

Optimizing the influence of human resource management on relieving the psychological stress of employees

Lian He

Hunan University of Humanities, Loudi 417000, China

Background. Human resource management is an important field that directly impacts the development of enterprises and the quality of employees' work. With the rapid growth of society and the intensification of competition, enterprises are facing more and more pressure, and employees are also under more work pressure. Therefore, optimizing the enterprise's human resource management system to relieve the psychological pressure of new and old employees has become an urgent research topic.

Subjects and Methods. Based on the analysis and dismantling of the existing human resource management model, this study improves the structural modules that can be optimized, such as the suitable working environment and resource support provided by the company, the promotion system obtained by employees, and reasonable welfare benefits. The improved and optimized human resource management mode was compared with the traditional one under the same conditions, and SPSS23.0 software was used for correlation detection. This paper explores the relieving effect of the optimal management mode on the psychological stress of employees.

Results. The employees who accepted the optimal management mode were more satisfied, the number of employees with psychological stress decreased significantly, and the self-evaluation score was higher. The difference was significant ($P < 0.05$). Employees who accept the traditional management mode have no noticeable effect on relieving psychological pressure and low overall satisfaction.

Conclusions. The optimal human resource management model proposed in this study explicitly affects the psychological pressure of new and old employees and improves job satisfaction and performance.

Autistic groups often face difficulties in social integration and psychological pressure. As a fashion style focusing on comfort, warmth and relaxation, healing clothing is gradually being accepted and loved by people. Traditional clothing elements represent unique Chinese cultural symbols and aesthetic values, and their integration into healing clothing may have a positive intervention effect on autistic groups.

Subjects and Methods. The experiment involved 50 people with common autism as research subjects, half of whom served as the experimental group, wearing healing clothing with elements of traditional Chinese dress. The control group had the same number of people as the experimental group and wore normal healing clothing. The participants' social interaction, emotional performance and self-identity were observed and recorded for a certain period of time, and the effect was tested by the Stanford Acute Stress Response Questionnaire (SASRQ).

Results. After wearing the healing clothing with traditional Chinese clothing elements, the experimental group had more active social behaviors and positive emotions, and the average questionnaire score was 10 points higher than that of the control group. However, most of the patients in the control group were still in a depressed state and their activity was not high.

Conclusions. This study proposed to integrate traditional Chinese clothing elements into healing clothing, which has a very good intervention effect on the autistic group, and the research results are expected to provide better support and care for the autistic group.

Acknowledgement. Jiangsu University Philosophy and Social Science Research Project (No. 2020SJA1286).

The positive effects of architectural environmental space design on psychological anxiety individuals from the perspective of design psychology

Min Liu

Shandong Youth University of Political Science, Jinan 250103, China

The intervention effect of traditional Chinese clothing elements into healing clothing for autistic groups

Dedong Ma

Changzhou Vocational Institute of Textile and Garment, Changzhou 213164, China

Background. Autism is a developmental disorder that affects an individual's ability to socialize, communicate, and behave.

Background. Anxiety disorder is a common psychological disorder in modern life, which has had a huge impact on people's lives. Reasonable architectural environment design can alleviate the anxiety of individuals with psychological anxiety and help alleviate their discomfort.

Subjects and Methods. 500 survey questionnaires on the impact of building environment on residents and GAD-2 questionnaire were selected from a certain city population in June 2021. Among them, there are 275 males and 225 females. The residential questionnaire includes five aspects of residents' anxiety about residential area, floor height, bedroom layout, residential orientation, and building type. The GAD-2 questionnaire includes residents' anxiety level. The collected information was statistically analyzed using SPSS3.0 software.

Results. According to the correlation analysis results of SPSS software, there is a negative correlation between residential area

and anxiety level. There is no correlation between floor height and anxiety level, with a *p*-value greater than 0.05. There is a correlation between bedroom layout and anxiety level, with a *p*-value less than 0.05. There is a correlation between residential orientation and anxiety level, with a *p*-value less than 0.05. There is a correlation between building type and anxiety level, with a *p*-value less than 0.05. Moreover, the anxiety level of residents in residential areas is lower than that of residents in apartment buildings.

Conclusions. Reasonable architectural environment design has a positive impact on individuals with psychological anxiety. By introducing reasonable lighting design, spatial layout, and functional zoning, the tension and anxiety of anxious individuals can be reduced.

Positive influence of teaching models on improving students' anxiety

Zhexi Yao

Yangtze University College of Arts and Sciences, Jingzhou 434020, China

Background. The blended teaching model refers to the combination of online and offline teaching methods, using both online platforms and physical classrooms, to provide students with a more flexible and diverse learning experience. The learning experience of online and offline blended teaching mode can help students better adapt to learning pressure and anxiety.

Subjects and Methods. According to the principle of random sampling, 50 freshmen to seniors from a certain university were selected, including 25 males and 25 females. According to the results of the Anxiety Self Test Scale, there were 5 students with severe anxiety, 10 students with moderate anxiety, and 15 students with mild anxiety. A mixed online and offline teaching mode was used to teach students. Six months later, statistical analysis was conducted using SPSS3.0 software based on the results of the anxiety self-test scale.

Results. All students with severe anxiety improved, with 2 showing mild anxiety and 3 showing no symptoms of anxiety. Among students with moderate anxiety, 8 have mild anxiety and 2 have no symptoms of anxiety. Students with mild anxiety have no symptoms of anxiety. The *p*-value of the results before and after intervention treatment is less than 0.05, which is statistically significant.

Conclusions. The combination of online and offline teaching modes has a positive impact on improving students' anxiety disorder. Through flexible time arrangements, diverse learning methods, social support networks, and personalized learning experiences, it can help alleviate students' anxiety symptoms, and improve learning outcomes, and mental health.

Service quality in tourist attractions on tourists' psychological anxiety

Xiaomin He^{1*} and Yue Huang²

¹Shanxi Institute of Technology, Yangquan 045000, China and ²Northeast Normal University, Changchun 130024, China

*Corresponding author.

Background. The development of the tourism industry has led to an increasing number of tourists, demanding better service quality from scenic spots. The improvement of service quality in tourist attractions can provide tourists with a safer and more reliable travel environment, reducing their anxiety about risks and uncertainties.

Subjects and Methods. Based on the principle of random sampling, the population aged between 18 and 60 in a certain scenic area were selected and distributed a service quality demand questionnaire. It includes four criteria: safety services, navigation services, employee attitudes, and service processes. The score was filled out on a scale of 1 to 10. The higher the score, the more valued the content is by tourists. A total of 1000 demand forms were distributed, and 985 were actually collected, with a recovery rate of 98.5%. Statistical analysis was conducted on the table data using SPSS23.0 software.

Results. According to the statistical results, there is a negative correlation between the four aspects of scenic area safety services, scenic area navigation services, employee attitudes, and service processes and tourists' psychological anxiety, with a *P*-value less than 0.05, indicating statistical significance.

Conclusions. By providing a sense of safety and security, accurate and complete scenic area information, friendly and enthusiastic service attitude, and convenient and efficient service processes, scenic area managers can reduce tourists' anxiety, and improve their satisfaction and experience.

Acknowledgement. In 2019, the Youth Fund for Humanities and Social Sciences Research of the Ministry of Education (No. 19YJC790043).

Three-dimensional Japanese text translation teaching on college students' foreign language learning anxiety

Liwen Zhang

Yancheng Institute of Technology, Yancheng 224000, China

Background. The anxiety of college students in learning a foreign language may affect their learning results, so it is very important