

has improved the depression and anxiety symptoms of anxiety disorder patients and improved their quality of life.

## Improvement of the rural grassroots community work mechanism and its role in alleviating farmers' psychological anxiety

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**Background.** With the development of modern rural areas, farmers have developed anxiety, which is a reflection of the imperfect grassroots construction in rural areas. By establishing innovative and perfect grassroots systems, psychological anxiety relief is implemented for farmers. This study investigates the role of improving and innovating the working mechanism of rural grassroots communities in alleviating farmers' psychological anxiety.

**Subjects and Methods.** A total of 60 farmers from a certain village were selected and randomly divided into an intervention group and a control group, with 30 cases in each group. The intervention group received comprehensive psychological intervention and anxiety counseling, while the control group did not receive any treatment. The anxiety self-assessment scale scores were evaluated before and after the intervention. The results were tested using SPSS16.0 statistical software.

**Results.** Before intervention, there was no statistically significant difference ( $P>0.05$ ) between the two groups of subjects in the scores of the Self Rating Anxiety Scale, indicating no statistical significance; The score of the anxiety self-assessment scale in the intervention group decreased significantly before and after intervention ( $P<0.05$ ), while there was no statistical difference in the score of the anxiety self-assessment scale in the control group before and after intervention ( $P>0.05$ ).

**Conclusions.** The improvement and innovation of rural grassroots community work mechanisms have a good development for psychological intervention, which can effectively reduce farmers' anxiety levels, improve patients' quality of life, and have a good effect on farmers' enthusiasm for life and mental health. It is worth further promoting.

## Exploring the impact of enterprise management and market economy development on audience psychological anxiety

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**Background.** Under the socialist market economy system, the rapid development of enterprise management has significantly impacted the psychological health of audiences such as employees and consumers. This study analyzes the factors related to the impact of enterprise management and market economy development on audience psychological anxiety.

**Subjects and Methods.** This research systematically sampled 100 employees from a specific enterprise to administer a questionnaire measuring their anxiety levels concerning the enterprise's management landscape before and after a distinct period of market economy development. Pre- and post-evaluation encompassed self-assessment scale scores for anxiety. The acquired data were subjected to statistical analysis using SPSS 24.0 software.

**Results.** The results showed that the statistical difference was  $P<0.05$  and statistically significant. Before and after development, employees' anxiety scores toward enterprise management significantly increased ( $P<0.05$ ) compared to the scores on the Self-Rating Anxiety Scale before and after the intervention.

**Conclusions.** Comprehending and investigating the dual impact of the market economy on the psychological well-being of individuals holds significant theoretical and practical significance. This endeavor aids in fostering accurate perspectives on employment and consumption, nurturing robust psychological attributes among audience members, and facilitating the enduring advancement of both enterprises and the market economy.

## Improving the domestic automotive after-sales service industry on alleviating consumer anxiety

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**Background.** Anxiety psychology is a component of anxiety and a common psychological phenomenon. Individuals in an anxious