

Cultural identity on students' anxiety disorders in English language and literature teaching

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Background. With the deepening of international cultural exchanges, the issue of cultural identity anxiety caused by it has also become a research hotspot. In the context of China, where foreign language education predominantly revolves around the teaching of English, a singular approach has led to an intensified experience of cultural identity anxiety among students throughout their learning journey.

Subjects and Methods. To explore the impact of cultural identity on students' anxiety disorders in English language and literature teaching, this study randomly selected 120 students from a certain university to conduct a questionnaire survey on cultural identity anxiety. Then, a cultural identity module was added to the English language and literature teaching of these 120 students, and the experiment lasted for two months. After the experiment, a questionnaire survey was conducted again on cultural identity anxiety among 120 experimental students. Analyze the anxiety relief of students based on the survey results.

Results. The experimental results showed that before the experiment, 33 out of 120 students had mild cultural identity anxiety, 53 had moderate anxiety, 17 had severe anxiety, and 17 had no anxiety. After teaching on cultural identity, the number of students who did not experience anxiety about cultural identity increased to 41 out of 120, with 65, 12, and 2 students experiencing mild, moderate, and severe anxiety, respectively. After receiving cultural identity education, students' anxiety in learning English language and literature has been alleviated.

Conclusions. Cultural identity education in English language and literature teaching can alleviate students' anxiety.

Psychological guidance of rule of law management in universities on improving social disorders of college students

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Background. With the rapid development of society, the probability of criminal incidents among college students is gradually increasing, leading to an aggravation of social barriers among college students. Therefore, legalized management of universities has become an important method for building a harmonious campus.

Subjects and Methods. To provide effective psychological guidance for students' social disorders caused by the increase in crime rates in universities, this study selected 150 students from a certain university to conduct a social disorder questionnaire survey targeting the crime rate in universities and filled out the Hamilton Depression and Anxiety Scale (HAMA). Then, a one-semester rule of law management was adopted for the university, and after the experiment, a social disorders questionnaire survey and HAMA scale were conducted again on the 150 students.

Results. The experimental results showed that before the start of the experiment, a total of 135 students developed anxiety due to the increase in crime rates in universities. Among them, 76 were mild, 51 were moderate, and 8 were severe, with a HAMA score of 52.4 ± 3.1 . After the experiment, the number of people who developed anxiety due to the crime rate in universities decreased to 114, among which 81 were mild, 30 were moderate, and 1 was severe. The HAMA score decreased to 43.5 ± 2.6 . The number of anxious individuals and HAMA scores have decreased to a certain extent after the experiment.

Conclusions. Legalizing the management of universities can alleviate students' social disorders caused by university crimes and provide good psychological guidance for students.

Intervention of universities' governance programs on students' anxiety disorders

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Background. Anxiety disorders are a type of mental illness in adolescents. It is found that the prevalence of anxiety in adolescents reaches 10-20%, with some adolescents experiencing conditions that extend into adulthood and even cause suicide or admission to psychiatric hospitals. The study from a psychological perspective analyzed and explored the intervention effects of universities' internal governance programs on college students' anxiety symptoms.

Subjects and Methods. The study divided 100 students with anxiety disorders in a college (has been consistent) into an experimental group and a control group, with 50 in each. The experimental group of students with anxiety disorders received an intervention treatment from the internal governance program of the university, and the control group were not formally treated. The study utilized the Screening Checklist for Anxious Emotional Disturbances (SCAED) (Verified abbreviations of technical terms) for the measurements. After 8 weeks, the total scores of two groups by SCAED were compared.

Results. The study utilized SPSS 23.0 statistical software to analyze the data. The total SCAED score of the experimental group was (33.75 ± 12.43) and that of the control group was (42.20 ± 9.35) , which was better than that of the control group, and there was a significant difference in the comparison between the groups ($P < 0.05$).

Conclusions. The analysis from the psychological perspective shows that the internal governance program in colleges and universities can effectively alleviate the anxiety symptoms of adolescents, and it is worth to promote the application.

Application of ideological and political education and mental health education in patients with mild anxiety

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Background. According to the severity of the illness, anxiety can be divided into mild anxiety, moderate anxiety and severe anxiety. When anxiety attacks, patients will be accompanied by mental symptoms such as rising anxiety and restlessness, as well as physical symptoms such as tremor, sweating and nausea. Targeted at college students with mild anxiety disorder, the study combined ideological and political education with mental health education to intervene their treatment.

Subjects and Methods. The study divided 100 college students with mild anxiety disorders in a university into an experimental group and a control group, in which the experimental group was 50 students who received the intervention treatment of ideological and political education combined with mental health education, and the control group was 50 students who did not receive formal treatment. The study utilized the Hamilton Anxiety Measurement Scale (HAMA) to conduct measurements, and finally compared HAMA scores of the two groups after 8 weeks of treatment. The HAMA scores of these two groups were compared.

Results. The study utilized SPSS23.0 statistical software to analyze the data. The HAMA score of the experimental group after 8 weeks was (8.96±0.59) and that of the control group after 8 weeks was (17.46±3.46), which was better than that of the control group, and there was a significant difference in the comparison of the groups ($P<0.05$).

Conclusions. Ideological and political education combined with mental health education has a significant effect on the intervention of students with mild anxiety disorders, and has certain application value.

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Analysis of animation screenwriter's anxiety and intervention countermeasures

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Background. Animation has special artistic creation rules, so animation writers often suffer from anxiety disorder because of excessive pressure when creating animation scripts. This study from psychological quality and physical health, analyzes the sources of patients' anxiety, and intervenes their anxiety treatment by using group psychological counseling with trait hope scale.

Subjects and Methods. In this study, 60 animated writers with anxiety disorder were selected on different platforms of social media and were divided into experimental group and control group. In the experimental group, 30 writers received the intervention of group psychological counseling with hope trait, while in the control group, 50 patients did not receive treatment. The study used the Hope Trait Scale and Sarason Test Anxiety Scale (TAS) to measure, and compared the hope trait scores of the two groups with TAS scores after 8 weeks of treatment.

Results. The study utilized SPSS 23.0 statistical software to analyze the data. The hope trait scores and HAMA scores of the experimental group were (163.4±20.2) and (13.5±2.7) after 8 weeks, and those of the control group were (138.5±19.3) and (17.1±2.3) after 8 weeks, which were better than those of the control group, and the comparison between the two groups showed significant differences ($P<0.05$).

Conclusions. Script stress and physical sub-health status are the main sources of anxiety symptoms in animation writers, and the study utilized hope trait group counseling to effectively alleviate anxiety symptoms in animation writers.

The intervention of consumer product design optimization incorporating color psychology on consumers' anxiety disorders

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Background. Any product design cannot do without color design, and color is also an important form of psychological treatment for anxiety disorders. This study is based on color, optimizing product design, intervening, and treating consumer anxiety disorders, and combining conventional medical methods