorder of students in higher vocational colleges and universities, this study integrates the idea of integration of production and education into the ideological education of higher vocational colleges and universities, so as to optimize students' employment anxiety.

Subjects and Methods. In a higher education setting, 100 students with employment anxiety disorder were chosen as study