

Category		Dissatisfied (%)	Satisfied (%)	Very satisfied (%)
Before intervention	Visual information dissemination	40	50	10
	Practical and aesthetic functions coexist	47	43	10
	Credibility and effectiveness	60	32	8
After intervention	Visual information dissemination	20*	20*	40*
	Practical and aesthetic functions coexist	10*	20*	70*
	Credibility and effectiveness	8*	30*	62*

Note: * $P < 0.05$, compared with the satisfaction of the audience before the intervention.

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THE EFFECT OF IDEOLOGICAL AND POLITICAL EDUCATION REFORM ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: Individuals expect vague and uncertain internal and external stimuli to pose a threat to their self-esteem and feel unable to cope, which constitutes an anxiety experience. Employment anxiety is a special, tense, uneasy, strong and lasting emotional experience caused by the whole employment situation, and causes corresponding physiological and behavioral changes. The main manifestations are: I think employment is a threat. I am very worried about the possible consequences of not finding a job or a good job. In the process of employment, there will be some physical reactions, such as decreased sleep quality, accelerated heartbeat, inattention and confusion of thinking, which have a great impact on my study, work and life. College students' employment anxiety can be defined as: college students' employment anxiety refers to that college students do not make psychological preparations in the face of employment, feel unable to grasp their own destiny, and do not know how to face employment competition, resulting in psychological conflicts or setbacks in employment. At present, affected by the international financial crisis, it is an indisputable fact that college students are facing a severe employment situation. In order to reduce costs, many enterprises have laid-off workers, which has exacerbated the employment anxiety of college students. Long-term anxiety is not conducive to the mental health development of college students, but also directly affects their employment effect. Therefore, the anxiety of college students has attracted the great attention of national leaders, university staff and researchers. So far, the research on college students' employment anxiety has achieved some results, which provides reference and support for college employment guidance.

Relevant research shows that the employment problem is an important factor leading to graduates' anxiety, that is to say, it reflects the universality of college students' employment anxiety. The researchers discussed the factors affecting the employment of college graduates and the reasons for employment difficulties. In the case of widespread employment anxiety among college graduates, the explanation of the huge differences between individuals is not detailed enough. Previous studies on employment anxiety are mostly aimed at college graduates and cannot cover all college students, which obviously cannot fully explain this problem. In this study, we believe that college students' employment anxiety refers to a complex emotional response that college students do not make psychological preparations in the face of employment, feel unable to grasp their own destiny, and do not know how to face employment competition, resulting in employment psychological conflict or frustration. College students have expectations and anxiety about employment. Employment anxiety is a kind of state anxiety, which gradually intensifies with the approaching of job selection and employment problems. After this problem is solved, employment anxiety will be reduced. Therefore, employment anxiety can be measured and studied as general anxiety. In short, in the case of an unsatisfactory employment environment, college students are facing greater employment pressure and challenges than ever before, showing varying degrees of anxiety. Their own regulation ability, cognition and coping style will greatly affect their emotional state. Therefore, this study studies the employment situation of college students from the perspective of psychological elasticity, in order to provide a new perspective for the development of employment psychological counseling in colleges and universities. Colleges and universities strive to cultivate college students' positive psychological quality and cultivate their healthy personality traits such as competitiveness, adaptability and stability.

Objective: This study aims to explore the relationship between psychological resilience and employment anxiety, and reveal the impact of students' psychological resilience construction on their employment anxiety, so as to take positive cognitive evaluation and coping styles to alleviate students' employment anxiety.

Research objects and methods: In order to ensure the representativeness of the sample, different universities were selected from five provinces. The types of schools include national key undergraduate colleges, provincial ordinary undergraduate colleges, independent colleges and junior colleges. Using the method of cluster stratified random sampling, 760 college students were selected from several universities. After deleting the invalid questionnaire, 658 valid questionnaires were obtained. Combined with the Ego Resiliency Scale (ER89), the level of students' psychological elasticity is measured. The scale has 14 items and adopts the 4-point scoring method. The higher the score, the better the students' psychological elasticity. At the same time, the employment anxiety of students is measured with the State-Trait Anxiety Inventory (STAI). The scale consists of 9 items and adopts the 4-point scoring method. The higher the score, the more serious the employment anxiety of students.

Methods: SPSS16.0 was used for all data's statistical processing.

Results: Figure 1 shows the correlation between college students' psychological elasticity and their employment anxiety. On the whole, college students' psychological elasticity is negatively correlated with their employment anxiety. The better their psychological elasticity is, the lower their employment anxiety is. This shows that in order to effectively alleviate students' employment anxiety, we should pay attention to the construction of students' psychological elasticity.

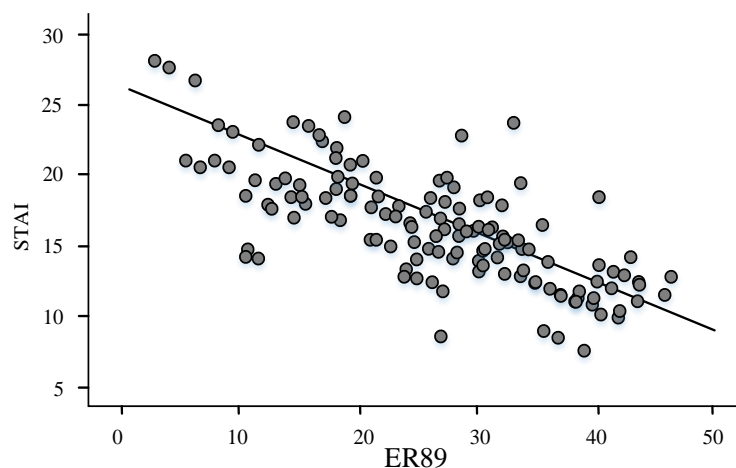


Figure 1. Correlation between students' psychological elasticity and their employment anxiety

Conclusions: When the employment environment is not ideal, college students are facing greater employment pressure and challenges than ever before, showing varying degrees of anxiety. The psychological elasticity of college students is negatively correlated with their employment anxiety. The better their psychological elasticity is, the lower their employment anxiety is. Therefore, all sectors of society should pay attention to the construction of students' psychological flexibility and cultivate their healthy personality traits such as competitiveness, adaptability, and stability, so as to effectively solve the employment anxiety of contemporary college students.

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THE APPLICATION OF TRADITIONAL CALLIGRAPHY ART IN FASHION DESIGN AND ITS INTERVENTION EFFECT ON PEOPLE WITH COLOR VISUAL IMPAIRMENT

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Background: 83.5% of the external information obtained by normal people depends on vision. For people with visual impairment, the obstacle of obtaining external information has brought many difficulties to their life, study and work. The difficulties they face are beyond the understanding of ordinary people. Color