

employees accept and tolerate their emotions and experiences, improve their self-efficacy and self-acceptance ability, and thus reduce anxiety.

Subjects and Methods. A survey was conducted on 20 employees of a listed company in a specific city, and 20 questionnaires were collected, including 13 males and seven females. There were 6 cases with obvious anxiety symptoms, ten subjects with mild anxiety, and four without anxiety symptoms. Sixteen employees with anxiety symptoms were selected as the experimental group and received psychological intervention treatment using mindfulness training. Three months later, they were re-evaluated using the Anxiety Self Rating Scale. The effectiveness of the intervention treatment was statistically analyzed using SPSS23.0 software.

Results. After treatment, the experimental group of employees showed significant improvement in anxiety levels, with six recovered, eight significantly improved, and two not recovered. There was a statistically significant difference between the control and patient groups, with P values less than 0.05.

Conclusions. The overall education level of the company's employees is relatively high, accompanied by work pressure, interpersonal relationships, and family relationships, leading to anxiety symptoms among employees. Mindfulness training can improve employees' emotional regulation and coping abilities and promote positive emotions and psychological states.

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The positive impact of innovative ideological and political education reforms on college students' positive psychology

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Background. In response to the escalating mental health concerns among college students and the evolving societal landscape, the purview of ideological and political education has expanded beyond ideological instruction to encompass the nurturing of positive psychology. This study aimed to investigate the effects of innovative reforms in ideological and political education on college students' positive psychology.

Subjects and Methods. A cohort of 100 students, ranging from freshmen to seniors, were selected from a specific university. The distribution comprised 30 freshmen, 20 sophomores, 30 juniors, and 20 seniors, including 60 male and 40 female students. Self-made psychological crisis assessment questionnaires were employed, revealing that 5 students experienced severe psychological crises, 5 faced moderate crises, 10 exhibited mild crises, and 80 reported a favorable mental state. The students received

bi-weekly ideological and political education sessions over a span of six months. The impact of the intervention was assessed through statistical analysis using SPSS23.0 based on the questionnaire results.

Results. The psychological crisis has generally improved, with 10 people feeling good and 10 people feeling mild psychological crisis. There was no statistically significant correlation between students' family situation and scores. The P-values of questionnaire scores before and after intervention treatment were all less than 0.01, which was statistically significant.

Conclusions. The innovation of ideological and political education has a positive promoting effect on the mental health of college students through the education of psychological knowledge and psychological counseling.

Alleviation effect of innovative music therapy on neurogenic anorexia

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Background. Anorexia nervosa is a serious mental disorder characterized by extreme food restriction and excessive demands for weight and appearance. Music therapy can help individuals relax both physically and mentally through methods such as music appreciation and music therapy. The University Union can provide various forms of health management services, offer rehabilitation support for anorexia, and enhance the positive psychology of faculty and staff.

Subjects and Methods. 150 faculty members aged between 25 and 50 in a certain university were selected, including 40 males and 110 females. According to the results of the Anorexia Self Test Scale, 20 people showed symptoms of anorexia nervosa. Among them, there are 18 people aged 25-29, 2 people aged 30-35, 3 males, and 17 females. Music therapy is used to treat patients, and psychological counseling from university unions is arranged twice a week. Six months later, the results of the Anorexia Self Test Scale were analyzed again using SPSS3.0 software.

Results. After six months of treatment, 8 out of 20 patients recovered, 10 of them achieved significant improvement, and 2 of them achieved minor improvement. The P-value of the score data before and after treatment is less than 0.05, and the difference is statistically significant.

Conclusions. Through the application of music therapy and the health management services of university unions, more comprehensive and diverse measures can be provided to alleviate anorexia, promoting the psychological health and positive psychological development of faculty and staff.