

**Table 1.** Comparison results of two groups of patients

Experimental grouping	SDS		ATAI	
	Before experiment	After experiment	Before experiment	After experiment
Psychosocial intervention group	64.24±3.51	52.16±2.55	67.12±2.48	41.25±2.74
Intervention group for improving professional quality	63.35±3.19	50.15±2.16	68.04±3.17	40.98±1.95
Combination intervention group	64.39±3.27	42.11±3.41	37.59±3.07	31.28±1.36

## Application of positive psychology to study the root of psychological anxiety of innovative entrepreneurs

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**Background.** The COVID-19 has brought double pressure on the work and psychology of innovation and entrepreneurship personnel, which is prone to anxiety. Positive psychology can promote the all-round development of human body and mind. Therefore, under the epidemic environment, the research uses positive psychology to intervene and treat the psychological diseases of innovative and entrepreneurial personnel, and alleviate their psychological anxiety.

**Subjects and Methods.** The study randomly selected 128 people who will carry out innovation and entrepreneurship from 2021 to 2022. The study used positive psychology to intervene 128 people, and judged their mental health status through their work enthusiasm and psychological resilience. In the experiment,  $P < 0.05$  indicates that the difference is statistically significant, and  $t$ -test is conducted. After the experiment, SPSS21.0 was used for statistical analysis of the data. The experimental results are shown in Table 1.

**Results.** Before the intervention, the self-assessment result of innovation and entrepreneurship personnel's work enthusiasm was  $5.27 \pm 0.45$  points, and the mutual evaluation result was  $7.91 \pm 0.42$  points; After intervention, it was  $7.91 \pm 0.42$  points and  $9.10 \pm 0.36$  points. At the same time, after the intervention, the scores of three indicators in the scores of employees' resilience level have increased. To sum up, positive psychology has effectively alleviated the psychological anxiety of innovation and entrepreneurship personnel. In addition,  $P < 0.001$  indicates that the difference of the study has statistical significance.

**Conclusions.** The external environment of innovation and entrepreneurship in the context of the COVID-19 has gradually become worse, which has brought a lot of psychological pressure to innovation and entrepreneurship personnel, thus causing psychological diseases. The study used positive psychology to intervene, and the experimental results showed that positive psychological coping intervention for innovative entrepreneurs

during the COVID-19 epidemic could effectively alleviate their psychological anxiety.

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**Table 1.** Changes in work enthusiasm and resilience of innovation and entrepreneurship personnel before and after intervention

		Before intervention	After intervention	<i>t</i>	<i>P</i>
Work enthusiasm	Self-assessment	5.27±0.45	7.91±0.42	33.540	<0.001
	Mutual evaluation	8.07±0.27	9.10±0.36	17.757	<0.001
Resilience level	Tenacity	28.31±5.29	35.60±4.41	8.450	<0.001
	Self-improvement	19.52±1.46	22.77±2.09	10.142	<0.001
	Optimistic	11.85±1.42	16.47±2.56	12.566	<0.001

## A study on the manifestation and treatment of hysteria among the unemployed due to economic recession under the impact of the COVID-19

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**Background.** The constant mutation of the coronavirus during the COVID-19 caused enough anxiety and panic, as well as a decline in an otherwise healthy economy. As the economy continued to decline, more and more people had to face the risks and anxiety associated with unemployment. Dysthymia, also known as dissociative disorder, is a complex group of psycho-physical disorders in which, during the course of the illness, the patient manifests involuntary and intermittent loss of the ability to integrate some or all of the psycho-physical functions and is unable to achieve unity in the areas of perception, memory, emotion, behavior and self-awareness.

**Subjects and Methods.** A series of research studies were conducted to investigate the manifestation and treatment of hysteria among the unemployed as a result of the economic recession in the wake of the COVID-19. Rational Emotive Behavior Therapy was used to treat the hysterical condition of the unemployed. A self-administered questionnaire was used to investigate the mental health of the unemployed in a region before and after the epidemic. 56 valid questionnaires were returned, excluding those that were not standardized. The 56 individuals were randomly divided into two equal groups and the subjects in the experimental group were treated with rational emotive behavior therapy, while the subjects in the control group were treated with general

psychotherapy. A self-administered psychological assessment scale was used to score the mental health of the subjects before and after the treatment. The scale included indicators of perception, memory, emotion, behavior and self-awareness.

**Results.** The degree of self-awareness retained by the two groups of subjects under the self-awareness index was selected for analysis before and after the experiment. The results in Table 1 show that the number of subjects in the experimental group with high, low and no self-awareness were 0, 9 and 19 respectively before the rational emotive behavior treatment; after the treatment, their numbers changed to 5, 21 and 2. On the contrary, the number of subjects in the control group before the general psychotherapy was 0, 7 and 21; after the treatment, their numbers changed to 1, 15 and 12.

**Conclusions.** Through questionnaires and a comparative experimental setup, it was demonstrated that the hysteria of unemployed people caused by the economic recession in the context of the COVID-19 manifested itself in the areas of perception, memory, emotion, behavior and self-awareness. The use of rational emotive behavioral therapy was able to treat their hysteria phenomenon and alleviate their psychological state of low or even no self-awareness.

and their negative psychological conditions were evaluated with Self-rating Depression Scale (SDS), and statistics were made. Then the positive psychology education intervention was carried out for these college students for 2 months. After the intervention, the negative psychological situation was evaluated again by SDS scale and compared with that before the intervention.

**Results.** Table 1 showed the evaluation results of depression college students before and after positive psychological education intervention. It can be found that after the intervention of positive psychology education, students' depression scores decreased significantly, and their negative psychology eased significantly, with a statistically significant difference ( $P < 0.05$ ).

**Conclusions.** Under the COVID-19, the negative psychology of college students has seriously affected their normal life and study, and a considerable number of students are suffering from depression. The study intervened the negative psychology of college students through positive psychology education, and evaluated it through SDS scale. The results showed that the negative psychology of college students was significantly improved after the intervention, indicating that positive psychology education can effectively alleviate college students' depression, and has certain clinical application value.

**Table 1.** The degree of retention of self-awareness in the two groups of subjects before and after the experiment

Group		High self-awareness	Low self-awareness	No self-awareness
Experimental group	Before treatment	0	9	19
	After treatment	5	21	2
Control group	Before treatment	0	7	21
	After treatment	1	15	12

## Analysis of the intervention effect of positive psychological education on depressed college students under the COVID-19

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**Background.** The COVID-19 pandemic not only seriously threatens the health of contemporary college students, but also causes the spread of negative psychology to a certain extent, leading to the occurrence of depression. Positive psychology advocates to deal with psychological problems with a positive attitude. The study takes the COVID-19 as the background to explore the impact of positive psychology education on depressed college students.

**Subjects and Methods.** 116 college students suffering from depression were randomly selected from a university in China,

**Table 1.** Evaluation results of depression undergraduates before and after positive psychological education intervention

Classification	Positive psychology group
Before intervention	62.5±3.7
After intervention	41.3±2.6
<i>t</i>	35.70
<i>P</i>	0.00

## The intervention effect of humanistic ideological and political management on ruminant thinking of college students and on depression and anxiety

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**Background.** Learning anxiety has become a common problem among college students. Anxiety is also called psychological abnormality. The main symptoms of college students' anxiety and depression include fear of negative evaluation in all aspects, excessive employment pressure, economic pressure, and inability to solve problems independently. Anxiety can cause symptoms such as insomnia and autism, and sometimes lead to adverse consequences or personal safety. Therefore, based on the healthy physical and mental development of college students, we can