

employees' psychological anxiety, and realize the active intervention of employees' psychological anxiety.

Research objects and methods: The research takes the employees suffering from psychological anxiety in an enterprise as the research object, and optimizes and improves the human resource management mode according to the causes of employees' anxiety and the problems existing in the current human resource management, in order to achieve the intervention and mitigation of employees' psychological anxiety.

Method design: Firstly, according to the grade of employees' psychological anxiety symptoms, explore the causes of their anxiety and its influence relationship with human resource management, and then optimize the current human resource management mode to meet the psychological needs of employees, so as to alleviate their psychological anxiety and related psychological problems. The experiment lasted for three months. After the experiment, the changes of psychological anxiety of employees in different positions and age structures were analyzed with the help of self-rating anxiety scale, so as to better explore the intervention mechanism of human resource management mode and employee anxiety psychology, so as to improve the mental health level of employees.

Methods: With the help of social statistical analysis tool SPSS23.0 make statistical analysis on the difference of employees' psychological anxiety relief in human resource management.

Results: The psychological imbalance caused by the surrounding environment and the pressure and burden brought by the enterprise environment will make employees have negative emotions, and employees' emotions are closely related to the physical environment, psychological environment, work and industry characteristics. The key to improving employees' psychological anxiety is to improve their sense of efficacy and recognition of their own work and value. The human resource management model can effectively adjust employees' psychological emotions with the help of the improvement of various human culture systems, which has greatly improved employees' anxiety and their mental health. Table 1 shows the statistical results of the psychological anxiety levels of employees of different genders after the experiment. Grades from 1 to 5 indicate the degree of psychological anxiety from light to heavy.

Table 1. Statistical results of psychological anxiety levels of employees of different genders after the experiment

Gender	Before and after intervention	Interpersonal anxiety	Work anxiety	Job burnout anxiety	Value realization anxiety
Male	Before intervention	4	5	4	5
	After intervention	2	2	1	1
Female sex	Before intervention	3	3	4	4
	After intervention	1	2	1	2

Conclusions: The improvement of human resource management system can effectively convey the recognition of the enterprise to itself and work to employees, and then improve their work enthusiasm and confidence. The personnel transfer, responsibility division and the improvement of reward and punishment system in human resource management will affect the positioning of employees' social roles, and then produce different emotional values, effectively alleviated their psychological anxiety. Therefore, enterprises should pay attention to the emotional value and psychological problems of employees in the future human management in order to achieve long-term sustainable development.

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THE EFFECT OF INTERNAL CONTROL DOMINATED CORPORATE GOVERNANCE MODEL ON CEO ANXIETY IN STATE-OWNED ENTERPRISES

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Background: Anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity, often accompanied by negative emotions such as anxiety, shame, disappointment, anxiety and fear. Anxiety is a typical irrational state of mind, which refers to a common psychological state and emotion of tension, confusion and pessimism about the future. The tension caused by anxiety and the suspicion, irritability, fear, frustration, confrontation, as well as the accompanying confusion of thinking, mental laxity and lack of confidence, will have an impact on people's emotional regulation and behavior guidance, and in serious cases, it will endanger personal

physical and mental health. Appropriate anxiety can make individuals maintain a positive attitude to deal with the changes and challenges of surrounding things, but excessive anxiety will affect the objectivity and rationality of people's evaluation of things, and it is very easy to be guided by negative emotions to make impulsive behavior, which will affect the normal living state of individuals. The reasons for the anxiety psychological performance of people of different ages and different occupational attributes are also different. The younger the age, the narrower and simpler the anxiety psychology involves, the richer the social experience, the more aspects considered by groups, and the source of anxiety is complex, including not only the pressure burden at the individual level, but also the anxiety related to the connection with external things. As an important part of China's economic system, state-owned enterprises undertake more important economic construction problems. The CEO of state-owned enterprises has important executive rights within the organization. Their individual decisions play a key role and value in the overall development direction and strategic deployment of enterprises, and their decision-making behavior needs to consider many factors, so they are facing pressure and burden, it is also prone to anxiety and psychological problems. The differences of internal governance modes of enterprises will affect the decision-making and power ownership of their CEO, and then affect their emotional orientation. Therefore, exploring the impact of internal control LED corporate governance model on the anxiety of CEOs of state-owned enterprises will help to improve their mental health level.

Objective: Different corporate governance modes and forms will affect the efficiency of enterprise top management. An efficient and orderly governance mode can improve the effect of enterprise management. Explore the impact mechanism of internal control LED corporate governance model on the anxiety of state-owned enterprise CEOs, help them improve their anxiety and improve their mental health level.

Research objects and methods: The study took the CEOs of 10 state-owned enterprises as the research object, collected data on their anxiety and psychological problems with the help of a self-rating anxiety scale, and then actively intervened their psychological status and anxiety with the governance model dominated by internal control, and explored the changes of their psychological emotions.

Method design: Firstly, the subjects were graded according to their anxiety and mental health, and then they were involved in the practical simulation of the designed internal dominant governance model. They participated once a week, and after a period of four weeks, the anxiety and mental level of the CEO were collected by using the Self-Rating Anxiety Scale.

Methods: With the help of social statistical analysis tool SPSS23.0. The changes in anxiety psychology and emotional value of CEOs of state-owned enterprises before and after the experimental intervention were compared.

Results: CEOs of state-owned enterprises have greater decision-making power, and they are faced with greater environmental conditions and burden pressure. They are vulnerable to psychological problems caused by various factors. The CEO's dominant mode of governance can effectively reduce the psychological burden of the state-owned enterprise, and the division of its internal capital can effectively alleviate the anxiety of the CEO. Table 1 shows the scores of anxiety scale of CEOs of state-owned enterprises at different ages before and after the experimental intervention.

Table 1. Statistics of anxiety scale scores of consumers of different ages before and after the experimental intervention

Before and after the experiment	Young consumers	Middle-aged consumers	Elderly consumers
Before experiment	17.65±1.98	26.37±1.68	15.14±1.72
After the experiment	9.24±1.24	8.26±1.47	9.65±1.05

Conclusions: The internal leading governance model takes the maximization of shareholder value as the governance goal, optimizes the salary system, greatly improves the flexibility and autonomy of enterprise internal management, can effectively alleviate the anxiety of state-owned enterprise CEOs, and then improve their mental health level. To a certain extent, the internal governance model shows that the enterprise has a clear division of responsibilities and rights, a reasonable management performance system and incentive mechanism, which can optimize the enterprise management efficiency to a certain extent, effectively reduce the adverse aspects of the CEO affected by the enterprise's internal management, and improve the happiness and psychological adaptability of managers.

Acknowledgement: The research is supported by: The Campus Projects of Guangzhou Huashang College under Grant No. 2021HSQX05; The Professorial and Doctoral Scientific Research Foundation of Huizhou University under Grant No.2020JB073.

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THE INFLUENCE OF THE REFORM AND INNOVATION OF COLLEGE STUDENTS' IDEOLOGICAL AND POLITICAL EDUCATION PRACTICE ON STUDENTS' SPIRITUAL AND EMOTIONAL ANXIETY

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Background: Mental and emotional anxiety belongs to widespread anxiety in anxiety psychology, which belongs to pathological anxiety. Mental and emotional anxiety is chronic and diffuse. It takes a long time to form and will produce unrealistic anxiety, tension and other emotions in life situations. Mental and emotional anxiety will appear different physiological symptoms, such as numbness in hands and feet, rapid heartbeat, chest suffocation and so on. Life situation is generally some daily trivia, such as examination, study, work and other situations. Mental and emotional anxiety will worry and fear about what doesn't happen in the future, worry about some things you can't control, and often panic. For example, housewives often fear that their children will be hurt, often pay attention to their children's situation, and take a look at their children at intervals when doing things. When going out, they will lead their children, often pay attention to the surrounding environment, worry about sudden changes, and fear that they will not have time to respond. Parents are afraid that if they don't master all kinds of knowledge before and after the exam, they will worry about whether they will fail the exam. Take a negative view of what has not happened, worry too much, and cause mental and emotional anxiety. In this state, the individual's spirit is difficult to concentrate, and is more sensitive to sound and light. The spirit is in a tight state, and the emotion is more sensitive. He will even feel sad and cry when thinking about it.

Due to the different personality characteristics of college students, there will be differences in their sensitivity to the stimulation of surrounding things and their response to pressure. Some students have strong psychological tolerance and can adjust themselves. Some students have relatively weak adjustment ability and will have slight psychological problems. Some students have poor psychological tolerance and emotional regulation ability and are very sensitive to the surrounding stimuli, resulting in mental and emotional anxiety, easy having negative associations with what has not happened, and then feeling worried and afraid. After paying attention to students' mental health, colleges and universities put forward new requirements for ideological and political education to integrate psychological counseling. According to the psychological status of college students, adjust the teaching methods of ideological and political education, and conduct psychological counseling for students in the process of educational practice, so as to alleviate and cure students' mental health problems. Therefore, in view of college students' mental and emotional anxiety, we should reform the practice of college students' ideological and political education, and study its influence on students' mental and emotional anxiety.

Objective: To comprehensively grasp the mental and emotional anxiety of college students and study its causes. The practical reform of ideological and political education is carried out for college students' spiritual and emotional anxiety. By combining textbook knowledge with students' role-playing, the behavior of college students is standardized, guiding them to make positive association with themselves and collectives and compare with reality, triggering them to think positively and realize the unity of consciousness and behavior, so as to cure mental and emotional anxiety. In teaching, we should consciously cultivate students' positive psychological quality, develop good moral quality, improve their psychological tolerance and anti-interference ability, improve their mental tension, and alleviate or even cure their mental and emotional anxiety.

Research objects and methods: The research objects are college students with mental and emotional anxiety. Through data mining technology, 260 college students with mental and emotional anxiety were selected from the mental health database of two colleges and universities. These college students come from different majors, different grades and different family backgrounds. Analyze their situation in learning and interpersonal relationship, and carry out the ideological and political education for these college students after the reform for two months, once a week, 60 minutes each time. During the experiment, the relevant data were recorded, the treatment was statistically analyzed through SAS house arrest, and the influence of the reform and innovation of ideological and political education practice on the cure of students' mental and emotional anxiety was studied.

Results: In colleges and universities, college students have different degrees and types of psychological problems, and mental and emotional anxiety is one of them. College students with mental and emotional anxiety are difficult to concentrate and their learning efficiency is not high. After the reform of ideological and political education, the relevant symptoms of college students have been significantly improved, the attention of students has been improved to a certain extent, and the mental and emotional anxiety has been slowly cured. The effect of role plays on the cure of mental and emotional disorders of students