

psychological state of emergency nurses was improved, and it was more in line with the training objectives of modern nursing education.

The comprehensive training method of “autonomy, cooperation and exploration” experimental teaching mode is tried out in the practical teaching. The experimental teaching takes the process and method as the axis, so that students can work, think and develop like researchers in the learning process. It not only attaches importance to the construction of students’ first aid knowledge and skills, but also improves students’ overall first aid awareness, emotion and values, In the process of experimental teaching, teachers and students’ learning vitality is radiated.

The final scores of the two groups are compared as shown in Table 2.

Table 1. Comparison of two groups of students’ satisfaction with different experimental teaching modes.

Group	Number of people	The innovation education	Creative ability	The team cooperation	Stimulate interest in
The control group	150	68 (45.20)	76 (50.50)	87 (57.80)	55 (36.80)
Observation group	150	138 (91.90)	127 (84.80)	134 (89.60)	114 (76)
χ^2	-	70.21	38.11	35.90	38.88
p	-	0.00	0.00	0.00	0.00

Table 2. Comparison of final scores between the two groups.

Group	Number of people	Theoretical achievement	Operation results
Control group	150	85.82 ± 1.42	86.10 ± 0.86
Observation group	150	96.90 ± 1.29	96.83 ± 0.69
t	-	65.98	127.72
p	-	0.00	0.00

Conclusions: Whether the psychological quality of emergency nurses is healthy or not, stable or not, directly affects the quality of emergency nursing, and affects the rescue effect. It has been proved that only by cultivating the healthy psychological quality of emergency nurses and making it continuously improve, can the quality of emergency nursing be improved and the rescue rate be improved. Experimental teaching mode can give full play to the unique educational function of experimental teaching, develop students’ innovative spirit and practical ability, and meet the training objectives and requirements of modern nursing education. It will lay a good foundation for students to master the process of pre hospital first aid, emergency department first aid and critical care department first aid, cultivate psychological quality and adapt to clinical practice quickly.

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INFLUENCE OF PSYCHOLOGICAL COUNSELING ON THE ANXIETY ALLEVIATION OF COLLEGE STUDENTS

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Background: Since entering the 21st century, with the acceleration of the pace of life, the intensification of social competition, the tension of interpersonal relationships, anxiety in the normal population is widespread, and presents a rising trend. In daily life, people often encounter all kinds of difficulties and obstacles. In order to solve the problems, to achieve their goals, we must overcome the difficulties. And the emergence of difficulties and overcome, will cause people inner unrest and tension, serious will bring fear to people, the formation of anxiety.

It is a common psychological phenomenon, also can be said to be a normal psychological reaction, that college students’ tension, uneasiness, anxiety, fear and so on are caused by examination, interpersonal communication and so on. The problem is that some students are good at self-psychological adjustment, so that it becomes the power of study, life forward. And some students because they are not aware of their bad psychological state, the lack of effective adjustment of anxiety, resulting in an unideal life state. When

students have anxiety, proper psychological counseling can effectively relieve students' anxiety.

Objective: Anxiety is a kind of inner uneasiness or groundless fear without obvious objective reason, and a kind of nervous emotion expected to face bad situation soon. In today's society, anxiety has become a very common negative emotion among people. Strong anxiety will seriously affect the physical and mental health and academic performance of college students. When college teachers find that students have anxiety, they should give them psychological counseling in time to improve and relieve the anxiety of college students and promote their mental health development. Therefore, psychological counseling plays a vital role in alleviating anxiety among college students.

Subjects and methods: Effective psychological counseling can help college students to relieve anxiety and establish a correct view of learning and values. It can be seen that the negative emotions of college students can be effectively alleviated through psychological counseling. This article mainly from the psychological counseling on college students' learning anxiety, anxiety to people, loneliness tendency, self-accusation tendency, physical symptoms and so on five aspects of the alleviation of the research. Primary school, junior high school and senior high school were selected as the research objects, and questionnaires were issued to their students to statistics the impact of psychological counseling on their various aspects.

Study design: The stratified cluster random sampling method is adopted to investigate 500 college students in our city. One primary school, one junior high school and one senior high school in our city were randomly selected from each grade, and one class was randomly selected from each grade. A total of 500 copies were sent out to students in 12 classes, 486 copies were recovered, and 479 copies were valid.

Methods: Excel was used to make statistics on the anxiety relief of college students of all ages by psychological counseling.

Results: Psychological counseling has different effects on alleviating anxiety of college students at different ages. Because primary school students are not mature, their anxiety problems are generally simple and simple, so they can effectively relieve their anxiety after psychological counseling. High school students need psychological counseling because of their complicated anxiety in study and life.

The survey results, using a scale of 0-4 quantitative value of the influence of specific factors, 0 said irrelevant, 1 said slightly, 2 said general, 3 said relieve obviously, 4 said full relief, in order to reduce the subjective causes bigger error during evaluation, evaluation value and take 500 students take average, calculated results determine rounded way, the specific statistical table is shown in Table 1.

Table 1. Influence of psychological counseling on anxiety relief of college students.

Factor	Learning anxiety	Anxiety to people	Lonely tendency	Remorse tendency	Physical symptoms
Primary School	3	4	4	3	3
Junior high school	3	4	3	2	3
High school	4	4	3	4	3

Conclusions: Students' problems are not independent problems, but are often inextricably linked with schools and families. Psychological counseling can effectively reduce the anxiety of college students and promote their mental health development. Scientific and efficient psychological counseling can effectively ease the negative emotions and psychological burdens of college students. Through psychological counseling activities, reduce the anxiety of college students, make them calm, optimistic, positive in the face of setbacks and difficulties encountered in study and life, comprehensively improve their psychological qualities, fully develop their potential, and promote the sound development of personality.

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THE INNOVATION OF ENTERPRISE HUMAN RESOURCE MANAGEMENT MODE FROM THE PERSPECTIVE OF BEHAVIORAL PSYCHOLOGY

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Background: Behavioral psychology believes that psychology should not be a part of psychology. It believes that a truly objective psychological science should only study observable events, that is, the stimuli from the environment and the reactions of organisms. Behaviorism is a science that studies behavior