

learning ability and mathematics knowledge learning effect”, which is generally correct.

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MITIGATION STRATEGIES OF EMPLOYMENT ANXIETY OF LOGISTICS PROFESSIONALS UNDER THE BACKGROUND OF DOUBLE HIGH CONSTRUCTION

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Background: Anxiety disorder, also known as anxiety neurosis, is a common disease in neurosis. It can be generally divided into two types: chronic anxiety (also known as generalized anxiety) and acute anxiety (also known as panic attack). The main clinical manifestations of chronic anxiety disorder are emotional symptoms, autonomic nerve symptoms and motor anxiety. The main clinical manifestations of acute anxiety are feeling of dying, feeling out of control, chest tightness, palpitation, shaking of the whole body and so on. There are two mainstream treatment methods for anxiety disorder: drug treatment and non-drug treatment. The former generally uses diazepam drugs and antidepressants, which have quick effect but short duration, and do not cure the symptoms. The latter refers to the use of professional psychotherapy to change patients' cognitive habits and thinking habits, so as to achieve a radical effect, which is also a more commonly used treatment method.

In recent years, with the substantial increase of competitive pressure in China's logistics industry, the profit space of small and medium-sized enterprises in the industry has been reduced, resulting in the employment pressure of talents in the logistics industry. In this context, students majoring in logistics in higher vocational colleges will inevitably worry about their “unemployment upon graduation”, resulting in employment anxiety and even anxiety disorder. At the same time, after the State Council issued the implementation plan of national vocational education reform in 2019, the “double high construction” requiring higher vocational colleges to build high-level professional courses has gradually become the key goal to lead the construction and development of higher vocational colleges. If higher vocational colleges reasonably integrate industrial development and industrial talent demand in the process of building high-quality logistics specialty, it will significantly improve the employment competitiveness of logistics professionals and their attraction to recruitment units, so as to alleviate the employment anxiety of logistics professionals.

Objective: To put forward the methods of optimizing the training of talents in logistics majors combined with the actual employment needs of logistics professionals and the connotation of “double high plan”, and design experiments to verify whether these methods can effectively improve the employment situation of logistics professionals and alleviate students' employment anxiety.

Objects and methods: A representative higher vocational college is selected from China. 206 students majoring in logistics who are about to graduate from the school are randomly selected as the research objects. The research objects are evenly divided into reform group and normal group. First, the baseline information statistics of the two groups of students are carried out, and then the significance of the difference of basic information between the two groups of students is tested. Then conduct a comparative teaching experiment. The teaching courses are the same professional courses in the current syllabus, but the teaching materials of the reform group are jointly prepared by backbone teachers and experts in the industry. The teaching teachers belong to the type with rich enterprise work experience. Before teaching, teachers should analyze the current situation of the industry and the recruitment psychology of enterprise personnel in detail. And the skills and knowledge skills that will help students find jobs are interspersed into the teaching process. In the process of teaching, teachers should pay attention to students' psychological status and answer the problems that will cause students' employment anxiety in time. In addition, before and after the experiment, a questionnaire survey should be conducted for all students. The survey content is the test questions designed by the research team about the employment anxiety of logistics students.

Results: After the experiment, the collected data were screened, and then the effective data were entered into the computer, and SPSS22.0 statistical data, the measurement data is displayed in the form of mean \pm standard deviation, and *t*-test is carried out. The counting data is displayed in the form of number or proportion of number, and chi square test is carried out. The difference significance level index is determined as 0.05, and Table 1 is obtained.

Table 1. Comparison of employment anxiety levels between the two groups of students before and after the experiment

Investigation time	Group	Very anxious (%)	Relative anxiety (%)	Neutral (%)	Relatively no anxiety (%)	No anxiety (%)
Before teaching	Reform group	27.6	42.5	21.0	6.3	2.6
	Normal group	26.8	38.6	23.6	7.1	3.9
After teaching	Reform group**	3.5	16.2	29.3	35.4	15.6
	Normal group*	21.0	34.2	24.5	14.1	6.2

Note: ** means that the *P* value of the significance test of the difference between this group of data and the data of other groups and other times at the same time is less than the significance level, * means that the *P* value of the *t* test of this group of data and the data of the same group at other times is less than the significance level.

By analyzing the data in Table 1, it can be seen that the data distribution of students' anxiety level in the reform group after teaching is significantly better than that in the normal group and the reform group before teaching, and the data difference is statistically significant.

Conclusions: In view of the employment anxiety of domestic logistics professionals, this study puts forward a series of strategies to improve the professional ability and employment competitiveness of logistics professionals under the background of higher vocational colleges responding to the national "double high construction", and designs a teaching experiment to verify the real application effect of these strategies. The experimental results show that in the teaching mode and teaching environment adjusted according to these strategies, the employment anxiety level of the reform group receiving professional course teaching has been significantly improved, whether compared with the normal group after the experiment or the reform group before the experiment. The experimental results show that adjusting and optimizing the training scheme of logistics professionals according to the idea and standard of "double high construction" can effectively alleviate the employment anxiety of logistics professionals.

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THE INFLUENCE OF COLLEGE EDUCATION AND TEACHING REFORM ON COLLEGE STUDENTS' IDEOLOGY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. Its main research object is the learning and educational psychology of students and the teaching psychology of educators in the environment of receiving education. By studying the psychology of students and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students' learning motivation, assisting students to face difficulties in the learning process and so on. Because educational psychology helps to improve teaching methods, teachers and scholars often apply it to the teaching of subjects with high teaching or learning difficulties. The object of this research, that is, college students' ideological education, belongs to this type. Ideology refers to the social consciousness of an individual or organization that reflects a certain social class relationship and economic relationship. Ideology is mainly composed of morality, art, religion, philosophy and so on. Ideology can be classified into nonmainstream ideology and mainstream ideology. The ideology recognized by the vast majority of individuals in an economy is the mainstream ideology. The mainstream ideology can be guided by media, public opinion, culture and institutional means. For college students, because their mental intelligence is not yet mature, they are more vulnerable to the influence of bad social atmosphere and foreign media. Therefore, under the background of the current education reform in colleges and universities, it is necessary to use the powerful tool of educational psychology to optimize the ideological education methods of college students.

Objective: After collecting and analyzing the books and papers in the field of college students' ideology and educational psychology, summarize the strategies of using educational psychology to improve college students' ideological education, and then select a group of representative experts and scholars in the field of college students' ideological teaching, using Delphi method, obtain their evaluation of the impact of various strategies on college students' ideological education, so as to provide some useful references for promoting college students' Ideological education and improving the ideological health level of college students in our country in the future.