

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

Shize He

College of Literature and Media, Aba Teachers University, Aba 623002, China

**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

Haojie Chen\*, Xiaoyi Chen and Bei Liu

Institute of Disaster Prevention, Langfang 065201, China

\*Corresponding author.

**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.