

Social Sciences Research Project, project name: "Internet +" in the context of northeast Chongqing Vocational College Student Associations Innovative Development Strategy Research (No: 18SKSZ058).

\* \* \* \* \*

## ANALYSIS OF THE INTERVENTION MEANS OF ANXIETY DISORDERS IN THE PROCESS OF INNOVATION AND ENTREPRENEURSHIP

Jibing Qian

*School Affairs, Applied Technology College of Soochow University, Suzhou 215325, China*

**Background:** With the enrollment expansion of colleges and universities, the number of college students continues to increase. More and more people receive higher education, and the national quality of our country has been improved to a certain extent. Under the pressure of various aspects, the anxiety of college students is serious, and the current employment situation is not optimistic. In the face of this employment situation, we should effectively and rationally intervene with students with anxiety disorders to make them realize that only with innovative ideas and innovative thinking can they be competitive in an increasingly competitive and rapidly changing world.

Heavy anxiety will affect the daily behavior and life enthusiasm, the long-term existence of anxiety tendency as a negative emotional response. Research shows that the current college students have anxiety, anxiety disorders accounted for 5 to 1 in 1000 of the totals. But they seldom take the initiative to go to the hospital, so they have great concealment. At the same time, they will cause serious damage to college students' body and mind, reduce their study efficiency and quality of life, and have a negative impact on their adaptation to college life and their own healthy development. Therefore, the effective alleviation of psychological anxiety of college students is one of the focuses of current research.

**Objective:** Because of their own physiological and psychological reasons, university students often have great emotional ups and downs, so we must pay attention to their physical and mental health in the process of entrepreneurship. First of all, college students need to understand their own emotional points, recognize the root cause of the emergence of bad emotions, and then for the reason of the emergence of emotional restraint, in the process of innovation and entrepreneurship, in order to achieve the success of entrepreneurship on the premise of maintaining physical and mental health. Based on this, this paper focuses on the innovation and entrepreneurship process in the face of stress should be how to maintain physical and mental health analysis.

**Subjects and methods:** The ability to innovate and start a business is the condition that the entrepreneur has a pioneering thought, idea, personality, will, style of work, quality and so on, and is the source of the entrepreneur's innovative consciousness and spirit, which is embodied in such spiritual conditions as bravery in innovation, taking risks, unity and cooperation, and perseverance. At present, strengthening the students' mental health education is the most important in the development of entrepreneurial talents. Whether college students have good mental quality is directly related to their successful entrepreneurship. Entrepreneurship requires college students to be prepared in advance to withstand risks, to have the tolerance and courage to face the adverse consequences, these need to have a very good psychological quality. The questionnaire is divided into five parts: personal background factors, innovation, and entrepreneurship education experience, innovation and entrepreneurship quality, innovation and entrepreneurship intention and innovation and entrepreneurship behavior.

**Study design:** In recent years, with the rapid development of our economy, various economic industries emerge one after another, in order to alleviate the increasing employment pressure year by year. College students, as the pioneer force of innovation and entrepreneurship, need not only their own innovation ability, but also the cultivation of entrepreneurship. So, it is urgent to solve the problem of college students' psychological anxiety. In order to alleviate the anxiety symptoms of college students, cultivate college students to learn the concept of entrepreneurship, improve entrepreneurial ability, and cultivate innovative talents. **Methods:** 50 college students with anxiety disorder were randomly selected to take part in the survey. The purpose and content of the study were informed before the survey. The interview time was limited to 30 min-45 min. The interview mainly analyzes the effect of the intervention on the above five parts in the process of innovation and entrepreneurship of college students with anxiety disorders.

**Methods:** Excel 2007 was used to analyze the effect of intervention on college students with anxiety disorders during innovation and entrepreneurship.

**Results:** In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation values of 50 college students with anxiety disorders are rounded off to the average to obtain the rounded results.

**Table 1.** Effects of the intervention in college students with anxiety disorders in the process of innovation and entrepreneurship

Personal background	Innovation and entrepreneurship education	Personal quality and individual quality	Innovation and entrepreneurship intention	Innovation and entrepreneurship
3	3	3	4	4

**Conclusions:** College students' anxiety has become one of the important problems to be solved in the process of innovation and entrepreneurship. College students' anxiety has a serious negative impact on innovation and entrepreneurship. Innovation and entrepreneurship education for college students refers to the cultivation of their awareness, knowledge and ability to engage in entrepreneurial activities in the future. In this paper, the cultivation and methods of college students' innovative and entrepreneurial ability are discussed, and the author thinks that college students' innovative and entrepreneurial ability should be cultivated, and good knowledge conditions should be established to make students dare to innovate and start their own business and promote the progress of the society.

\* \* \* \* \*

## APPLICATION OF COGNITIVE PSYCHOLOGY IN CREATIVE THINKING ABILITY IN 3-DIMENSIONAL ANIMATION TEACHING REFORM

Chuanxia Wang<sup>1</sup> & Xiaohua Hao<sup>2</sup>

<sup>1</sup>*Department of Game, Software Engineering Institute of Guangzhou, Guangzhou 510990, China*

<sup>2</sup>*Academy of Fine Arts, Guangzhou College of Technology and Business, Guangzhou 510850, China*

**Background:** Cognitive psychology is a trend of psychological thought rising in the West in the mid-1950s, and it has become a main research direction of Western psychology since the 1970s. It studies people's advanced psychological processes, mainly cognitive processes, such as attention, perception, representation, memory, thinking and speech, etc. In contrast to behaviorist psychologists, cognitive psychologists' study internal mechanisms and processes that cannot be observed, such as memory processing, storage, retrieval, and changes in memory. It is the mainstream of modern cognitive psychology to study cognitive process from the perspective of information processing, which is equivalent to information processing psychology. It regards people as a system of information processing, and regards cognition as information processing, including the whole process of sensory input coding, storage and extraction. According to this view, cognition can be decomposed into a series of stages, each stage is a unit that performs some specific operation on the input information, and the reaction is the product of this series of stages and operations. The various components of an information-processing system are interconnected in some way. With the development of cognitive psychology, this view of sequence processing is more and more challenged by parallel processing theory and related theories of cognitive neuropsychology.

Since the 1950s, American psychologists have been interested in and studying creativity. Animation majors abroad attach great importance to students' study of film, and offer a series of courses, such as character molding, plot arrangement, storyboard making, film editing and so on. These courses are very necessary to improve the students' ability of 3D graphic thinking and 3D animation. However, in the teaching process of animation major in China, there are few courses in film science, and the courses of character design and character molding are deficient, which makes students unable to obtain all-round and benign development.

**Objective:** At present, the teaching of 3D animation in our country mainly focuses on the study of software operation, and pays too much attention to the study of 3D technology. Therefore, the course teaching of animation needs to carry out targeted reform, and cultivate students' artistic accomplishment, stimulate students' self-thinking ability and three-dimensional graphics thinking ability. The significance of 3D graphic thinking is diversified, which not only represents the transformation of students' creative thinking mode from 2D to 3D, but also represents students' creativity in 3D graphic creation.

**Subjects and methods:** Three-dimensional graphic expansion of thinking shows two characteristics of spatial imagination and creative thinking, and such features are not easily replaced by the ability. Randomly selected 152 students, including 98 boys and 54 girls. Select a professional 3D animation teacher. According to the students' spatial imagination and thinking creativity, teachers can divide the teaching reform into three steps to guide students to stimulate their own initiative and creativity. Step 1: Contrast tradition with