

Results. The self-rating scale score of the experimental group after intervention was significantly higher than that before intervention ($P<0.05$), and significantly higher than that of the control group ($P<0.01$). In the professional assessment tool, the loneliness symptom status score of the experimental group was significantly improved compared with that before intervention ($P<0.05$), and was significantly lower than that of the control group ($P<0.01$).

Conclusions. Music-guided imagination activity combined with multimodal movement has a significant effect on college students with autism. The experimental group can better express emotions, enhance social skills, and improve physical coordination and spatial perception through music-guided imagination activities.

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Coping styles of college teachers for students with ADHD tendency from the perspective of educational psychology

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Background. Attention Deficit Hyperactivity Disorder (ADHD) is a common childhood neurodevelopmental disorder, but it can also persist into adulthood. College teachers are faced with challenges in the face of students with ADHD tendency and need appropriate coping strategies to help these students improve their learning effect and adaptability.

Research objects and Methods. This study selected a certain number of university teachers as research objects, and collected data by means of questionnaire survey. The main content of the questionnaire was the teachers' views on the cognition degree, teaching strategy and support measures of students with ADHD tendency. SPSS23.0 software was used to record and analyze the data.

Results. The results show that most college teachers have relatively low cognition of students with ADHD tendency, and there are some confusions in coping with them. At the same time, however, some teachers have adopted positive strategies, such as providing additional tutoring and support, and establishing clear rules and time management methods. These teachers have achieved some success in helping students improve their learning effectiveness and adaptability.

Conclusions. From the perspective of educational psychology, college teachers should improve their cognition of students with ADHD tendency and adopt appropriate coping strategies to help them. This includes providing additional tutoring and support, setting clear rules and time management methods, and encouraging students to engage in classroom interactions. These measures can help students reduce attention difficulties and hyperactive behaviors, and improve the learning effect and adaptability.

Macro-educational approach on employment psychological disorders among college students: an educational psychology perspective

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Background. The psychological barrier of college students in employment is increasingly serious in contemporary society, which has a serious impact on their mental health and employment prospects. Macro-education model is an education mode that pays full attention to the development of students. By providing more diversified and comprehensive educational resources, it is expected to alleviate the psychological barriers of college students in employment.

Research subjects and Methods. This study selected 50 college students from a certain university as the research subjects, and collected data through questionnaire surveys and on-site observations. The main data collected is information on the degree of employment psychological barriers among college students and the effectiveness of macro education models in alleviating their employment psychological barriers. In this study, SPSS software was used to process and analyze the collected data.

Results. The results showed that the degree of psychological barriers in employment was relatively low among the college students who accepted the macro-education model. By providing abundant employment guidance and practical opportunities, the macro education model enhances college students' confidence and readiness for employment.

Conclusions. From the perspective of psychology, the macro education model has a certain easing effect on the psychological barriers of college students in employment. By providing more diversified and comprehensive educational resources, this mode of education helps college students to enhance their confidence and readiness for employment, and reduce anxiety and pressure.

Rural revitalization strategy and collaborative development of tourism on residents' psychological anxiety

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Background. Due to reasons such as low education and limited job options, rural residents face significant life pressure. Some residents often feel anxious about their work and life, and have significant psychological anxiety. With the horn of the rural

revitalization strategy being sounded, the rural economy has begun to develop, and the rural tourism industry has seen a new turn, providing new sources of economic income for residents. In this regard, the study focuses on residents and analyzes the impact of rural revitalization strategy and coordinated development of tourism on residents' psychological anxiety.

Subjects and Methods. The study selected 100 residents with psychological anxiety and randomly divided them into two groups, with 50 in both the control group and the observation group. The former adopts a rural revitalization strategy, while the latter develops the tourism industry based on the former, lasting for 6 months. Using the Self Rating Anxiety Scale (SAS) to measure the level of psychological anxiety among residents, the data was processed using SPSS23.0 software.

Results. After the experiment, the psychological anxiety symptoms of the two groups of residents were improved through testing. In the SAS score, the observation group's score was significantly lower than that of the control group ($P < 0.05$).

Conclusions. Through the coordinated development of rural revitalization strategy and tourism industry, while generating income for residents, it alleviates their economic pressure, improves their quality of life, and relieves their psychological anxiety.

Therapeutic effect of Laoshe Culture course combined with medication on college students with depression

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Background. Due to immature thinking and poor stress resistance, some college students have anxiety disorders, including disorders of the autonomic nervous system, motor anxiety, and poor sleep quality. In terms of emotional regulation, words play an indispensable role, and their charm lies in their ability to soothe people's hearts. One of the representatives is Mr. Lao She's prose. It can bring a relaxed and joyful feeling, full of a positive and optimistic attitude towards life. Therefore, while conducting medication treatment for depression among college students, the design and teaching of Laoshe Culture courses are aimed at alleviating anxiety disorders.

Subjects and Methods. Sixty college students with anxiety disorder were selected and divided into a control group (30) and an observation group (30). The former received treatment with Ganmai Dazao Tang, while the latter received Laoshe's cultural class teaching on the basis of the former, lasting for 3 months. Using the Hamilton Anxiety Scale (HAMA) to measure students' anxiety level, relevant statistical analysis was conducted using SPSS23.0 software.

Results. After 3 months of treatment, the anxiety symptoms of the students were significantly reduced. Comparing the two groups, it was found that the HAMA score of the observation group was lower ($P < 0.01$).

Conclusions. At the same time as medication treatment, the Lao She cultural class alleviates students' minds and significantly alleviates their anxiety, gradually eliminating their nervousness and unease.

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Optimization of university human resource management system on faculty members with anxiety

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Background. Due to outdated work concepts and unscientific performance evaluations, the enthusiasm of university faculty members is not high, and some faculty members experience work anxiety, which affects the normal operation of work. The traditional human resource management system can no longer meet the needs of human resource management in universities and needs to be optimized. In order to stimulate the work enthusiasm of faculty and alleviate their psychological anxiety, research is being conducted to optimize the human resource management system in universities.

Subjects and Methods. The study selected 60 employees with work anxiety and divided them into a control group and an intervention group, with a total of 30 individuals. The former adopts a traditional human resource management system, while the latter adopts an optimized human resource management system with a duration of 6 months. Employees were evaluated using indicators such as the Hamilton Anxiety Scale (HAMA), and SPSS23.0 software was used for data processing.

Results. After 6 months, there was a significant difference in work psychological anxiety between the two groups of teaching staff. Compared with the control group, the HAMA score of the intervention group was significantly lower than that of the control group ($P < 0.01$).

Conclusions. It needs to optimize the human resource management system in universities, improve performance evaluation methods, stimulate the enthusiasm of faculty, and ensure that their efforts are treated fairly, then resulting in a significant improvement in their work anxiety.