

**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

Qi Sha<sup>1,2</sup>

<sup>1</sup>China University of Mining and Technology, Xuzhou 221000, China and <sup>2</sup>Wuxi Taihu University, Wuxi 214000, China

**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.

**Acknowledgements.** The research is supported by: the Key Construction Base of Philosophy and Social Sciences in Jiangsu Province, Research Center of Industrial Transformation and Innovation Development in Southern Jiangsu Province, No. 2018ZDJD-B008.

**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

Xiuxia Li

Guangdong Business and Technology University, Zhaoqing 526020, China

**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