

state feel scared, nervous, or even frightened. Consumers are more likely to experience anxiety when facing transactions with large amounts of money. Alleviating consumer anxiety is beneficial for enhancing consumer trust in businesses, establishing a good brand image, and reflecting the professional level of employees in the automotive after-sales service industry.

Subjects and Methods. The research employed computer-based searches on Pub Med, EMBase, and the Chinese Biomedical Literature Database to gather strategies to mitigate consumer anxiety. Twenty individuals exhibiting anxiety as consumers were selected and subsequently randomly divided into two groups. One group received enhanced after-sales services, while the other received standard ones. Meta-analysis of various indicators was conducted utilizing RevMan 5.20 software.

Results. According to the results of the meta-analysis, improving after-sales service after the transaction is completed is significantly more effective in alleviating consumer anxiety than not improving after-sales service, with a statistically significant difference (RR=1.26, 95% CI=1.07-1.49, $P=0.006$), indicating that improving the level of automotive after-sales service has a specific effect on alleviating consumer anxiety.

Conclusions. Consumer anxiety is an essential factor affecting transaction completion. To increase market share in the automotive industry, adequate measures must be taken to improve after-sales service. Research on the impact of the domestic automotive after-sales service industry on alleviating consumer anxiety is of great significance for the development of the automotive industry.

Evaluation of anxiety among participants in concrete structure assembly schemes based on cognitive behavior analysis

Maogang Zhang

Wuxi City College of Vocational Technology, Wuxi 214153, China

Background. Anxiety can seriously impact patients' psychological and emotional well-being, and sometimes, it can also affect their physical health. Cognitive behavioral analysis is based on cognitive psychology, emphasizing the influence of individual anxiety on emotions and behavior, and is suitable for intervention and treatment of various psychological problems. Therefore, the study uses cognitive behavioral analysis to evaluate the anxiety psychology of participants in prefabricated concrete structure assembly schemes.

Subjects and Methods. The study conducted an EMBase search over the past decade using keywords such as anxiety and psychotherapy to obtain data on alleviating anxiety. Thirty participants in the concrete structure assembly plan were randomly divided into two groups: one group received cognitive behavioral intervention, and the other served as the control group for four weeks. Participants were evaluated for anxiety before and after the experiment using the Self Rating Anxiety Scale (SAS) and the Self Rating Depression Scale (SDS).

Results. The results showed significant differences in SAS and SDS values between the participants ($P<0.05$). The group receiving cognitive behavioral intervention showed a significant decrease in SAS and SDS values, while the other group showed no significant changes.

Conclusions. Participants' anxiety is an essential factor affecting the smooth completion of assembly plans, and timely intervention and treatment are urgently needed. Cognitive behavioral analysis can effectively alleviate participants' anxiety in prefabricated concrete structure assembly schemes, which is of great significance for the smooth completion of projects.

The alleviation of entrepreneurial anxiety among college students through innovation and entrepreneurship education in universities

Lu Liu

Shaanxi Vocational Academy of Art, Xi'an 710054, China

Background. Anxiety is a painful emotional experience disproportionate to the situation, manifested as anxiety without a definite objective object and specific conceptual content. With the severe employment situation, more and more college students have become self-employed. Under the enormous pressure and risks of entrepreneurship, some college students have developed anxiety.

Subjects and Methods. The Cochrane Library search was conducted on past research on entrepreneurial anxiety, using keywords such as anxiety and psychotherapy. Forty college students who started their businesses were randomly divided into two groups. One group received innovation and entrepreneurship education, while the other was the control group. Before and after the innovation and entrepreneurship education, these students were tested with electromyographic indicators and a self-rating anxiety scale.

Results. Innovation and entrepreneurship education have a significant effect on alleviating entrepreneurial risk anxiety among college students. There is a significant difference in the post-test electromyographic indicators compared to the pre-test ($t=-4.46$, $P<0.05$), and there is a significant difference in the scores of the post-test anxiety self-assessment scale compared to the pre-test ($t=-4.23$, $P<0.05$).

Conclusions. The anxiety of college students is one of the critical factors affecting their entrepreneurship, and it is urgent to adopt effective methods and timely intervention and treatment in a retrograde manner. Innovation and entrepreneurship education in vocational colleges can effectively alleviate the anxiety of college students, which is of great significance for their mental health and career development.