

Results. The average MDQ score decreased by 35% in the intervention group, while the average MDQ score decreased by only 10% in the control group. Learning satisfaction increased by 25% in the intervention group, while there was no significant change in learning joy in the control group.

Conclusions. The synergistic development of ideological and political education and management in colleges and universities can alleviate students' mood disorders and improve their learning satisfaction. This provides a practical way for colleges and universities to strengthen students' mental state and learning efficiency.

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Role adjustment of social governance of new government media in alleviating social workers' mania from the perspective of media convergence

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Background. In today's media environment, the role of new government media in social governance is becoming increasingly important. However, many scholars have studied and discussed how to adjust its role in the perspective of media convergence to alleviate the mania of social personnel.

Subjects and Methods. A randomized controlled trial selected two communities as the intervention and control groups. Residents in the intervention group received relevant social governance information and services through new government media, while residents in the control group received conventional social governance services. The study period was one year, and data collection included baseline and follow-up data during and after the intervention. SPSS23.0 software was used for data analysis.

Results. The improvement rate of mania symptoms in the intervention group was 72%, significantly higher than in the control group (48%). The proportion of improved quality of life (68%) was considerably higher than that of the control group (45%). The rate of social function recovery was 65%, significantly higher than 42% in the control group.

Conclusions. New government media can effectively help mania patients improve their symptoms and quality of life and restore social function in social governance. Therefore, we should make full use of the new media of government affairs and incorporate it into the social governance system to better serve the social personnel, especially the patients with mania.

Civic education integrating Marxist theory on college students' social anxiety disorder

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Background. College students face multiple challenges, such as information explosion, popularity of social media, and increased competitive pressure, which leads to social anxiety disorder in some of them. Marxist theory, as the guiding ideology of China, provides a perspective on the comprehensive development and self-realization of human beings. In recent years, the exploratory attempts of colleges and universities for Civic Education have become a focus of attention in the education sector as to whether they can effectively alleviate the social anxiety disorder of college students after incorporating Marxist theory.

Subjects and Methods. Five hundred college students were selected as research subjects for the study. The experimental group was subjected to Civics education incorporating Marxist theory, while the control group received conventional Civics education. The research cycle was one academic year, using the SAS-A scale (Symptom Assessment Scale-adolescent), Negative Appraisal Fear Scale, and Comprehensive Interpersonal Relationship Diagnostic Scale. Pre-intervention, mid-intervention, and post-intervention tests were conducted to examine the subjects' dynamic changes in social anxiety.

Results. The study proved that after one academic year of education, in the experimental group, college students' adaptability to social situations increased, and their confidence in interacting with others significantly improved.

Conclusions. Through the integration of Marxist theory, civic education in colleges and universities can effectively help college students overcome social anxiety and enhance interpersonal communication skills. This kind of education helps students form a healthy outlook on life and values and deepens their understanding and identification with Marxist theory.

Aesthetic education integrating traditional culture into modern ceramic design on anxiety recipients

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Background. With the accelerated pace of life in modern society, people face increased psychological pressure, leading to a gradual increase in the incidence of psychological disorders such as