

Intervention effect of innovation and entrepreneurship education on employment anxiety and living quality of undergraduates

Qixin Huang and Huacheng Gan*

Guilin University, Guilin 541006, China

*Corresponding author.

Background. At present, the employment pressure on college students is increasing, and their quality of life is also affected. Many colleges and universities have created innovation and entrepreneurship courses to answer questions and doubts for students in the employment dilemma.

Subjects and Methods. This study selected 60 college students about to graduate from a university as research objects and randomly divided them into a control group and a research group. The control group did not receive training on innovation and entrepreneurship courses, while the research group received regular training on innovation and entrepreneurship courses. The state-trait anxiety (STAI) scale was used for comparative analysis, and finally, SAS was used for statistical analysis.

Results. After a 3-month experiment, the STAI score of the control group increased from 62 points to 61 points; The STAI score of the research group increased from 63 points to 51 points. There was a significant difference in psychological stress among the research group of college students before and after the experiment ($P < 0.05$). The experimental results indicate that carrying out innovation and entrepreneurship in universities can effectively alleviate employment anxiety among college students and improve their quality of life.

Conclusions. The integration of innovation and entrepreneurship into college education has a positive impact on the employment pressure of college students, and can also provide new employment ideas for students and promote the development of the college employment rate.

Intervention of innovative education in ideological and political education in colleges and universities on anxiety symptoms of college students with mental disorders

Xia Xu^{1*} and Dequan Yang²

¹Changjiang Polytechnic, Wuhan 430074, China and ²Hubei Land Resources Vocational College, Wuhan 430090, China

*Corresponding author.

Background. With the increase in social pressure, the anxiety symptoms of college students with mental disorders are increasing year by year. This has harmed their living standards and learning outcomes. The current intervention measures largely overlook the impact of ideological and political education in universities.

Subjects and Methods. The study used a randomized controlled trial design. The experimental group (n=60) adopted innovative ideological and political education interventions, including group discussions, role-playing, and theme reports, with an intervention period of 12 months. The control group (n=60) received routine psychological counseling services. All participants were evaluated at the beginning, duration of 6 months, and end of the study. The Hamilton Anxiety Scale (HAM-A) was mainly used for evaluation. Descriptive and inferential statistical analysis was conducted on the data using SPSS 22.0.

Results. After the intervention, compared with the control group, the anxiety symptoms of the experimental group of college students were significantly reduced. After 12 months of intervention, the HAM-A score of the experimental group decreased by an average of 12.1 points, while the average decrease in the HAM-A score of the control group was 3.2 points. The follow-up evaluation also confirmed this result.

Conclusions. This study shows that innovative ideological and political education interventions are significantly superior to conventional psychological counseling services, and effectively reduce anxiety symptoms of college students with mental disorders in clinical practice.

Acknowledgement. The 2020 Hubei Skilled Talent Training and Research Center Project (No. 20BJN014); 2020 China University Industry, University and Research Innovation Fund - New Generation Information Technology Innovation Project (No. 2020ITA02052).

Relieving effect of online ideological and political education on students' anxiety disorders

Meiru Zhang* and Shuxia Liu

Shenyang Institute of Science and Technology, Shenyang 110167, China

*Corresponding author.

Background. With the emergence and development of the Internet, the practice of ideological and political education via the Internet for students has gradually become a new trend. However, some students developed anxiety disorders due to changes in activity patterns, increased pressures from society and individual's particular mentality. The focus of the present study was to explore the impact of online ideological and political education on relieving students' anxiety disorders.

Subjects and Methods. A total of 200 students with anxiety disorders from different universities were randomly divided into the intervention group (100 students) that underwent online

ideological and political education, and the control group (100 students) who received traditional ideological and political education. Pre and post test assessments of anxiety levels were conducted using the Self-rating Anxiety Scale (SAS).

Results. Pre-intervention, both the control and intervention groups showed similar levels of anxiety disorders. However, post-intervention assessments yielded notable results. The anxiety levels in the intervention group who experienced online ideological and political education showed a significant decrease ($P<0.05$) compared to the control group.

Conclusions. The findings suggest that online ideological and political education can effectively reduce the levels of anxiety disorders among university students. Such intervention can be leveraged as part of the broader strategy to promote psychological health in the student community. Future researchers are encouraged to investigate the specific components of online ideological and political education to have such effect.

Acknowledgement. The planning research projects of the China Association of Private Education (School Development) No. CANFZG23433; Research on the Construction of the Cultivating System of Private Colleges and Universities under the Prospective of Ideological and political (No.ZD -2023-10); 2022 Liaoning Province First Rate Undergraduate Course; 2023 Shenyang University of Science and Technology Teaching Team Construction (No.13621-2023-03-079).

Health poverty alleviation and rural revitalization on the survival anxiety of rural elderly residents in the context of social psychology

Fan Zhu¹ and Xuanmai Bui^{2*}

¹Guangxi University of Finance and Economics, Nanning 530003, China and

²Nanning Normal University, Nanning 530007, China

*Corresponding author.

Background. With the advent of health poverty alleviation and rural revitalization policies in China, a significant change in the well-being of rural elderly residents has been noted. However, more research is required to understand the psychological implications of these policies. This study aims to analyze residents' survival anxiety from a psychological perspective.

Subjects and Methods. This study utilized a quasi-experimental design involving two groups—an intervention group (n=500) experiencing the policies of health poverty alleviation and rural revitalization, and a control group (n=500) unexposed to these policies. Both groups consisted of rural elderly residents aged 60 years or above from 10 villages in rural China. Data was collected through face-to-face interviews using the Survival Anxiety Scale (SAS) pre-and-post intervention. Data analysis involved

a combination of descriptive statistics, Chi-square tests, and Binary Logistic Regression, conducted via SPSS v23.

Results. Results showed a significant decrease in the level of survival anxiety in the intervention group post-exposure to the policies ($P<0.05$) compared to the control group. Specifically, the odds of survival anxiety were 0.61 times lower among those who had experienced the policies, controlling for age, gender, and baseline SAS scores.

Conclusions. This finding indicates that health poverty alleviation and rural revitalization have a favourable effect on reducing survival anxiety among rural elderly residents. This implies a strong correlation between social policy and mental health.

Effect analysis of building energy-saving design in rural revitalization to improve rural residents' anxiety

Yanli Zhou

Southwest Municipal Engineering Design & Research Institute of China, Chengdu 610000, China

Background. Rural revitalization is one of the important development strategies in China. However, in rural areas, due to backward building design and energy utilization methods, residents have more symptoms of anxiety. It constitutes a certain obstacle to the sustainable development of rural revitalization. Therefore, the purpose of this study is to explore the effect of building energy-saving design optimization combined with psychological treatment on improving rural residents' anxiety.

Subjects and Methods. This study used a controlled experiment, 100 patients were randomly divided into the intervention group and control group. The intervention group received improved building energy efficiency design, including insulation materials used, rational ventilation design, and efficient energy use facilities in combination with psychotherapy. The control group maintained traditional building design and energy use. The study period was 12 months, and the analysis method was SPSS23.0.

Results. The analysis results showed that the anxiety level of residents in the intervention group decreased significantly during the study period, and the difference was significant compared with the control group. At the same time, the sleep quality of the intervention group improved, and the satisfaction with the living environment also significantly increased. In addition, the energy efficiency of the intervention group was significantly higher than that of the control group.

Conclusions. The anxiety symptoms of rural residents can be effectively alleviated by improving building energy-saving design. Energy-saving design measures can reduce energy consumption, improve the comfort of the living environment and residents' life quality.