

Conclusions. It shows that the reform of innovation and entrepreneurship training mode has a positive effect on the improvement of generalized anxiety disorder of college students in the new era.

New media communication mode with mental health education on public social anxiety disorder

Ziyi Guang

Jiangxi Normal University, Nanchang 330022, China

Background. Public social anxiety disorder is a common mental health problem that has a negative impact on an individual's social life and mental health. Mental health education combined with new media communication methods is considered an effective way to cope with social anxiety.

Subjects and Methods. The study used a randomized controlled trial design, selected 200 individuals affected by public social anxiety disorder as experimental subjects, and randomly divided them into an experimental group and a control group. The experimental group received the intervention of new media communication mode with the theme of mental health education, while the control group received the intervention of traditional health education mode. Changes in anxiety levels before and after intervention were recorded on the Hamilton Anxiety Scale (HAM-A) the Social Disease Questionnaire (SAQ) and Social Anxiety Self-Assessment Scale (SIAS).

Results. The experimental group's social anxiety decreased significantly after the intervention, and their mental health and social skills improved significantly ($P < 0.05$). However, there was no significant difference in anxiety levels in the control group ($P > 0.05$).

Conclusions. The new media communication mode combined with mental health education has a positive impact on the public social anxiety disorder. This suggests that new media communication methods can serve as an effective mental health education tool to help the public reduce social anxiety and promote positive mental health attitudes and behaviors.

College students' communication disorder and anxiety: self-efficacy regulation analysis

Cheng Xu

Hunan International Economics University, Changsha 410205, China

Background. College is an important period of interpersonal communication and some college students are faced with

interpersonal communication barriers and psychological anxiety. The relationship between interpersonal disorder and psychological anxiety has been closely concerned, but the regulating role of self-efficacy needs to be further explored.

Subjects and Methods. The study used random sampling and selected 500 students from a university, through the Liebowitz Social Anxiety Scale (LSAS), Beck Anxiety Scale (BAI) and the general self-efficacy scale (GSES) to measure students' levels of interpersonal barriers, psychological anxiety and self-efficacy. Analyzing the relationship between interpersonal communication disorder and psychological anxiety through SPSS23.0 and exploring the role of self-efficacy in its regulation.

Results. Research shows that there is a positive relationship between the interpersonal disorder and psychological anxiety of college students, that is, the higher the interpersonal disorder, the higher the level of psychological anxiety ($r=0.667, P<0.01$). Moreover, studies have found that self-efficacy plays a regulatory role between interpersonal disorder and psychological anxiety. Students with higher self-efficacy have relatively low psychological anxiety levels in the face of interpersonal barriers ($r=-0.324, P<0.01$).

Conclusions. There is a positive relationship between interpersonal disorders and psychological anxiety, while self-efficacy is a negative relationship. Therefore, improving the self-efficacy of college students is of great significance for reducing interpersonal communication barriers and psychological anxiety. College education should pay attention to cultivating students' interpersonal skills and self-cognition, and provide appropriate psychological counseling and support to help students enhance their self-efficacy.

The role of business English online teaching mode on students' social phobia

Hua Shang

Shanghai Business School, Shanghai 201400, China

Background. Social phobia, also known as social anxiety, is a common psychological disorder manifested by feeling extremely upset and nervous in social situations. Currently, there is a certain proportion of people with social phobia in the student population. With the popularization of the online teaching model in business English education, it is of great significance to explore its influence on students' social phobia.

Subjects and Methods. The study selected two groups of business English students, one for the control group for the traditional face-to-face teaching and the other for the online teaching for the observation group. Student social phobia was assessed by the Liebowitz Social Anxiety Scale (LSAS) before and after the course. At the same time, the student's academic performance and self-evaluation data were also collected. Study data were analyzed using SPSS23.0.

Results. Through analyzing the data, we found that students receiving online teaching had a relatively low level of social phobia of 24 points. They scored significantly lower on the social anxiety

questionnaire than the students receiving traditional face-to-face teaching. In addition, the online teaching group also had high academic performance and self-evaluation ($P < 0.05$).

Conclusions. Business English online teaching mode has a positive effect on students' social phobia. Online teaching provides a relatively low-pressure learning environment, reducing students' tension during face-to-face communication. This helps students to better participate in classroom activities and improve their learning results. Therefore, in business English education, online teaching mode can be an effective teaching method, especially beneficial for students with social phobia.

Cognitive behavioral analysis of the impact of the Bank of China's "Crude Oil Treasure" futures on investors' investment anxiety

Jie Ge¹ and Tiangang Li²

¹Xuzhou Vocational Technology Academy of Finance & Economics, Xuzhou 221000, China and ²Qingdao University, Qingdao 266071, China

Background. "Crude Oil Treasure" is a trading product linked to domestic and foreign crude oil futures contracts for the whole society investors launched by the Bank of China in January 2018. It is not only a tool to hedge risks but also has the function of positioning and speculation. But with the development of lots today, more investors participate in speculating to earn the difference. The Bank of China's "crude oil treasure" crash incident made people aware of the considerable investment risk and gave investors a warning lesson.

Subjects and Methods. Investors worry about losing money, especially when the market goes down. This worry will affect the rational judgment of investors, and excessive supervision will lead to emotional reactions of investors, such as insomnia and anxiety. This paper analyzes the cognitive behavior of some investors' investment anxiety after the Bank of China's "crude oil treasure" futures implosion event. A random selection of 90 investors with knowledge of the event. SPSS23.0 software was used to analyze the anxiety behavior of event investors.

Results. Before the experiment, the baseline data of all investors were not statistically significant ($P > 0.05$). After the event, investors' investment anxiety was significantly improved, and the difference was statistically significant ($P < 0.05$).

Conclusions. The Bank of China's "crude oil treasure" crash event gives investors a more sober and rational mood, thereby reducing investor anxiety.

The intervention of library service quality and administrators' mental health anxiety under behavioral psychology

Jia He

Xi'an Siyuan University, Xi'an 710038, China

Background. In the current information network era, librarians face more and more competitive pressure. The main reason is that some librarians' ideas, knowledge structure, quality, and ability cannot adapt to the library work in the information technology environment. As a result, it is challenging to grasp various uncertain factors correctly, opportunities, and risks in the social environment change and its future development, resulting in different psychological anxiety problems.

Subjects and Methods. Behaviorism is widely used in managing various social institutions. It has penetrated multiple fields of human social activities and daily life, such as psychological counseling, education, artistic creation, etc. Therefore, the research uses behavioral psychology to reform library service quality management. It is used to intervene in the anxiety of library managers. A total of 70 anxious librarians were randomly selected, 35 in each group. The general intervention group received conventional psychological intervention treatment, and the management innovation group used research methods to intervene based on traditional treatment. SPSS23.0 software was used for data statistical processing.

Results. Before the intervention, the baseline data of all managers were not statistically significant ($P > 0.05$). After the intervention, the anxiety of the management innovation group was significantly improved compared with the ordinary intervention group, and the difference was statistically significant ($P < 0.05$).

Conclusions. The innovation of library service quality management based on behavioral psychology can effectively relieve administrators' psychological anxiety.

The improvement of ideological and political course education to the psychological anxiety of college students

Weidong Ge

Jinling Institute of Technology, Nanjing 211169, China

Background. College students are in a critical period of value formation as a particular group. This group is more susceptible to the adverse influence of the outside world, producing anxiety,