

**Table 1.** The changes of each dimension of the two groups before and after the experiment

Experimental grouping	Time	Positive emotional change	Positive self-affirmation	Desire to share
Control group	Before	8.79±1.35	10.36±2.34	11.73±2.02
	After	9.02±1.22	10.24±1.74	11.35±2.25
Experiment group	Before	9.05±1.32	11.23±2.15	10.34±2.18
	After	8.20±2.13	9.31±1.55	9.51±2.11

**Conclusions:** Dance involves complex emotional factors, so long-term dance training may be an effective intervention measure for adolescent anxiety disorder. While practicing dance, it is necessary to carry out early intervention on adolescent anxiety psychology, such as family therapy, cognitive behavior therapy and interpersonal psychotherapy. Effective treatment and intervention should be carried out according to the law of teenagers' physical and mental development and individual specific conditions. For teenagers facing problems such as parental separation, interpersonal role conflict and peer tension, select more prominent problems as the focus of attention. Continuous tracking and treatment can effectively alleviate teenagers' anxiety and improve their adaptability and health level.

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## ANALYSIS ON THE IMPACT OF CONTEMPORARY RESIDENTS' BEHAVIOR BARRIERS ON URBAN PUBLIC COMMUNITY GOVERNANCE

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**Background:** In the process of sustainable socio-economic development and increasing people's living standards, China's urban public communities have undergone significant changes from outside to inside, mainly manifested in the continuous expansion of physical space and obvious optimization of social structure of urban public communities. Under this condition, the governance of urban public community becomes more and more diversified and complex, and its governance difficulty increases gradually. Because the governance system of urban public community is not perfect and lacks significant scientific and effectiveness, the soft power of urban public community governance is low and falls into governance dilemma. There are many factors that affect the effectiveness of urban public community governance, including the main structure, governance system, organization system, resource allocation, etc., mainly the low degree of cooperation between the government and civil society. When residents in urban public communities show different degrees of behavioral barriers, it will further increase the governance difficulty of urban public communities from different aspects, deteriorate the urban public community environment, and hinder the realization of social governance theory and the promotion of China's urbanization process.

**Objective:** As far as residents in urban public communities are concerned, their behavior disorders are affected in many aspects. Under the negative impact of residents' behavior disorders, the governance difficulty of urban public communities continues to increase. The effectiveness of urban public community governance will react on contemporary residents' behavior, have a positive or negative impact on their behavior barriers, or improve residents' behavior barriers, or aggravate residents' behavior barriers. In view of this, an in-depth analysis of contemporary residents' behavior barriers will help to fundamentally explore their causes and solutions, so as to optimize the urban public community environment, reduce the difficulty of urban public community governance, and finally realize the effective governance of urban public community. Exploring the impact of residents' behavior barriers on urban public community governance will help to put forward targeted solutions, and provide strong support for urban public community governance by improving residents' behavior barriers.

**Subjects and methods:** This study will use the method of stratified cluster random sampling to randomly select 30 residents from four independent public communities in the city, a total of 120. Through the form of questionnaire survey, investigate whether the selected residents have behavior disorders, the types and effects of behavior disorders, etc.

**Study design:** The contents contained in the questionnaire are mainly the types of residents' behavior disorders, and four dimensions are set up: psychomotor excitement disorder, psychomotor inhibition disorder, forced movement disorder and instinctive behavior disorder. The residents' behavior disorders represented by each dimension have specific manifestations of different symptoms, and will have different

degrees of impact on the governance of urban public communities. In this project, 120 questionnaires were distributed, and 116 valid questionnaires were recovered, with a recovery rate of 93.67%.

**Methods:** The main causes of college students' excessive anxiety in business administration teaching were counted and analyzed by using Excel software.

**Results:** The results of the questionnaire showed that the behavior disorders of contemporary residents were mainly concentrated in instinctive behavior disorders, which showed two forms: sleep disorders and eating disorders. In the questionnaire, the impact of different types of residents' behavior barriers on urban public community governance is quantified. The impact level is divided into 0 - 4 levels. 0 means no impact, 1 means slight impact, 2 means average impact, 3 means obvious impact and 4 means comprehensive impact. The impact rating of instinctive behavior disorder is 4, which has the greatest impact on urban public community governance; The influence rating of psychomotor inhibition disorder was 3, and the influence was obvious. The impact rating of psychomotor excitability disorder and obsessive-compulsive movement disorder is 1, as shown in Table 1.

**Table 1.** Impact results of different residents' behavior barriers on urban public community governance

Types of residents' behavior disorders	Psychomotor excitability disorder	Psychomotor inhibition disorder	Compulsive movement disorder	Instinctive behavior disorder
Number of people	11	27	17	65
Proportion (%)	9.16	22.50	14.17	54.17
Impact on urban public community governance	1	3	1	4

**Conclusions:** The core goal of urban public community governance is to create a good living environment and living space for people and realize people's free and all-round development. Therefore, in the actual governance process of urban public community, we should take "people-oriented" as the governance principle and give full play to the consciousness and dedication of all citizens. Residents' behavior barriers have a certain diversity, which form different degrees of obstacles to the governance of urban public communities from four aspects. To eliminate the impact of residents' behavior barriers on urban public community governance, targeted measures can be taken, such as stimulating the vitality of social organizations and deeply caring for residents with behavior barriers; Optimize the community governance system, strengthen supervision, and prevent urban public community governance from being affected by residents' behavioral barriers.

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## RESEARCH ON THE INTERVENTION EFFECT OF PSYCHOLOGICAL EDUCATION AND TEACHING MODEL REFORM IN ANXIETY STUDENTS

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**Background:** In the process of continuous and in-depth educational reform in China, the teaching mode of psychological education has also been systematically reformed and optimized. For students, it is very important to have a good foundation of psychological quality, which helps them calmly deal with various challenges or difficulties in their daily study and life. Therefore, the importance of psychological education and teaching to students is self-evident. With the accelerating pace of learning and life, students' professional learning tasks become more and more arduous, and academic competition and employment competition become more and more intense. Students are often difficult to bear in the face of excessive pressure because their minds are not yet fully mature, resulting in varying degrees of psychological anxiety. The causes of students suffering from anxiety disorder are mainly divided into two types: environmental factors and psychological factors. The former mainly refers to the complexity of interpersonal communication, the sense of urgency and oppression of learning tasks, the accelerating pace of life and learning, etc. The latter refers to students' fear of employment, self-doubt and negation, confusion about the future and so on. In view of the increasing number of anxiety students, the reform of psychological education and teaching mode can fundamentally solve students' psychological problems, effectively strengthen students' own psychological quality through different psychological education and teaching means and channels, make them establish a correct outlook on life and values, and alleviate anxiety.

**Objective:** Because students' mind is still in the development stage and their maturity is lacking,