

learning anxiety, that is, the improvement of self-efficacy can reduce students' learning anxiety. In addition, the influence of teachers on students also affects students' anxiety to a certain extent. The greater the influence of teachers, the more students' psychological anxiety can be alleviated, that is, there is a negative correlation between the two. The correlation matrix between each factor is shown in Table 1.

Conclusions: Therefore, it is helpful to reduce students' psychological anxiety in English teaching in higher vocational colleges. Starting from self-efficacy, the study first analyzes the correlation between self-efficacy and students' English learning anxiety and then formulates teaching plans to alleviate students' anxiety by improving students' self-efficacy. The results show that improving students' self-efficacy can significantly alleviate students' psychological anxiety, improve the quality of English Teaching in higher vocational colleges, promote the healthy growth of higher vocational college students and cultivate students' healthy values.

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INTERACTION BETWEEN ANXIOUS PEOPLE AND EDUCATIONAL ROBOT PRODUCTS BASED ON USER EXPERIENCE

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Background: Anxiety is a kind of negative psychological emotion. In psychology, it is considered that anxiety is an irritable emotion generated after excessive worry about their own safety and fate. Generally speaking, people with anxiety disorder often have emotions such as sadness, tension, panic, and uneasiness, and when the patient's anxiety increases, the patient will have varying degrees of mental disorders. Psychology believes that people's anxiety is caused by facing a repressive environment and their inability to take effective defense mechanisms. At the same time, it is difficult to solve problems. Being trapped in worry for a long time will also lead to anxiety. In the treatment of anxious people, psychologists believe that it is necessary to improve their communicative competence to gradually alleviate their psychological pressure. Communicative competence can change the cognition and understanding of anxious people to the environment. Some studies have found that when people with different degrees of anxiety communicate in a team according to a certain combination, a large number of patients with anxiety have alleviated their negative emotions, and with the growth of time, the improvement of patients' negative emotions is more obvious. However, some studies have found that the cognitive differences between different individuals will also aggravate the anxiety of patients to a certain extent. Therefore, how to find an effective way to alleviate the anxiety of anxious people is of great significance.

With the advent of the intelligent era, a variety of intelligent products are emerging, among which robots, as the representative of intelligent products, have attracted more and more public attention. So far, robots are mainly used in the fields of education and social services. In the field of education, educational robots can help students consolidate their daily knowledge points. At the same time, some studies have shown that the educational robot designed on the basis of user experience can also help students alleviate negative psychological emotions to a certain extent. Through in-depth discussion, it is found that the mechanism of educational robots in alleviating negative emotions is to bring human-computer interaction experience to students and improve the frequency of students' daily social communication. Moreover, the educational robot based on user experience can change its interactive content according to the psychological feelings of interactive individuals. In the face of anxious people, the educational robot can change the educational content in real-time according to the psychological needs of anxious people, so as to achieve the purpose of alleviating anxiety in the remission period. Therefore, exploring the emotional changes of anxious people under the influence of educational robots can effectively provide a reference for higher education, and alleviate students' negative emotions by increasing the interaction between anxious people and educational robots, in order to provide direction for the development of higher education and science and technology in China.

Objective: This paper discusses the degree of interaction between educational robots and anxious people in college education, and analyzes the changes in middle school students' anxiety during the interaction between educational robots and anxious people.

Study design: 100 anxious students in a university were selected for experimental tests and analysis. The psychological anxiety of 100 students was measured by an anxiety evaluation scale. Educational robot interactive teaching was adopted to assist teachers' curriculum teaching during students' teaching. The

course lasted for 5 months. Students' anxiety was measured at 1, 2, 3, 4, and 5 months after teaching, and the changes in students' psychological anxiety scores were counted. SPSS24.0 has been used for all data for statistical analysis to evaluate the changes in students' anxiety scores before and after teaching.

Results: Among the 100 students, there were 57 girls and 43 boys. Before the experiment, the anxiety score of 100 students was more than 65. After five months of education and teaching, the anxiety score of all students decreased to less than 40. The difference between the scores before and after comparison was statistically significant ($P < 0.05$).

Table 1. Changes in anxiety scores of students

Group		Before treatment	After treatment	<i>P</i>
Gender	Male	65.33±2.31	37.45±1.37	<0.05
	Female	67.39±2.17	39.18±1.33	<0.05
<i>P</i>		>0.05	>0.05	-

Conclusions: With the continuous development of society, life has gradually changed, and more and more people begin to have anxiety. The generation of anxiety has seriously affected the normal development of people's life. In the research, the interaction between the anxiety crowd and the educational robot is analyzed, and the effect of educational robots in anxiety relief is discussed. The results show that after receiving the interactive intervention teaching of the educational robot, the school performance of anxious students in colleges and universities has been significantly improved, and the anxiety score of students has also been significantly reduced. After a long time of teaching, most students' anxiety has been completely relieved. In college education or social activities, for anxious people, it is necessary to reduce the negative emotions of anxious patients through communication and interaction. The use of intelligent robots can better realize targeted communication and interaction, and can also alleviate patients' emotions more quickly and effectively, which can significantly promote social development.

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ANALYSIS OF PSYCHOLOGICAL CRISIS OF ADULT EDUCATION TEACHERS UNDER COMMUNICATION ADAPTATION BARRIERS

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Background: Communication adaptation barrier is a kind of communication barrier in social communication. From psychological research, communication is the psychological and psychological distance between people, which is composed of cognition, emotion and behavior. In social communication, people with communication barriers mainly lack harmonious interpersonal relationship and scientific and reasonable cognitive ability. The so-called communication adaptation is the understanding and grasp of the relationship between individuals. In psychology, communication adaptation can effectively help individuals establish a good relationship network in communication and help people make correct decisions. Better communication adaptability, lower anxiety level under work pressure, stronger self-confidence at work and better adaptability to the working environment. In the research of psychology, many empirical studies have confirmed that the emergence of communication adaptation disorder will bring serious negative emotions to adults, because communication adaptation disorder will bring serious psychological obstacles to adults. In addition, some psychological studies believe that adults with communication adaptation disorder will have less contact times of employees' external communication due to the existence of psychological obstacles at work, which will lead to employees' inability to show their professional ability at work, which will easily lead to employees' mistakes at work, leading to more serious psychological obstacles.

Adult education is an educational measure to face adults in society. The purpose of adult education is to make social members voluntarily accept education, help adults increase their ability and enrich their knowledge, and cultivate adults' social communication ability in learning. From the public cognition, we can know that adults are a group with independent cognition. From the perspective of psychology, the main gap between adult students and child students is adults' independent thinking ability. And from the life experience of adults, when adults receive continuing education, their rich experience can bring more convenient resources for their education stage. In adult education, the challenges faced by adults are also more obvious. First, the thoughts of adults are fully affected by the social environment. In education, due