Method design: Firstly, after reasonably evaluating and grading the employment anxiety and employability of the research object, the influencing factors of students' employment anxiety are analyzed with the help of principal component analysis. Then, the experimental subjects were intervened by psychological emotion counseling and employment practice training to help them alleviate anxiety and improve their employability. The experimental time was one month, and the data before and after the experiment were statistically compared to explore the correlation between employment anxiety and employability.

Methods: SPSS analysis tool was used to process the data, principal component analysis was used to extract the factors affecting employment anxiety and test the regression coefficient, and anxiety improvement model and intervention methods were used to explore the improvement mechanism of employment anxiety on employability.

Results: When facing job selection and employment, students in higher vocational colleges who are about to graduate often have employment anxiety due to changes in the market environment and differences in the evaluation of their professional ability, such as fear, worry, anxiety and other negative emotions, which will have a negative impact on employment choice and the learning of daily professional skills. There are many factors causing students' employment anxiety, including both subjective and objective factors. Table 1 shows the statistics of the proportion of influencing factors of employment anxiety of graduates of different genders.

Table1. Statistics on the proportion of influencing factors of employment anxiety of graduates of different genders

Type	Limited education (%)	Lack of professional skills (%)	Less employment options (%)	There are few recruitments information channels (%)	Vague employment orientation (%)
Boy student	22.3	22.5	14.7	16.8	23.7
Girl student	18.3	24.6	12.5	15.2	29.4

Conclusions: Employment is not only a key step for students to enter society from school but also a new stage in which they begin to feel and experience social changes in the form of individuals. There is a high correlation between employment anxiety and employability. Students in higher vocational colleges should actively make planning and cognitive preparation for entering the society, correctly evaluate their own strength and reduce employment anxiety. On the basis of understanding the current situation and requirements of the employment market, students do not evade or resist employment opportunities and employment choices, but constantly improve their professional quality and ability with a positive attitude, and actively find employment with full spirit and high morale.

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ANALYSIS ON THE GOAL CONNOTATION AND LEVEL ORIENTATION OF ANCIENT LITERATURE TEACHING FOR ANXIETY COLLEGE STUDENTS

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Background: Ancient literature can effectively improve cultural cultivation, enrich spiritual life, and change a person's speaking temperament and spiritual realm from inside to outside. The course of ancient literature is also designed to help students perceive the spiritual temperament and cultural connotation contained in literary works on the basis of imparting ancient literary knowledge, and improve students' cognition and identity of their own national culture. However, with the rapid development of market economy and the rise of "fast-food culture", people's profit orientation is gradually revealed, and they often have a utilitarian and urgent attitude to learn in the process of learning and cognition. Therefore, while accepting diversified knowledge, people gradually show a single and one-sided trend in the evaluation of cultural works, gradually get used to evaluating ancient literature with secular rating standards, and make a final conclusion on its value from the perspective of marketization and commercialization. However, the disciplinary nature of ancient literature is different from that of science and engineering, which directly affects real life. Instead, it focuses on guiding people to form a spiritual value and ideal belief internalized

in practice, and helping people add more "standards and frameworks" in judgment and decision-making. It is an important embodiment of the national cohesion spirit. The teaching goal and value of contemporary ancient literature refers to that in addition to ensuring the completion of the basic teaching goal, it can provide people with ideological weapons to solve problems, greatly improve people's ideological realm and moral restraint level, and "Nourish Qi and spirit" with knowledge to realize the stable and long-term development of society. There are certain individual differences in the perception ability of literary works, and the learning method of this course does not have formula standards that can be "applied", but pays more attention to learners' accumulation and perceptual cognition, which makes some students who are difficult to complete their learning tasks prone to anxiety, worry and other emotions.

As the main body of the teaching mode, the enthusiasm and learning efficiency of students participating in the classroom will affect the teaching quality and the completion of teaching objectives. The psychological status of college students has not been fully developed, and they are very vulnerable to the influence of the surrounding environment and others. Different from the high school life of strict control mode, it is difficult for relaxed and free college students to invest in a better learning situation. The unpredictability of changes in things will also make college students have negative emotions such as anxiety in their daily life and study. Anxiety disorder is a very complex psychological and emotional disorder. Its clinical manifestations are usually motor agitation and sympathetic hyperactivity, often accompanied by negative emotions such as anxiety, shame, disappointment, anxiety and fear. Appropriate anxiety can make students in a more active learning state and have a more active attitude towards themselves and the environment. However, excessive anxiety will cause students' resistance and affect the quality of learning and daily life. The study of ancient literature course is difficult for some students. Analyzing the target connotation and level positioning of the course and innovating the teaching mode can effectively alleviate students' anxiety and improve the teaching quality.

Objective: To give full play to the value of ancient Chinese literature, make its education model have better teaching effect, and promote the innovation of its teaching model, so as to provide ideological and theoretical guidance for anxious college students, help them alleviate their anxiety, improve their mental health level, and help them better deal with daily life and learning problems.

Research objects and methods: Three classes majoring in literature education in a university were selected as the research objects. Firstly, the basic information of students' anxiety and learning status was collected with the help of Self-rating Anxiety Scale (SAS) and observation method. Then, on the premise of focusing on the content and objectives of the teaching course of ancient Chinese literature, the mathematical model of the teaching quality evaluation system is established with the help of neural network theory to realize the innovation of teaching mode, and construct a new targeted and personalized teaching mode of literature course, and join the psychological state assessment to test the improvement mechanism of the practice and application of innovative teaching mode on anxious college students.

Method design: Under the condition of collecting the basic information of college students with anxiety disorder, this paper constructs a teaching quality evaluation model with the help of neural network to realize the innovation of literature teaching mode, that is, teaching content, teaching method, teaching effect, students' ability to master knowledge and other indicators as the input layer and teaching quality as the output layer, the mathematical model is used to innovate the target connotation and level positioning of ancient Chinese literature, so as to give full play to its teaching value and realize the improvement and intervention of anxiety college students. Professionals evaluated the anxiety level and mental health status of students after the experiment, and explored the intervention mechanism of ancient literature teaching on anxiety college students.

Methods: The innovation of teaching mode was realized by neural network algorithm, and the experimental data were processed and analyzed with the help of statistical analysis tools, so as to better redefine the connotation and hierarchical positioning of ancient literature teaching objectives and alleviate the anxiety symptoms of college students.

Results: The innovation of Chinese ancient literature teaching mode, that is, to realize the reform of target connotation and level positioning, can effectively improve students' initiative and easier to understand the spiritual connotation of literary works, so as to improve their self-awareness and alleviate their anxiety. Table 1 shows the general situation of routine behavior and cognition of anxious college students.

Conclusions: Chinese ancient literature has a good guiding role for socialist core values and cultural content, can effectively play the spiritual guiding role of traditional literature and realize the improvement of students' overall quality. As an emotional disorder, anxiety disorder is easy to make students fall into an "emotional dilemma", and then it is difficult to realize the correct evaluation of objective things and self-cognition. Innovating the curriculum objectives and positioning of literature teaching can effectively establish a "communication bridge" between students and literary works, and then help anxious college students alleviate their anxiety symptoms.

Table1. General situation of routine behavior and cognition of anxious college students

Dimension	Mean	*S.D.*
Self-recognition value	2.325	0.647
Learning enthusiasm	2.897	0.843
Learning difficulties	3.751	0.615
Emotion regulation disorder	3.304	0.676
Learning perception	2.402	0.612
Self-efficacy	2.956	0.532
Evaluation objectivity	1.252	0.663

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ANALYSIS AND RESEARCH ON MENTAL DISORDER FACTORS IN JUVENILE DELINQUENCY

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Background: Juvenile delinquency is a kind of behavior that deviates from the social code of conduct and moral standards, touches the law and has social harm. The rise of its crime rate and the younger age of the group have aroused widespread concern in the society. There are many factors causing juvenile delinquency, mainly including environmental factors and individual factors. Environmental factors mostly come from their own family environment and external environment, while the main factor causing individual differences is personality factors. Teenagers are in a critical period of physical and mental development, and their cognitive orientation is not clear and objective enough. They are vulnerable to the incorrect guidance of others and make impulsive behavior, and then step by step close to the edge of breaking the law and crime. The personality theory that is easy to cause juvenile delinquency has a more influential theory is psychoanalysis theory. Psychoanalysts generally attribute crime to internal conflict and emotional disorders, as well as unconscious feelings of insecurity and incompetence. Swiss psychoanalyst Aichhorn once proposed latent juvenile delinquency, believing that the psychological expectation of juvenile delinquency is mostly long-term and latent, and when stimulated by a certain stimulus, its criminal psychology will accelerate the emergence of criminal behavior. The main inducement of juvenile delinquency is the emotional disorder caused by personality characteristics such as the immediate satisfaction of desire, the priority of self-satisfaction and the lack of guilt. However, there is no significant guiding role between emotional disorder and criminal behavior, and the main reason for focusing on emotional disorder is that social groups pay more attention to teenagers' emotional problems during juvenile trial. Teenagers' personality is not yet perfect, and they have strong curiosity and exploration desire for external things, but they lack correct evaluation and cognition of things, so there are cognitive bias and behavior bias. The common types of juvenile delinquency can be divided into socialized crime, psychotic crime, neurosis crime and social pathological crime. Some scholars believe that personality traits are important factors affecting criminal behavior, and pay more and more attention to juvenile personality traits. Sporadic juvenile delinquency is often impulsive behavior caused by an event and stimulating behavior. For frequent delinquency, it is necessary to explore its internal motivation and influence mechanism. It is undeniable that the lack of ability to regulate their emotions and spirit is related to juvenile delinquency. Mental disorder is the manifestation of obstacles in individual perception, consciousness, emotion, thinking and behavior. Under the control of morbid psychology, patients often commit suicide or attack and hurt others. Teenagers with poor control behavior will have self-doubt and lead to spiritual internalization without the correct guidance of family and society. Exploring the mental disorder factors in teenagers' illegal and criminal behavior will help to better analyze the causes of their criminal behavior, and then guide the healthy growth of teenagers.

Objective: Juvenile delinquency has great harm to society, families and individuals, and adolescents are in a critical period of physical and mental development. Analyzing the pathological mental state in juvenile delinquency is helpful to correctly guide adolescents to recognize and evaluate themselves and their surrounding environment, reduce the crime rate and ensure the stable development of society.

Research objects and methods: Firstly, the research uses big data algorithm to collect cases of juvenile delinquency, collect individual basic information, and analyze the motivation of crime. Then, taking 100