

Ideological and political education on relieving psychological anxiety of college students

Wenting Qiu

Minxi Vocational & Technical College, Longyan 364021, China

Background. Anxiety, as a kind of mental illness, is an emotional state in which individual goals cannot be achieved or obstacles are difficult to overcome. It results in a sharp increase in confidence frustration and sense of failure and is a class of neurological symptoms mainly characterized by episodic or persistent anxiety and tension. As one of the most common psychological issues of college students, anxiety has become a subject that ideological and political educators now pay attention to. This study analyzes the influence of ideological and political education on the psychological anxiety of college students.

Subjects and Methods. The study adopts cluster sampling method to investigate and analyze 3500 college students before and after receiving ideological and political education in the new era. A total of 3,500 online questionnaires were distributed, and 3452 effective online questionnaires were obtained, with an effective response rate of 99.65%. The SCL90 symptom self-rating scale was used to extract neonatal anxiety symptom data. Using a scale of 1-5, the anxiety factor of more than 2.5 points was defined as abnormal, indicating the existence of mild anxiety. An anxiety factor of more than 3 indicates that anxiety is above the medium level and needs to be paid attention to. An anxiety factor of more than 3.5 indicates that anxiety is severe and requires special attention.

Results. After receiving ideological and political education in the new era, the distribution of anxiety factors in the test showed that: slight anxiety accounted for 32.9%, decreased by 20.1%; Moderate anxiety accounted for 10.83%, decreased by 9.4%; Severe anxiety accounted for 0.48%, a decrease of 2.3%.

Conclusions. The integration of ideological and political education in college students' curriculum has a positive impact on relieving their psychological anxiety.

Global value chain upgrading on the psychological anxiety of financial investors

Jingbu Wang* and Xiwei Chu

Xi'an University of Finance and Economics, Xi'an 710100, China

*Corresponding author.

Background. Under the global value chain division pattern, the trade structure is changing day by day, and the intermediate

goods trade is becoming the mainstream trend. As the final exportation platform under the international production network and production system, developing countries mainly take advantage of factors such as resource endowment and demographic dividend to form comparative advantages in processing and assembly, focusing on low-end production links with low added value and low technology content, and are in the downstream position of the global value chain. Investors need to establish a reasonable investment plan, understand the market rules and risks, master the investor mentality, and control risks. This study analyzes the impact of investors' psychological anxiety in the context of global value chain upgrading.

Subjects and Methods. In this study, 540 financial investors in a province were evaluated by self-rating Depression Scale (SDS) and Self-rating Anxiety Scale (SAS). Amos software was used to conduct confirmatory factor analysis on the survey results.

Results. There was significant difference between the total score of depression and gender ($t = -2.098, P < 0.05$). Attachment anxiety not only predicts depression directly, but also indirectly through self-esteem.

Conclusions. The upgrading of global value chain has a negative effect on the psychological anxiety of financial investors. Depression, attachment anxiety and self-esteem were significantly correlated with psychological anxiety disorder. Self-esteem plays a mediating role between attachment anxiety and depression.

Psychological counseling on the anxiety of technical personnel

Chen Liu, Yanling Zhu, Jiemeng Xie and Minjie Lin*

Xiamen Institute of Technology, Xiamen 361021, China

*Corresponding author.

Background. Anxiety disorder is a common psychological disorder, manifested as excessive worry, fear, fear and other emotions, seriously affect the quality of life of patients. The therapeutic methods of psychological counseling include cognitive behavior therapy, interpersonal therapy, psychodynamic therapy and so on. Compared with drug treatment, psychological counseling does not produce drug dependence, fewer side effects, and good long-term effects. This study is based on psychological counseling to explore the anxiety of technical personnel in strategic emerging industries in Fujian province, China.

Subjects and Methods. In this study, 338 technical personnel in strategic emerging industries in Fujian Province were selected as the research subjects and divided into experimental groups and control groups with same number. The control group did not take any intervention measures, and the experimental group received psychological counseling. The scores of Self-rating Anxiety Scale (SAS), self-rating Depression Scale (SDS), Wechsler Adult Intelligence Test (WAIS-RC) and Health Survey Summary Form (SF-36) were compared between the two groups. T-test was performed on the measurement data.

Results. Before the experiment, there was no significant difference in SAS and SDS scores between the two groups ($P > 0.05$). After the experiment, SAS and SDS scores of the experimental

group were significantly lower than those of the control group ($P < 0.05$). The scores of verbal comprehension, memory and attention in the experimental group were significantly higher than those in the control group ($P < 0.05$). The scores of physiological function, mental function, mental health and vitality of the experimental group were significantly higher than those of the control group ($P < 0.05$).

Reply: Thank you for pointing out this issue. We have rewritten the methods and results section of another article.

Conclusions. Psychological counseling can effectively alleviate the anxiety of technical personnel in strategic emerging industries in Fujian Province and improve their quality of life.

Acknowledgement. Xiamen Institute of Technology 2023 University-level Research Fund Project (No.KYZX2023028); The 2022 "I contribute good ideas to the construction of A New Fujian" (No.JAT22128).

Green development in logistics supply economic management on consumer anxiety in consumption psychology

Xinhua Zhang and Hong Li*

Shangqiu Normal University, Shangqiu 476000, China

*Corresponding author.

Background. There is a correlation mechanism between various anxiety emotions, and information anxiety, health anxiety. Consumer groups are prone to the comprehensive impact of multiple subtypes of anxiety emotions under the reception of mobile internet information. This study aims to explore the relationship between information anxiety, health anxiety, and loss anxiety among consumer groups, analyze the formation and maintenance mechanisms of health anxiety, and provide reference suggestions for preventing and alleviating health anxiety.

Subjects and Methods. This study used 280 anxious consumers as the experimental subjects and divided them into two groups. The control group of 140 people used conventional mindfulness intervention methods. In comparison, the experimental group of 140 people added logistics supply knowledge education for internet consumption based on mindfulness intervention methods. This study used SPSS 26.0 software for preliminary descriptive statistics and related data analysis.

Results. The experimental results indicate that the average values of consumers' information anxiety, health anxiety, and loss anxiety before intervention are all higher than the average, meaning that the respondents generally have a higher level of anxiety in these three aspects. After six days of intervention, the average scores of information anxiety, health anxiety, and loss anxiety in the control group were higher than in the experimental group.

Conclusions. The study proposes that increasing logistics supply knowledge education for internet consumption based on

mindfulness intervention methods can effectively alleviate consumers' information anxiety, health anxiety, and loss anxiety emotions.

Acknowledgement. The 2024 Annual Humanities and Social Sciences Research Project of Henan Colleges and Universities (No.2024-ZDJH-304, Project Supported by Henan Provincial Department of Education).

Guided psychotherapy combined with innovation and entrepreneurship training for college students: relationship embedding analysis framework

Lili Han

Tianjin University of Commerce, Tianjin 300134, China

Background. Anxiety disorder (AD) is considered one of the most difficult mental disorders to treat. The important factors causing this disease are negative self-awareness and excessive attention to negative emotional stimuli, which are related to excessive activity in the emotion generating brain area and cognitive control brain area imbalance. This study uses guided psychotherapy combined with innovation and entrepreneurship training for college students to intervene in their employment anxiety.

Subjects and Methods. 74 individuals with high anxiety traits with a total score of over 63 ($N=65$) were screened among college students. Anxiety students were randomly divided into a conventional group and an experimental group. Leibowitz Anxiety Scale (LAS) was used. The conventional group of 37 people used normal guided psychotherapy, while the experimental group used guided psychotherapy combined with innovation and entrepreneurship training for college students to intervene in their employment anxiety.

Results. Before the intervention, there was no significant difference in the scores of LAS, Shyness Scale, Self Rating Depression Scale, Fear Negation Scale, Self Efficacy Scale, and Trust Scale between the two groups. After the intervention, the scores of the experimental group were lower than those of the conventional group. The LAS scale scores of the experimental group significantly decreased.

Conclusions. Guided psychotherapy combined with innovation and entrepreneurship training for college students can effectively alleviate students' employment anxiety, and the guidance effect on anxiety is more sustainable compared to conventional methods.

Acknowledgement. Research and Practice of Digital Resource Construction for the Academic Guidance of Master of Statistics in Tianjin University of Commerce in 2022 Graduate Education and Teaching Reform Research Project. (No.23YJSJG0104).