

Study on the combination of innovative and entrepreneurial thinking training and psychological nursing intervention to alleviate college students' employment anxiety

Haohe Wang^{1,2*} and Yuqi Jiang¹

¹Anhui Jianzhu University, Hefei 230601, China and ²Hefei University of Technology, Hefei 230009, China

*Corresponding author.

Background. Employment anxiety is a kind of nervous and persistent negative emotion that college students have toward the future when they are about to graduate. It causes a series of cognitive, physiological, and behavioral changes, specifically manifested in the decline of sleep quality, anorexia, and pessimism. This psychological disease has a serious negative impact on the growth of college students. Psychological nursing is to conduct psychological counseling and intervention for patients, carry out mental health education, and help patients alleviate anxiety symptoms and emotions. Given the characteristics of employment anxiety in college students, on the one hand, innovative and entrepreneurial thinking training will provide employment ideas for patients; on the other hand, psychological nursing should be used to properly intervene the patients with employment anxiety, to promote the rehabilitation of the disease.

Subjects and Methods. In the experiment, students suffering from employment anxiety were randomly selected from a university by simple random sampling and were equally divided into the experimental group (50 cases) and the control group (50 cases). The control group only carried out innovative and entrepreneurial thinking training, while the experimental group also carried out psychological nursing intervention in addition to innovative and entrepreneurial thinking training. One month after the experiment, the two groups of patients were evaluated and scored with the Employment Anxiety Scale and were judged whether they were cured.

Results. One month after treatment, the two groups of patients were evaluated with the College Students' Employment Anxiety Scale, and the results are shown in Table 1.

From Table 1, the average score of employment anxiety of the control group is 1.71 points lower than that of the experimental group. The cure rate of the control group was 87.52%, while that of the experimental group was only 66.13%. The cure rate of the experimental group was higher than that of the control group. The difference between the two groups was statistically significant, with $P < 0.05$.

Conclusions. Compared with the control group, the experimental group added psychological nursing intervention based on the routine treatment of college students' employment anxiety. The results show that psychological nursing can effectively improve the employment anxiety of college students, and its therapeutic effect is significantly better than that of only carrying out

innovative and entrepreneurial thinking training. Therefore, the use of innovative and entrepreneurial thinking training combined with psychological nursing intervention can improve the cure rate of college students' employment anxiety.

Table 1. Comparison of anxiety scale scores between the two groups after treatment

Employment anxiety category	Control group	Experimental group	<i>t</i>	<i>P</i>
Physiological behavior of employment anxiety	18.024	15.956	4.355	0.0001
Subjective feelings of employment anxiety	12.325	10.637	3.554	0.001
Employment anxiety	18.068	16.358	3.601	0.0009

Analysis of the impact of Vlog news media form shaping on audience psychological immersion based on psychological experience process

Jingfan He, Siti Aishah Mohammad Razi* and Akmar Hayati Ahmad Ghazali

University of Putra Malaysia, Kuala Lumpur 43400, Malaysia

*Corresponding author.

Background. How to enhance the psychological immersion of the audience is a major concern for the media at this stage. The psychological immersion of the audience not only affects the communication effect and influence of the media but also brings a more positive experience of reality to the audience. This project, therefore, analyses the psychological immersion of the audience based on the psychological experience process of shaping the media form of Vlog news.

Subjects and Methods. In this research, 228 college students were selected as the subjects of the experimental research. The mean age was 21.12 ± 1.67 years, with 146 male students and 82 female students. The general demographic characteristics of all subjects were counted before the experiment and there were no significant differences ($P > 0.05$). All subjects were divided into a control group and a research group in a completely randomized manner. The control group disseminated news through traditional means, while the research group used a Vlog news medium based on a psychological experience process to disseminate news. The immersion scale was assessed using the Igroup Presence Questionnaire (IPQ), which consists of 13 items, with questions 1-5 on the spatial presence (SP) dimension, questions 6-9 on the involvement (INV) dimension, and questions 10-13 on the reality (REAL) dimension. Each item was scored on a scale of 0 to 6, with 0 indicating total disagreement and 6 indicating total agreement.

Results. On the IPQ scale, the mean score of SP dimension was 3.12 ± 0.34 in the control group and 4.87 ± 0.42 in the research group, with a significant difference between the two groups ($P < 0.05$); the mean score of INV dimension was 2.53 ± 0.36 in the control group and 4.71 ± 0.38 in the research group, with a significant difference ($P < 0.05$); the score of REAL dimensions was 2.98 ± 0.28 in the control group and 4.52 ± 0.41 in the research group, with a significant difference, and 4.52 ± 0.41 in the research group, with a significant difference ($P < 0.05$). See Table 1 for details.

Conclusions. Based on the psychological experience process, Vlog news media forms can increase the audience's spatial immersion, psychological involvement, and authenticity experience. This increases the communication effect and influence of the media and has good research value.

Table 1. Comparison of IPQ scores between the two groups

Item	Control group		Research group	
	Average	Standard deviation	Average	Standard deviation
SP	3.12	0.34	4.87*	0.42
INV	2.53	0.36	4.71*	0.38
REAL	2.98	0.28	4.52*	0.41

Note: * indicates $P < 0.05$.

A study on the positive influence of positive psychology on college students' ability to resist pressure in the epidemic environment

Yankai Jiang and Liliang Song*

The Second Hospital of Shandong University, Jinan 250033, China

*Corresponding author.

Background. The psychological problems of college students are the focus of social concern and hot discussions. Influenced by the epidemic, college students' study, life and employment have been affected to a certain extent. Schools should strengthen mental health education to improve college students' ability to resist pressure and help students improve their ability to adapt to society. Positive psychology can help students improve their mental health by guiding their mental activities and tapping their own strengths. In the process of using positive psychological knowledge to intervene with college students, self-help incentive training and personality cultivation can help students understand their own mental health problems. Therefore, in the psychological health education of colleges and universities, we can consider taking these two methods to carry out psychological intervention on college students, so as to improve the students' ability to withstand pressure.

Subjects and Methods. In the experiment, 360 college students who meet the requirements were randomly selected in colleges and universities through a questionnaire survey as the research objects of mental health problems. There are 187 boys and 173 girls, with an average age of (20 ± 2) years. The 360 college students were randomly divided into the intervention group and the control group, 180 in each. The intervention group used positive psychological thinking for psychological intervention, while the control group did not take any psychological intervention measures. The Perceived Stress Scale (PSS) was selected as the test scale of college students' compressive capacity, and SPSS23.0 was used to analyze the score results.

Results. The score of the PSS scale is shown in Table 1. It can be seen from the table that after the intervention group received the psychological intervention, their problem-solving and rationalization abilities were significantly improved ($P < 0.05$), and their withdrawal emotions were significantly reduced ($P < 0.05$).

Conclusions. The results show that after the intervention of positive psychology, the psychological pressure resistance of college students has been significantly improved, which helps to improve the level of mental health of college students, so as to better solve many psychological problems caused by the epidemic.

Table 1. PSS score

Test content	Before	After	<i>t</i>	<i>P</i>
Solve the problem	0.78 ± 0.21	0.82 ± 0.25	2.091	0.027
Self-reproach	0.80 ± 0.31	0.78 ± 0.15	0.368	0.792
Seek help	0.62 ± 0.18	0.67 ± 0.22	1.682	0.063
Fantasy	0.82 ± 0.21	0.80 ± 0.17	0.78	0.579
Retreat	0.85 ± 0.26	0.75 ± 0.27	2.319	0.013
Rationalization	0.76 ± 0.19	0.88 ± 0.32	3.497	0.005

Evaluation of the effect of changing the management mode of psychotherapy combined with education on anxiety and depression of college students

Xiaocheng Gao*, Lu Zhang and Haishen Xu

Heihe University, Heihe 164300, China

*Corresponding author.

Background. The teaching support work of normal school students is a key step to improving students' personal teaching abilities. It can help students understand the current situation of education in China and is a necessary way to enhance students'