

## THE INFLUENCE OF WEAK COMMUNICATION THEORY BASED ON PSYCHOLOGICAL ANALYSIS ON THE PSYCHOLOGICAL ANXIETY OF UNIVERSITY LIBRARY INFORMATION WORKERS

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**Background:** Anxiety is an emotional state of tension and fear caused by failing to achieve goals or threatening human beings to overcome these obstacles, self-esteem and self-confidence, or increasing the sense of failure and guilt. It includes three main parts: emotional experience, threat, uncertainty, cognitive expression of fear and physiological arousal. From the perspective of psychology, the increase of anxiety value will lead to distraction and block of attention, disturb the results of brain memory and thinking, and make people show anxiety, tension, indecision and disturbing emotional changes. Anxiety can lead to neurological dysfunction and mental illness or abnormal anxiety, which is particularly prominent in employees' mental health problems. However, if these manifestations are excessive, they will evolve into anxiety disorders, even physical and language stiffness, mental breakdown, or common mental diseases in medicine, which will bring great inconvenience to people's body and mind, work or study. With the increasing awareness of market competition pressure, more and more employees are troubled by anxiety, which directly affects their work efficiency, life law and physical and mental health. Relevant studies have pointed out that the direct object of anxiety problems not only stays at the human level, but also can produce anxiety problems through the difficulties of external factors. In other words, in today's society, due to social development and rapid changes in the social environment, anxiety has also spread rapidly and penetrated into all areas of social life. In short, the understanding of anxiety should attract people's attention.

The research of weak communication theory is not only restricted by the internal law of knowledge production, but also affected by some external factors. The most important factor is the change of the media itself. The transformation of contemporary communication has brought a series of problems, but it has not been effectively responded. The attention of the theoretical circle has turned to the research on new media, but it is obviously conservative and backward in the understanding, communication concept and theoretical construction of new media, and lacks substantive innovation. Facing this situation, the lack of social value of vulnerable communication theory leads to the ultimate anxiety of researchers. At the same time, in the process of historical development, the development of radio technology makes the transmission of information break through the limitations of time and space, and information can be transmitted over a long distance. The development of Internet technology has realized the two-way interactive development of information dissemination, and the information carrying capacity has been further improved. Under the background of digital information, the library and information work has also undergone profound changes. In particular, the digital information platform for library and information work has realized the liberation and development of human information dissemination. In view of this, in order to better promote the in-depth development of library and information work, this study analyzes the innovative development of weak communication theory in the library and information work of university library from the perspective of psychology, in order to solve the ultimate anxiety of weak communication theory in the library and information work of university library, so as to promote the development and progress of university library.

**Objective:** Based on the perspective of psychology, this paper analyzes the anxiety caused by weak communication theory in the library and information work of university library, and combined with the specific situation of anxiety, constructs an innovative development system in the library and information work of university library, so as to promote the sustainable and healthy development of university library.

**Research objects and methods:** 300 information workers were randomly selected from 30 university libraries as the research objects. Combined with the diagnostic test of anxiety tendency, the psychological anxiety of information workers in university libraries based on weak communication theory was measured. The scale contains 100 questions, including learning anxiety tendency, anxiety tendency towards others, loneliness tendency, self-blame tendency allergic tendency, physical symptoms, phobic tendency and impulsive tendency are eight dimensions, yes is recorded as 1 point, and no is recorded as 0 point. The score of good mental health is below 35, the score of moderate anxiety level is between 35 and 65, and the score of more than 65 belongs to mental unhealthy state.

**Methods:** Use Excel software for statistical data analysis.

**Results:** Table 1 shows the detection rate of psychological anxiety of university library information workers based on weak communication theory. On the whole, there are 60 university library information workers with anxiety score  $\geq 35$  under the weak communication theory, accounting for 20%. This shows that the weak communication theory is an important factor affecting the anxiety of university library

information workers, which should be paid enough attention.

**Table 1.** Detection rate of psychological anxiety of information workers in university library based on weak communication theory (*n*)

Factor	≥35 score	≥65 score
Anxious learning	5	5
Communication anxiety	15	5
Loneliness tendency	5	3
Self-reproach tendency	10	2
Sensitive tendency	5	5
Physical symptoms	10	5
Terrorist tendency	5	3
Impulsive tendency	5	2
Total score	60	30

**Conclusions:** This paper analyzes the psychological anxiety of university library information workers under the weak communication theory from the perspective of psychology. The results show that 20% of university library information workers have psychological anxiety, which should be paid enough attention to. In other words, in the process of innovation and development of university library information work, we should include psychological content, actively respond to the defects of weak communication theory, and do a good job in the psychological assistance of intelligence personnel, so as to promote the development and progress of university library.

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## RESEARCH ON PUBLIC POLICY OF CHINA'S LOW-CARBON ECONOMIC DEVELOPMENT FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** The so-called social psychology is committed to understanding and explaining how individual thoughts, emotions and behaviors are affected by reality, imagination and implicit social existence. On this basis, it traces the historical evolution of social philosophical speculation and social Empiricism on the social essence of human nature, as the pre-rational history and origin of social psychology. Therefore, we can construct the "birth myth" of social psychology. In other words, social psychology is an experimental study on social promotion or social encouragement. Only by introducing the experimental process into the research of human social psychology and social behavior can it mark the formal birth of modern social psychology. At this time, the discipline definition, combing, expression and demonstration of social psychology can truly obtain orthodoxy and authority in the individualism of logical positivism and methodology, and then legalize the continuity of discipline rational progress and the reproduction of discipline knowledge. During this period, after the establishment and development of the society of experimental social psychology, it became a substantive multinational discipline community, completing the shaping of discipline identity and discipline construction. It can be said that the emergence of the independent discipline consciousness of social psychology gave birth to the discipline system of social psychology, and the establishment and improvement of its discipline system promoted the development and growth of social psychology. So far, European social psychology has achieved its goal and entered a new stage of development with confidence. In short, social psychology is a subject that studies the psychological and behavioral development and changes of individuals and groups in social communication. Social psychology mainly explores interpersonal relationships at the individual and social group levels. At the individual level, the research contents include: individual socialization process, communication, speech development, partnership, and the impact of family or social environment on individuals. At the social group level, the research contents include: group communication structure, group norms, attitudes, racial prejudice, aggression, customs and culture. Social psychology is a main branch of psychology, which aims to study the psychological problems related to society.

All social events have human factors, that is, there are psychological problems. The psychology that