

is very harmful and more common in life. Now college students' anxiety disorder is the most common in society, and many students have anxiety disorders due to various factors. With the rapid development of the social economy, the reform of colleges and universities has also developed rapidly. However, the quality of current college teaching cannot match the quantitative development of college expansion, resulting in current college students who have a strong knowledge level but lack a matching mind. Education and care.

Ideological and political courses are the main way of school moral education. It is the main position of ideological and political education for college students. It is important to help students establish the correct political direction, establish a scientific outlook on the world, life, and values, and form good moral qualities. The guiding role. Therefore, we must give full play to the main channel function of moral education in the teaching of ideological and political courses, change the educational concepts of teachers in ideological and political courses, improve teachers' ability to teach and educate people, correct students' attitudes towards ideological and political courses, standardize student learning behavior, and cultivate students' good behavior. Ideological and political quality, improve the personality of college students. By improving the learning behavior training ability of ideological and political courses, it can effectively alleviate the anxiety of college students, which has great practical significance.

Objective: In recent years, anxiety has become a bad mood often experienced by college students, which affects the healthy growth of students. Anxiety, as an important aspect of measuring mental health, has attracted the attention of many psychologists and educators. The anxiety level of college students is increasing year by year, so the learning behavior training of ideological and political courses plays an important role in alleviating the anxiety of college students.

Subjects and methods: Learning behavior training in ideological and political classes can help college students alleviate anxiety. This article mainly conducts research from six aspects: personal self, social self, ideal self, physical self, social self, and ability self. Junior high schools, high schools, and universities were selected as the research objects, and questionnaires were issued to their students to count the impact of ideological and political learning behavior training on college students in all aspects.

Study design: Using stratified cluster random sampling method, 500 college students were surveyed. Randomly select 1 junior high school, high school, and university. 500 questionnaires were distributed and 473 valid questionnaires were returned.

Methods: Using Excel statistics of ideological and political lesson learning behavior training for college students' anxiety relief

Results: Learning behavior training in ideological and political courses can effectively alleviate the anxiety of college students. Strengthen personal self-awareness and improve social self-awareness. In the process of forming an ideal self, the purpose of exercise is achieved through exercise to show social ability, and ultimately achieve the improvement of ability.

In the survey results, five levels of 1-5 are used to quantify the impact value of specific factors. 1 represents irrelevant, 2 represents slight impact, 3 represents general impact, 4 represents significant impact, and 5 represents sufficient impact. In order to reduce the impact Individual subjective causes large errors. Take 500 students' evaluation values and take the average. The result is determined by rounding off. The specific statistical table is shown in Table 1.

Table 1. Relief of anxiety in college students.

Factor	Personal self	Social self	Ideal self	Body self	Social self	Ability self
Junior high school	4	3	3	3	3	4
High school	5	5	4	5	4	4
University	5	4	5	4	5	5

Conclusions: In recent years, almost 10% to 30% of college students across the country have psychological barriers of varying degrees. Nowadays, depression has become a common mantra for college students, and anxiety is a common emotional and psychological disorder. Anxiety is not only a common mental symptom, but also an uneasy and worried state of mind when normal healthy people encounter certain tension, irritation or frustration. Learning behavior training through ideological and political courses can allow college students to correctly understand the anxiety situation, and at the same time eliminate anxiety in time, and effectively promote the formation of college students' healthy psychology.

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THE INFLUENCE OF SPORTS GAME TEACHING METHOD ON ANXIETY OF COLLEGE

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Background: College students are the pillars of the country and have laid a solid foundation for the needs of the country's reserve talents. However, related studies have found that college students are high-risk groups that induce psychological problems. Anxiety is particularly prominent in college students' mental health problems. They are increasingly troubled by anxiety, which directly interferes with college students' learning efficiency, life patterns, and physical and mental health. Therefore, college students' mental health issues are paid more. There are few effective improvement measures. Anxiety disorder, also known as anxiety disorder and phobia. In the actual study and life process of college students, due to different psychological burdens, they will continue to worry or fear, worry that they will face a dilemma, and eventually lead to anxious reactions. The treatment of anxiety is mostly limited to clinical medical institutions for individual treatment with drugs as the mainstay. However, the teaching method of sports games can effectively alleviate the anxiety of college students.

The teaching method of sports games can open up students' courage, relax their mood, help promote the development of students' mental health, and relieve anxiety. In the process of physical education, especially some technical items will affect the psychological status of students, making some students more or less have some psychological problems. For example, fear, anxiety, loneliness, disgust, etc., are mainly caused by physical and psychological, physical and academic performance, and bad personality psychology. In view of these psychological and emotional problems, sports games can be used to guide teaching.

Objective: The teaching method of sports games can not only organically combine exercise with labor, life, games, entertainment and other activities, but also can enhance the fun, entertainment, and physical fitness, thereby eliminating bad emotions. Therefore, in order to effectively improve the anxiety of college students, in-depth research on the teaching method of sports games can be used to improve the anxiety of college students.

Subjects and methods: Through research and analysis, it is found that sports games are developed and derived from games. Can effectively promote the physical and mental health of college students. Sports games are an important content of physical education, the most effective and meaningful activity, and one of the best methods of physical education. Based on the four influencing factors of sports games on college students' emotions, this article mainly conducts research from four aspects: learning initiative, personality characteristics, health status, and interpersonal communication. Select elementary school, junior high school, and high school students as the research objects. By issuing questionnaires, statistics on the psychological and emotional conditions of college students after passing the sports game teaching method.

Study design: A total of 1,000 questionnaires were issued, and the questionnaires were required to be completed at one time. The time for each person to fill out the questionnaire was 15-20 minutes. 974 copies were recovered, and the effective number of copies was 957.

Methods: Use Excel to count the emotional relief of college students in the teaching method of sports games.

Results: In the teaching of sports games for college students, it can effectively alleviate the psychological anxiety. Both learning and life have been improved, the initiative of learning has been improved, and the body has been strengthened through physical exercise and the scope of interpersonal communication has been expanded.

In the survey results, five levels from 0 to 4 are used to quantify the impact of specific factors. 0 means irrelevant, 1 means slight influence, 2 means normal influence, 3 means obvious influence, 4 means sufficient influence, in order to reduce the impact. The individual subjectively causes a large error. The method of rounding the result is determined. The specific statistical table obtained is shown in Table 1.

Table 1. The situation of college students in the teaching method of sports games.

Factor	Learning initiative	Personality traits	Health status	Interpersonal communication
Primary school	4	3	4	3
Junior high school	3	4	3	4
High school	3	3	4	3

Conclusions: Sports games are one of the earliest cultural activities formed with the birth of mankind, the source of sports culture, the birthplace of human games, and one of the earliest ways for people to pass on the survival experience. In the long process of human development, people have nurtured it with hard

work, sweat, wisdom and emotion, making it a comprehensive sports activity for people's exercise and fitness today, which is deeply loved and welcomed by people. The more developed countries in today's society pay more attention to sports teaching, because it integrates sports, competitions, music, dance, communication, innovation and other activities. Today we apply the game teaching method to the mental health development of college students, which is actually the need of modern education. The teaching method of sports games can improve students' participation and mutual assistance, and cultivate students' team consciousness and spirit of cooperation. The entertaining and interesting nature of sports games allows students to exercise in a relaxed state of mind, promotes their mental and physical healthy development, and effectively relieves anxiety.

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HUMAN RESOURCE MANAGEMENT ON THE PSYCHOLOGICAL ANXIETY OF WORKPLACE EMPLOYEES FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: With the development of modern productivity, science and technology have become more and more advanced, the division of labor has become more and more refined, the level of specialization has become higher and higher, and the degree of organization has become increasingly complex. Under such circumstances, it is more and more important for human resources to relieve the psychological anxiety of employees in the workplace through various means. By mobilizing people's enthusiasm, coordinating activities among members of the organization, in order to successfully achieve the expected goals of the organization. Therefore, in the process of modern business management, human resources are increasingly using the knowledge and theories of social psychology to research and analyze the psychology of employees in the workplace.

With the rapid development of science and technology in modern society, the personal factor is particularly prominent. How to alleviate the psychological anxiety of employees in the workplace has become the most important issue that countries all over the world must consider in competition. How to improve the quality of workers is also a necessary research topic for human resource development, and it has also become one of the major topics facing psychological science and management science research. In addition, the rapid progress of science and technology and social changes have made psychological anxiety more frequent. This requires us to carry out research on human resource management psychology from a new perspective. The emergence of positive psychology provides an important tool for human resources to alleviate the psychological anxiety of employees in the workplace. By applying the principles of positive psychology to human resource management, it can effectively alleviate the psychological anxiety of employees in the workplace.

Objective: In the normal operation of an enterprise, scientific and effective management of the staff within the enterprise is required to ensure that the enterprise always maintains a positive vitality. In the management of human resources, methods are diverse and multiple. Enterprises should formulate characteristic management policies based on the actual situation of their own development. With the development of market economy, social psychology is widely used in talent management, and it plays an irreplaceable role.

Subjects and methods: When companies conduct work and interpersonal skills assessments on employees, they find that employees who receive positive psychological hints will be more proactive and proactive in their work performance, alleviating their anxiety, and at the same time improving their own capabilities. It can be seen that, in the process of human resource management of enterprises, it is necessary to pay attention to the use of social psychology, especially the part of positive psychology. Positive psychology plays a vital role in the development and management of corporate human resources. Based on the four influencing factors of positive psychology on employees' work, this article mainly conducts research from four aspects of positive psychology, work mood, personality characteristics, health status, and work experience. Six large, medium, and small companies are selected as the research objects, and