

## Optimizing the influence of human resource management on relieving the psychological stress of employees

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**Background.** Human resource management is an important field that directly impacts the development of enterprises and the quality of employees' work. With the rapid growth of society and the intensification of competition, enterprises are facing more and more pressure, and employees are also under more work pressure. Therefore, optimizing the enterprise's human resource management system to relieve the psychological pressure of new and old employees has become an urgent research topic.

**Subjects and Methods.** Based on the analysis and dismantling of the existing human resource management model, this study improves the structural modules that can be optimized, such as the suitable working environment and resource support provided by the company, the promotion system obtained by employees, and reasonable welfare benefits. The improved and optimized human resource management mode was compared with the traditional one under the same conditions, and SPSS23.0 software was used for correlation detection. This paper explores the relieving effect of the optimal management mode on the psychological stress of employees.

**Results.** The employees who accepted the optimal management mode were more satisfied, the number of employees with psychological stress decreased significantly, and the self-evaluation score was higher. The difference was significant ( $P < 0.05$ ). Employees who accept the traditional management mode have no noticeable effect on relieving psychological pressure and low overall satisfaction.

**Conclusions.** The optimal human resource management model proposed in this study explicitly affects the psychological pressure of new and old employees and improves job satisfaction and performance.

Autistic groups often face difficulties in social integration and psychological pressure. As a fashion style focusing on comfort, warmth and relaxation, healing clothing is gradually being accepted and loved by people. Traditional clothing elements represent unique Chinese cultural symbols and aesthetic values, and their integration into healing clothing may have a positive intervention effect on autistic groups.

**Subjects and Methods.** The experiment involved 50 people with common autism as research subjects, half of whom served as the experimental group, wearing healing clothing with elements of traditional Chinese dress. The control group had the same number of people as the experimental group and wore normal healing clothing. The participants' social interaction, emotional performance and self-identity were observed and recorded for a certain period of time, and the effect was tested by the Stanford Acute Stress Response Questionnaire (SASRQ).

**Results.** After wearing the healing clothing with traditional Chinese clothing elements, the experimental group had more active social behaviors and positive emotions, and the average questionnaire score was 10 points higher than that of the control group. However, most of the patients in the control group were still in a depressed state and their activity was not high.

**Conclusions.** This study proposed to integrate traditional Chinese clothing elements into healing clothing, which has a very good intervention effect on the autistic group, and the research results are expected to provide better support and care for the autistic group.

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## The positive effects of architectural environmental space design on psychological anxiety individuals from the perspective of design psychology

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## The intervention effect of traditional Chinese clothing elements into healing clothing for autistic groups

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**Background.** Autism is a developmental disorder that affects an individual's ability to socialize, communicate, and behave.

**Background.** Anxiety disorder is a common psychological disorder in modern life, which has had a huge impact on people's lives. Reasonable architectural environment design can alleviate the anxiety of individuals with psychological anxiety and help alleviate their discomfort.

**Subjects and Methods.** 500 survey questionnaires on the impact of building environment on residents and GAD-2 questionnaire were selected from a certain city population in June 2021. Among them, there are 275 males and 225 females. The residential questionnaire includes five aspects of residents' anxiety about residential area, floor height, bedroom layout, residential orientation, and building type. The GAD-2 questionnaire includes residents' anxiety level. The collected information was statistically analyzed using SPSS3.0 software.

**Results.** According to the correlation analysis results of SPSS software, there is a negative correlation between residential area