

## Ideological and political education on relieving psychological anxiety of college students

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**Background.** Anxiety, as a kind of mental illness, is an emotional state in which individual goals cannot be achieved or obstacles are difficult to overcome. It results in a sharp increase in confidence frustration and sense of failure and is a class of neurological symptoms mainly characterized by episodic or persistent anxiety and tension. As one of the most common psychological issues of college students, anxiety has become a subject that ideological and political educators now pay attention to. This study analyzes the influence of ideological and political education on the psychological anxiety of college students.

**Subjects and Methods.** The study adopts cluster sampling method to investigate and analyze 3500 college students before and after receiving ideological and political education in the new era. A total of 3,500 online questionnaires were distributed, and 3452 effective online questionnaires were obtained, with an effective response rate of 99.65%. The SCL90 symptom self-rating scale was used to extract neonatal anxiety symptom data. Using a scale of 1-5, the anxiety factor of more than 2.5 points was defined as abnormal, indicating the existence of mild anxiety. An anxiety factor of more than 3 indicates that anxiety is above the medium level and needs to be paid attention to. An anxiety factor of more than 3.5 indicates that anxiety is severe and requires special attention.

**Results.** After receiving ideological and political education in the new era, the distribution of anxiety factors in the test showed that: slight anxiety accounted for 32.9%, decreased by 20.1%; Moderate anxiety accounted for 10.83%, decreased by 9.4%; Severe anxiety accounted for 0.48%, a decrease of 2.3%.

**Conclusions.** The integration of ideological and political education in college students' curriculum has a positive impact on relieving their psychological anxiety.

## Global value chain upgrading on the psychological anxiety of financial investors

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**Background.** Under the global value chain division pattern, the trade structure is changing day by day, and the intermediate

goods trade is becoming the mainstream trend. As the final exportation platform under the international production network and production system, developing countries mainly take advantage of factors such as resource endowment and demographic dividend to form comparative advantages in processing and assembly, focusing on low-end production links with low added value and low technology content, and are in the downstream position of the global value chain. Investors need to establish a reasonable investment plan, understand the market rules and risks, master the investor mentality, and control risks. This study analyzes the impact of investors' psychological anxiety in the context of global value chain upgrading.

**Subjects and Methods.** In this study, 540 financial investors in a province were evaluated by self-rating Depression Scale (SDS) and Self-rating Anxiety Scale (SAS). Amos software was used to conduct confirmatory factor analysis on the survey results.

**Results.** There was significant difference between the total score of depression and gender ( $t = -2.098, P < 0.05$ ). Attachment anxiety not only predicts depression directly, but also indirectly through self-esteem.

**Conclusions.** The upgrading of global value chain has a negative effect on the psychological anxiety of financial investors. Depression, attachment anxiety and self-esteem were significantly correlated with psychological anxiety disorder. Self-esteem plays a mediating role between attachment anxiety and depression.

## Psychological counseling on the anxiety of technical personnel

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**Background.** Anxiety disorder is a common psychological disorder, manifested as excessive worry, fear, fear and other emotions, seriously affect the quality of life of patients. The therapeutic methods of psychological counseling include cognitive behavior therapy, interpersonal therapy, psychodynamic therapy and so on. Compared with drug treatment, psychological counseling does not produce drug dependence, fewer side effects, and good long-term effects. This study is based on psychological counseling to explore the anxiety of technical personnel in strategic emerging industries in Fujian province, China.

**Subjects and Methods.** In this study, 338 technical personnel in strategic emerging industries in Fujian Province were selected as the research subjects and divided into experimental groups and control groups with same number. The control group did not take any intervention measures, and the experimental group received psychological counseling. The scores of Self-rating Anxiety Scale (SAS), self-rating Depression Scale (SDS), Wechsler Adult Intelligence Test (WAIS-RC) and Health Survey Summary Form (SF-36) were compared between the two groups. T-test was performed on the measurement data.

**Results.** Before the experiment, there was no significant difference in SAS and SDS scores between the two groups ( $P > 0.05$ ). After the experiment, SAS and SDS scores of the experimental