

## THE RELATIONSHIP BETWEEN PERFECTIONISM, LEARNING PROCRASTINATION AND ANXIETY

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Compulsive disorders and extensive anxiety disorders are anxiety disorder, which seriously affects the normal daily life of individuals and causes a huge burden on family and society. Many studies at home and abroad show that perfectionism is in the onset of perfection and broad anxiety disorder. Playing an extremely important role in the progress of the disease. The relationship between the forced compulsory and social anxiety of the student group, and the characteristics of the three. This article uses SCL-90 forced factors, concise fear of negative tables (BFNE), social avoidance and distress quantity Tables (SAD) and Multi -dimensional perfection table (FMPS) investigated 500 students in a certain university. As a result, men's perfectionism, active procrastination scores are higher than women. There is a positive correlation between the perfectionism of college students, the active procrastination is positively correlated between the anxiety, and the perfectionism and the active procrastination are also positively correlated. Perfectism can predict anxiety when actively delaying and entering the regression equation. Part of the intermediary role. Conclusion The perfection of college students in the text, which is closely delayed and anxious. It can improve the level of psychological health of college teachers by improving perfectionism and active delays. Compared with the comparison with its intervention before and after the control group, the level of negative perfection and academic delays decreased significantly. There is no significant difference in the level of negative perfection and academic delays in the control group. For group intervention for college student delayers, it can effectively reduce the level of negative perfection of college students and improve procrastination behavior. Improve the negative perfectionist cognition of college student delayers can effectively reduce the academic delay behavior of college students delayers.

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## SELF-IDENTITY ANXIETY AND RESOLUTION IN COLLEGE STUDENTS' CONSUMPTION FROM THE PERSPECTIVE OF CONSUMERISM

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Anxiety refers to a possibility, irritability, and nervous emotions that are hidden in a future event that hidden a possible, uncertain danger or threat. In life, when people face challenges or unknown results, anxiety often produces anxiety, such as speaking, waiting for interviews, etc. to a certain extent to a certain extent, to make individual anxiety. Especially in the outbreak of the new crown epidemic in 2020, many people are trapped in anxiety. In the consumer situation, we can often see examples of anxiety marketing. Merchants use consumer anxiety to promote consumers to buy products. It can be said that anxiety is one of the inevitable emotions that everyone will inevitably produce in real life, and it is also linked to the consumer situation. The impact on consumer behavior is worthy of attention. At present, the research on the impact of anxiety and the impact of anxiety is more in the field of centralized studies and work. Related research on the impact of anxiety in the field of consumption is still lacking. Therefore, it is necessary to explore how anxiety affects individual consumption behavior. This article uses the SEM model to measure the structural dimension of consumer anxiety through the SEM model. The results show that the society enters the state of "national anxiety". Consumer anxiety is a three dimensions of survival anxiety, social anxiety and achievement development anxiety. Multi -dimensional concept. Finally, suggestions: Modern enterprises can use consumer anxiety to develop new business opportunities. People can use nostalgic consumption measures to relieve anxiety. Consumer anxiety can obtain theoretical support for the study of nostalgic consumption decision -making.

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## ANALYSIS OF IDENTITY ANXIETY OF COLLEGE STUDENTS FROM THE PERSPECTIVE OF CONSUMERISM

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With the rapid development of Chinese economy and the improvement of people's living conditions, consumption problems have been widely concerned. As a special youth group, college students are the key stage of individual socialization. Their consumption concepts are infused with consumerism labels such as symbolic consumption, advanced consumption and brand fashion consumption. Anxiety can be summarized from different perspectives, so there are many inconsistencies in its definition. Lewis (1970) believes that anxiety is a stimulus, a motivation, a state, a trait, and that anxiety is closely related to individual subjective fear. In addition, Miceli (2007) also put forward a definition of anxiety, that anxiety is a state of mind, which is characterized by the belief that something in the future implies a possible and uncertain risk, in order to avoid the risk and clarify whether the risk will be realized. This study mainly through the emotional priming method, psychological and social stress exposure method to start the anxiety of the subjects, explore the influence of anxiety on the individual 's self-improvement consumption intention, and the mediating effect of sense of control, coping style and implicit personality concept in which the moderating effect. This study enriches the related research on the influence of anxiety on consumer behavior, further increases the theoretical and empirical research on compensatory consumption behavior model, coping style and implicit personality concept, and provides some directions and ideas for merchants to promote consumers to buy self-improvement products in practice.

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## THE RELATIONSHIP BETWEEN COLLEGE STUDENTS ' PROFESSIONAL IDENTITY, ACADEMIC ACHIEVEMENT AND ACADEMIC EMOTION

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In order to explore the relationship between college students' academic achievement motivation, academic emotion and professional identity, it is hoped to explore and establish the calculation model between them on the basis of investigation and study, so as to guide the education and teaching practice, improve the level of students' academic development, and promote the growth of students' mental health. In this study, College Students General Academic Emotion Scale and Learning Motivation Scale were used as research tools to investigate the current situation of college students ' academic emotions and learning motivation questionnaire and collect relevant data. SPSS23.0 was used to collate and analyze the data of 500 valid questionnaires. Combined with students' academic achievement, the relationship between academic emotions, learning motivation and academic achievement was discussed. There are significant differences in the degree and causes of academic burnout in demographic variables, namely: boys' academic burnout level is higher than girls; there are significant differences in academic burnout among different grades. The level of academic burnout in grade 4 is the highest, and there are significant differences between grade 4 and grade 3. The academic burnout level of out-of-school adjustment students is high, which is significantly different from that of a volunteer and school adjustment students. The academic burnout level of urban students is higher than that of rural students, which is greatly affected by their own factors. Parental education level and academic burnout were significantly positively correlated. The internal learning motivation of college students is significantly negatively correlated with anxiety, boredom and disappointment, and is significantly positively correlated with other academic emotions. External learning motivation is positively correlated with college students ' general academic emotions (except boredom) ; the total score of learning motivation is significantly negatively correlated with boredom, and is significantly positively correlated with other emotions (except disappointment). This study verifies the combined effect of professional identity, academic achievement and academic emotions, which has certain guiding significance for college students to improve learning engagement.

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