

correct work values, but also actively dredge the psychological anxiety of financial practitioners.

* * * * *

ANALYSIS ON THE ROLE OF IDEOLOGICAL AND POLITICAL EDUCATION IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

Bin Du

Sichuan Agricultural University, Chengdu 611130, China

Background: Ideological and political education is an important course to improve students' mental health and alleviate negative emotions. Ideological and political education curriculum is an important part of college students' moral education. At the same time, it is also an important way to improve college students' ideological and moral cultivation, psychological quality and cultivate correct moral concepts, legal concepts and humanistic concepts. Since the reform and opening up, the reform of ideological and political education in colleges and universities has been continuously promoted. After continuous adjustment and standardization, the ideological and political education system in colleges and universities has been continuously developed. It has been adjusted in time with the needs of the development of the times. Although the mode of ideological and political education in colleges and universities continues to improve, colleges and universities always put the correct guidance of ideological and political education to students' consciousness in an important position, adhere to the principle of moral education first, and correctly guide students' moral personality and ideological consciousness through ideological and political education. In the face of the general situation of college students' employment anxiety, colleges and universities should give full play to the intervention role of ideological and political education in students' mental health, help college students' employment anxiety through ideological and political education, dredge their mental health problems, and alleviate their employment anxiety.

College students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very easy to have employment anxiety. There are three main factors for students' employment anxiety, namely social factors, upward comparison and employment competitiveness. The first is social factors. Many college students have poor family conditions. Therefore, these college students bear the expectation of a family and hope to improve the quality of life of their families through study and work. When the employment competition is too large, these students will also bear greater employment pressure. The second is upward comparison. Students often compare with other individuals in the surrounding environment to evaluate their own social characteristics. Students tend to compare upward, that is, pay attention to individuals who are stronger than themselves, so they often feedback negative information, leading to students' frustration. Finally, the employment competitiveness of college students includes professional ability, professional ability, innovation ability, job hunting ability, adaptability and so on. When students feel that their employment competitiveness is not enough, they will have anxiety.

Objective: The research analyzes the state of employment anxiety of college students, understands the degree of anxiety of college students about their own employment prospects, grasps the mental health level of contemporary college students, and discusses the causes of employment anxiety of college students. The research analyzes the role of college ideological and political education in college students' psychological intervention, excavates the application effect of college ideological and political education in alleviating college students' employment anxiety, and hopes to put forward a new solution to alleviate college students' employment anxiety.

Subjects and methods: Combined with Delphi method and experimental method, this study analyzes the impact of college ideological and political education on students' employment anxiety, uses Delphi method to carry out three rounds of expert consultation and empowerment, and understands the correlation between college political education and college students' employment anxiety. The selected experts are required to have been engaged in scientific research or practical work in the fields related to ideological and political education for more than 5 years, with high professional quality, and are required to ensure the whole process participation during the research consultation, and all experts are willing to participate in the consultation and research. The study used the comparative experimental method to understand the alleviating effect of college ideological and political education on college students' employment anxiety. 50 college students were randomly selected as the experimental objects for three months of ideological and political education. The ideological and political education was taught once a week for 1.5 hours each time. Compare the scores of employment anxiety of the subjects before and after the experiment, and analyze

the application effect of ideological and political education in colleges and universities in alleviating college students' employment anxiety.

Results: The statistical results of the subjects' employment anxiety before and after the experiment are shown in Table 1.

Table 1. Statistical results of the subjects' employment anxiety before and after the experiment

Survey object	Before experiment	After the experiment
Choice of employment direction	3.44	1.26
Choice of employment mode	3.26	1.31

Conclusions: The employment of college students is the key issue of people's livelihood. In order to alleviate the employment anxiety of college students, the ideological and political education in colleges and universities should strengthen the psychological endurance and pressure resistance of college students through ideological intervention, help college students establish a diversified concept of employment and alleviate the employment anxiety of college students. However, there are still many problems in China's ideological and political education in colleges and universities. Teachers of ideological and political education in colleges and universities are required to constantly optimize the curriculum reform, improve and innovate the educational evaluation standards and educational contents, so as to keep the ideological and political education in colleges and universities in line with the development pace of the times.

* * * * *

CAUSES AND COUNTERMEASURES OF EMOTIONAL ANXIETY SYMPTOMS OF ARCHIVES MANAGEMENT WORKERS IN COLLEGES AND UNIVERSITIES

Shan Ge

Wuhan University of Technology, Wuhan 430070, China

Background: Colleges and universities are not only the main place of education and teaching in China, but also an important storage place of knowledge resources in China. Therefore, the resource archives management of colleges and universities is extremely important. In the archives management of colleges and universities, the ability of managers is the key factor to determine the advantages and disadvantages of archives management. Generally speaking, in the work management of colleges and universities, more rigorous scheme formulation will be made for the choice of archives management workers. With the development of social civilization brought by the progress of science and technology, the requirements of college archives management for workers are also gradually improving. At the same time, because the college archives department is an important role in the administrative field, which contains rich and complex resources, the pressure of college archives management workers is also increasing. For the archives management workers in colleges and universities, the first thing they face is the task pressure at work, and the second is the monotony of the working environment, which leads to their fatigue and aversion to work. The comprehensive influence of various factors leads to the psychological anxiety of the archives management workers in colleges and universities. Exploring the psychological anxiety of archives management workers in colleges and universities will help to stimulate the enthusiasm of archives management workers and provide the development direction for scheme management in colleges and universities.

Anxiety is a psychological phenomenon. From the perspective of psychology, the generation of anxiety is the negative emotion produced by individuals under the influence of the environment. The generation of anxiety will also breed individuals to produce depression, anxiety and other emotions, which will seriously hinder individuals' daily life and work. From a large number of psychological studies, we can know that most anxiety in work is affected by many factors, including genetic factors and working environment, in which working environment is the risk factor of anxiety. In the operation of colleges and universities, archives management, as an auxiliary, boring and repetitive work, is facing severe social challenges in the development of the information age. The lack of professional knowledge leads to fear of work, anxiety and poor work. And in the work, due to the limitations of the work content, the archives management workers cannot obtain a sense of pride from the work, and their psychological tolerance decreases, which also leads to their anxiety. In psychological research, a large number of reports have made a more detailed analysis on the causes and effects of anxiety in the general environment, but few psychological studies have conducted