

of PSQI, the scores of the blank group and the experimental group before the experiment were 15.23 ± 3.12 and 16.29 ± 2.54 , respectively. The scores after the experiment were 11.26 ± 2.99 and 9.46 ± 1.76 , respectively. The anxiety score and sleep score of the experimental group showed a greater downward trend.

Conclusions. The construction of cross-border e-commerce English curriculum system can effectively alleviate students' English learning anxiety.

The role of college English teaching reform in overcoming students' learning anxiety disorders

Jin Wang

Wuchang Shouyi University, Wuhan 430064, China

Background. In the study of colleges and universities, students are under greater pressure to learn English, so the reform of the teaching mode of English in colleges and universities is of great significance to alleviating students' learning anxiety.

Subjects and Methods. This study chose 150 students with English learning anxiety as its experimental subjects at a particular university in order to investigate the impact of English teaching reform on helping students overcome their learning fear. The experimental employees were split into two groups using the random approach. One group was designated "blank," and that group was taught using conventional English methods. The experimental group, which uses a multimedia-reformed approach to English instruction, is the other group. The experimental statistical scale uses the Anxiety Disorder Somatic Symptom Assessment Scale, and the experimental period lasts for 3 months.

Results. The panic index scores of the blank group and the experimental group were 78.49 ± 2.32 and 79.50 ± 2.26 , respectively, after the evaluation of the Anxiety Disorder Somatic Symptom Assessment Scale, and the tension index scores were 84.65 ± 2.42 and 83.17 ± 1.58 , respectively, prior to the start of the experiment. Following the experiment, the scores for stress indicators were 83.79 ± 1.87 and 72.49 ± 4.01 , while the scores for panic indicators were 77.76 ± 2.46 and 67.65 ± 1.28 , respectively, in the blank group and experimental group. The experimental group's scores for somatic symptoms of anxiety displayed a considerable decline.

Conclusions. The reform of college English teaching through multimedia can effectively alleviate students' learning anxiety.

Acknowledgement. A project of Wuchang Shouyi University (No. 2021Y05).

University management decision execution on teacher Mania from the perspective of social psychology

Kaichao Li and Liping Liu*

Hezhou University, Hezhou, 542899, China

*Corresponding author.

Background. The rapid development of education and teaching in universities requires teachers to possess more professional and solid comprehensive subject knowledge during the teaching process, and different management decisions in universities have a clear constraint on teachers. The impact of university management decision-making on teacher workplace mania has always been a highly concerning issue. From the perspective of social psychology, the execution of management decisions may have a significant impact on teacher workplace mania.

Subjects and Methods. This study selected 124 teachers suffering from mania from a certain university and randomly divided them into an intervention group and a control group, with 62 teachers in each group. The intervention group carried out work under the innovative university management decision-making execution mode, while the control group did not make any changes. From the perspective of social psychology, the Sykes Setman Mania Test Scale (CSSRS) was used to evaluate the manic symptoms of two groups of teachers before and after the intervention. All data were calculated using Excel tables and SPSS24.0, with $P < 0.05$ indicating statistically significant differences.

Results. The results show that innovative university management decision-making execution models from the perspective of social psychology have a significant alleviating effect on teacher workplace mania.

Conclusions. In order to improve the professional environment and mental health of teachers, universities should pay attention to the effective implementation of management decisions, provide good work support and environment, strengthen cooperation and collaboration between teachers, and reduce the occurrence of mania.