

using communication psychology. Therefore, in college teaching, using the advantages of the Internet to carry out teaching can not only improve the teaching quality, but also solve the psychological problems for students. The use of communication psychology can further reduce the negative psychological emotions of students, which is of great positive significance to the development of students.

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RESEARCH ON THE EMOTIONAL ANXIETY OF CONSTRUCTION WORKERS BY INTELLIGENT CONSTRUCTION TECHNOLOGY FOR ENGINEERING CONSTRUCTION MANAGEMENT

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Background: Emotional anxiety is a kind of psychological negative emotion. In psychology, emotional anxiety is defined as psychological anxiety. When individuals have emotional anxiety, they will show obvious emotional and behavioral changes. Emotional anxiety has always been one of the important mental health problems concerned by all sectors of society. In psychology, the treatment of emotional anxiety is usually hypnosis or verbal stimulation. In the process of hypnosis, psychologists will urge patients to enter deep sleep by means of hypnosis, so as to alleviate patients' psychological anxiety from the subconscious. In verbal motivation, psychologists will appropriately reduce the trading pressure of patients by communicating with patients, obtain the changes of patients' psychological activities from communication, and take this as a breakthrough to build a conversation system to gradually alleviate patients' anxiety. Generally speaking, the problem of emotional anxiety often appears in the management construction. In the construction process, due to the demand of work progress, the construction personnel will face great pressure. Under the influence of pressure, the problem of psychological emotional anxiety gradually appears. A number of studies have shown that in the construction process, the emotional anxiety of construction workers is mainly manifested in the lack of sense of security, inattention and lack of self-confidence. Under the influence of anxiety, the lack of sense of security of construction personnel leads to the inability of construction personnel to concentrate on their work. The consequence of inattention is the detailed loopholes in the construction process, which reduces the project quality. The lack of self-confidence will lead to the inability of construction personnel to carry out construction work normally and reduce the efficiency of project construction.

In dealing with the anxiety of construction workers, different enterprises take different measures, but from the current development status, most enterprises take intelligent technology to alleviate the work pressure of construction workers, so as to reduce the anxiety of construction workers. In engineering construction, intelligent technology adopts intelligent construction technology. Intelligent construction technology is a technology that uses intelligent equipment and information technology to realize the intellectualization of engineering construction. From the perspective of construction workers' anxiety, intelligent construction technology can optimize the planning and layout through visualization technology. For construction workers, a more reasonable planning and layout can effectively reduce their psychological anxiety. In addition, the intelligent construction technology supported by the Internet of things technology can effectively control the construction quality. At the same time, based on the automation technology, the construction personnel in the engineering construction can reduce their workload through automatic operation, which also plays a certain role in alleviating psychological anxiety. Therefore, the research starts with the existing literature, analyzes the application of intelligent construction technology in engineering construction management, and specifically analyzes the impact of intelligent construction technology on the anxiety of construction workers, so as to alleviate the work pressure of construction workers and provide theoretical guarantee for the harmonious development of society.

Objective: Explore the application status of intelligent construction technology in engineering construction management, count the anxiety status of construction workers in engineering construction, and analyze the changes of anxiety of construction workers under the intervention of intelligent

construction technology.

Study design: Taking three engineering construction projects introducing intelligent construction technology in a city as the research object, 150 construction workers and 50 construction sites were selected. Before the experiment, evaluate the anxiety status of construction personnel through the Self-rating Anxiety Scale, use intelligent construction technology for construction management during the construction process, regularly and simultaneously evaluate the anxiety of all construction personnel within one year after the construction, count the anxiety scores of all construction personnel by Excel, and use SPSS24.0 for statistical analysis.

Results: The anxiety scores of 150 constructors before the start of construction were more than 60 points. After one year of construction, the psychological anxiety scores of constructors decreased to less than 40 points. The difference between the scores at the end of the experiment and before the start of the experiment was statistically significant ($P < 0.05$).

Table 1. Changes of anxiety of construction personnel

Project	0 month	4 months	8 months	12 months	<i>P</i>
1	65.33±2.31	59.11±2.28	44.36±1.87	37.45±1.37	<0.05
2	67.39±2.17	57.34±2.21	44.82±1.83	39.18±1.33	<0.05
3	64.82±2.39	58.10±2.44	42.32±1.77	38.45±1.43	<0.05

Conclusions: In engineering construction, the anxiety of construction personnel is the main factor affecting the normal development of construction. Therefore, effectively alleviating the anxiety of construction personnel has important practical significance for engineering development and management. In the research, the purpose of alleviating the anxiety of construction workers is to use intelligent construction technology to reduce the work pressure of construction workers, improve the sense of work safety and self-confidence of construction workers, and reduce their psychological anxiety. The results show that intelligent construction technology has a significant inhibitory effect on the anxiety of construction workers. Therefore, in engineering construction, enterprise managers should fully consider the psychological anxiety of construction personnel, and make full use of intelligent technology and information technology to alleviate the working pressure of personnel, so as to reduce their anxiety.

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PATH OF IDEOLOGICAL AND POLITICAL TEACHING REFORM IN HIGHER VOCATIONAL COLLEGES UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a type of psychology proposed according to the current situation of education. The purpose of educational psychology is to solve the problems of traditional teaching schemes in innovative design. Educational psychology believes that in the educational situation, human learning behavior is affected by psychology, and in the design of teaching methods, it advocates paying attention to students' learning habits and development space. In psychology, educational psychology can be divided into pedagogy and psychology. It is considered that the combination of the two forms educational psychology, that is, combining the teaching practice in pedagogy theory and the characteristics of teachers' and students' learning psychological activities in psychology theory. In educational psychology, pedagogy and psychology integrate and influence each other, that is, teachers can take psychology as the theoretical basis to formulate the teaching curriculum plan, and can also give psychological support in teaching practice to gradually improve the teaching plan. With the needs of social development, the research objects of educational psychology also began to increase. From previous studies, we can know that early educational psychology focused on the research of students' psychology and learning rate, and focused on the cultivation of students' professional knowledge by using students' psychology. With the transformation of the concept of social education, college education is not only the cultivation of students' basic professional knowledge, but also the cultivation of students' moral behavior and aesthetic emotion, which