

socialists are obliged to let college students overcome their anxiety before entering the society, so as to ensure that they can better adapt to the society in the future. First of all, when selecting talents, society should not only focus on the present, but should see the future development potential of college students. Compared with those who have not experienced college education and entered the society earlier, college graduates lack social experience. After entering the society, the social benefits and values generated are difficult to be reflected in the moment. At this time, the society needs to give college students enough patience to grow and progress. They can't give up the training of college graduates with a temporary success or failure. In addition, the atmosphere of the whole society also needs to be improved. We can't let the bad atmosphere such as corruption, cross flow of material desires and extravagance become the norm of the society, and let college students have a sense of fear and anxiety about entering the society. Of course, on the contrary, only by constantly injecting new positive energy into society by young people can we improve the overall atmosphere of society.

**Objective:** The work center of the university should be teaching. The university should strengthen the "three ethos" construction of study style, teaching style and school spirit. In recent years, the work objectives of many colleges and universities have shifted: The expansion of college enrollment has reduced the overall quality of college students. Some so-called school rankings and professional rankings enable colleges and universities to invest more funds and energy in the construction of school scale and hardware conditions, ignoring the basic undergraduate teaching, and the evaluation of teachers depends more on the social status of teachers the scientific research level has little relationship with its teaching level, which greatly reduces the teaching enthusiasm of university teachers, makes the overall learning atmosphere of the school not strong enough, and it is difficult for students to gain better in this atmosphere. Therefore, the university should be the best place to provide students with superior learning conditions. The ivory tower guides students to produce new ideas and put more energy into teaching. In addition, universities should support and organize some positive student activities. On the one hand, they can let students show themselves in the activities, release the pressure in learning, fully mobilize students' enthusiasm, find their own points of interest, and experience the happiness of progress and success. On the other hand, it is conducive for students to learn to get along and cooperate with others and form their own social circle, which will help college students overcome psychological anxiety and better adapt to the study and life of the university.

**Subjects and methods:** This study mainly makes research and analysis from three aspects: Strengthening professional scientific cognition, building an affinity classroom and guiding the evaluation view of rational learning ability.

**Study design:** 500 college students were randomly selected by questionnaire survey. A total of 500 questionnaires were distributed, 485 were recovered and 481 were valid.

**Methods:** Use Excel to count the causes and countermeasures of college students' learning anxiety.

**Results:** For the survey results, the influence values of specific factors are quantified in five levels of 0-4. 0 means irrelevant, 1 means slight influence, 2 means average influence, 3 means obvious influence and 4 means full influence. The specific statistical table is shown in Table 1.

**Table 1.** Causes and countermeasures of college students' learning anxiety

Factor	Natural resources	Green consumption	Development resources
Economics	4	4	4

**Conclusions:** University is not only an important stage in life, but also an important turning point in personal life and the transition period of social roles. How to spend this period smoothly has always been a subject that sociologists and educators need to study deeply. Today's fast-paced society and high pressure will produce many anxiety factors. As the last barrier for students to enter the society, universities need to cultivate the ability to overcome anxiety and overcome anxiety, which is not only the need for talent reserve for national development, but also the need to improve the mental health level of college students.

**Acknowledgement:** The research is supported by: Hunan Province Social Science Fund major projects: A study on the Fundamental, Strategic and Sourcing Function of the Communist Youth League in schools, 19WTA04.

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## APPLICATION OF COMPARATIVE PSYCHOLOGY IN EDUCATIONAL ECONOMICS

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**Background:** Through comparative analysis, the researchers of educational economics in China realize that the total and per capita investment in education are lower than other countries, even many Third World countries. We must increase the proportion of investment in education, and the level of investment in education in China should be ahead of the level of investment in education in order to save the backward education and lay the foundation for the next economic takeoff. From the current level of economic development in China, education investment can only keep pace with economic growth, so that the two coordinated development. Therefore, we should first of all ensure sustained economic growth, in order to create and provide a stronger material foundation for the development of education. In a word, the emergence and development of educational economic theory and thought are always connected with the application of comparative psychology research methods. Of course, the correct application of comparative psychology can increase the effect of educational economics. Therefore, when we study the economic problems of education, we must bear in mind that education is a kind of activity reflecting social trends, and it should be put into the overall structure of society to explore, and avoid by all means from the whole local comparison. Educational economics, as an interdisciplinary subject, not only connects two systems, but also takes its background as a branch of sociology. Only in this way can the comprehensiveness and profundity of research be ensured. In fact, in terms of educational economics, since the 20th century, the trend of socialization has been strengthened as well as the trend of quantification. In the past, the method of dividing the research object into many parts to study is not a good one. The whole is not equal to the simple addition of parts, the whole also has its own nature, we need to understand the part from the whole.

**Objective:** Comparative psychology is one of the common research methods in social sciences. In recent years, many new disciplines have adopted comparative research methods to analyze the nature, structure and characteristics of their research objects, so as to obtain a perfect, improved and developed program. Therefore, it can be said that comparative psychology research is a good way to explore social patterns quickly and effectively. Therefore, the comparative psychology theory can be used to study educational economics.

Using the theory of comparative psychology to study the development of educational economics. In this paper, the relevance, practicality and testability of the three aspects of research and analysis.

Interview 60 educators in junior high school, senior high school and university, innovate the educational development mode and idea according to the theory of comparative psychology, and improve the concrete application effect.

**Methods:** Using Excel statistical comparative psychology theory on the impact of educational economics.

Therefore, the theory of comparative psychology can be used to analyze the relevant factors in the economics of education. Because of the complexity of the actual situation, comparative psychology can be used to infer and sum up practical experience in educational economics. In the mutual relationship between education and economy, through adequate comparative conditions, access to similar indicators can effectively analyze the actual situation of education, and better promote development.

The results of this survey use 0 to 4 levels to quantify the influence values of specific factors, 0 indicating irrelevance, 1 indicating slight influence, 2 indicating general influence, 3 indicating obvious influence, 4 indicating full influence, and the obtained statistical table is shown in Table 1.

**Table 1.** Comparative impact of psychological theory on educational economics

Factor	Interdependency	Actual	Measurability
Junior middle school	3	4	3
Senior middle school	4	3	4
College	4	3	3

**Conclusions:** Today's education reform is global. Although the aims of the reform are similar, the national conditions are different and the main contradictions are different. Therefore, it is necessary to analyze and combine the national development to improve the education level. China has its own actual situation, through comparison can better analyze the current situation of education ability, through comprehensive economic forecast and social forecast, to complete the improvement of education ability. Due to the difference of history and tradition, the school education system in different countries is different, so the rate of return of education is limited or even not comparable. We can get the difference of education data according to the theory of comparative psychology, and the results are reliable. We can improve the educational economic system according to the actual situation of the research.

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## THE CAUSES AND COUNTERMEASURES OF ANXIETY PSYCHOLOGY OF PROJECT MANAGERS

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**Background:** Under the situation of increasingly fierce market competition, each enterprise should take full responsibility for its own profits and losses, and at the same time strive for self-development. The system of bidding and tendering for construction projects is a great change in the management mode of the construction industry. It is not only changing the obsolete mode of contracting out construction tasks by administrative means for a long time, but also promotes the reform of the construction industry to become a common contracting mode of construction projects in the world, realizes the management system of construction projects and project managers, and achieves the goal of connecting with the world. The qualified project manager should not only have high professional skill and basic quality of management and commanding ability, but also be honest, self-disciplined, dedicated and responsible, do a good job in a project, set up a monumental spirit, and grow and develop in the fierce building competition market. The manager of the construction project is the construction enterprise, and its object is the construction project. The main particularity of construction project management is that the project has the characteristics of long period, diversity and uncertainty. In addition, the construction project is different from ordinary product production, it is difficult to completely separate production activities and market transactions. Therefore, the whole process of the construction project is a special and challenging project, which is quite different from the general production management. This leads to anxiety on the part of the project manager. Perhaps the project is always accompanied by the shadow of anxiety, schedule lag, unable to accept, scope spread, lack of resources, team laziness, anxiety seems to have become the norm, cannot avoid. The project manager can only coexist with it in some way because he has to face it.

**Objective:** Anxiety is an evolutionary instinct that produces diffuse anxiety when one feels that one's vital values are being threatened. Since it is a proliferation, that is, from a point, but will gradually be amplified, divergence, is a vague feeling, will bring a strong sense of uncertainty and helplessness, and often no specific target. So sometimes it's hard to externalize the threat that causes anxiety, so that you can't get away from it or overcome it. The reason why anxiety from the state of mind will produce, is the expectation and the real gap between the production. Falling means contradictions, either from within or between ourselves and the outside world.

**Subjects and methods:** Behind the anxiety is often that we want to do better, because to do our best, desire to succeed, the more pressure will be, the more anxiety will be the more serious, into a vortex cannot escape. Common types of anxiety from projects are "loneliness anxiety" when we can't maintain effective relationships and communication with others, "value anxiety" when we can't influence the project, and "class anxiety" when we can't maintain the level of department, team, or rank. In such a fast-paced society, customers or leaders don't have enough time to understand your efforts. In addition, the project is goal-driven, so only the results can be measured quickly. This simplified way of judging makes it easy for many project managers to feel anxious when they are under pressure.

**Study design:** Randomly selected 20 project managers were interviewed for 20 min-30 min. From the following aspects of the popularization of psychological knowledge of managers: First, the use of decision-making wisdom. When you are in a state of chaos or confusion, you will not know what you want, what you want to compromise, what you want to take on, you will be unable to make a decision, and you will begin to worry in the process of struggle. Therefore, the clarity of your goals will greatly reduce your anxiety. Second, use the refinement of the list. Sometimes anxiety isn't about wanting to do too much, but about being too informative to think and make decisions, list revolutions, or narrow agendas to focus on the key. Refinement is the ability to turn attention to detail, even if there is no way to solve the problem, but also at least a small step ahead, anxiety can be properly alleviated. Third, enrich the thinking toolbox. A single mode of thinking, will lead us into a hammer effect, of course, the face of pressure and threats will be helpless, natural anxiety, to create their own mode of thinking Swiss Army knife as a good choice. Fourth, keep your little quirks. In fact, everyone has their own unique hobbies to alleviate anxiety, such as backlog bags, yoga, running exercise, etc. In short, can find a way to relax, happy, relatively safe can be used.

**Methods:** The use of Excel statistics engineering project management staff anxiety and countermeasures to analyze the results.

**Results:** The results of this test, with 1-4 levels of quantitative specific factors influence value, 1 means