

Table 1. SAS scores of two groups of children

Timing	HADS scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	22.2±2.3	21.5±3.1	0.304	0.653
After Teaching	12.6±2.7	22.5±2.9	0.420	0.000
<i>t</i>	6.371	0.421	-	-
<i>P</i>	0.000	0.719	-	-

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INFLUENCE OF FLEXIBLE MANAGEMENT ON EMPLOYEE ANXIETY IN ENTERPRISE ECONOMIC MANAGEMENT

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Background: Anxiety disorder, also known as anxiety psychosis, is mainly characterized by fear and anxiety, muscle tension and exercise anxiety. From the perspective of the duration of the disease, anxiety disorder can be divided into acute and chronic anxiety. The causes of anxiety are related to personal personality characteristics and environment. People with introverted, quiet, sensitive and delicate emotions are more likely to have anxiety disorder. They will respond more strongly to the stimuli around them, and then show more obvious reactions. They will have a heavier burden on their hearts. They are more concerned about the evaluation of others and are used to burying their emotions in their hearts. Instead, they will keep accumulating their emotions, slowly change from quantity to quality, and then erupt one day to form anxiety, obviously showing different symptoms of anxiety disorder. Among the environmental factors causing anxiety disorder, they are heavy work tasks, fierce work competition, high learning pressure, individual pursuit of excessive perfection, tense relationship with roommates, long-term mental work and so on. Anxiety disorder will show different obvious symptoms due to different causes. For example, patients with lack of stability, slight movements will make them make a strong response, their heartbeat will accelerate rapidly, their expression will be alert and nervous, and they will quickly search around to find the source of movements. Patients with sense of urgency often feel that they have too little time. Too late to complete the set goals and tasks. There are still many things to do. You'll feel flustered. I want to do everything, but I can't finish anything. For patients with heavy life pressure, they will feel great pressure in life, and many things can only be done with a stiff head. Under great psychological pressure, you will feel psychological fatigue and want to stop, but you can't stop. You have a passive attitude towards work and life and don't have much enthusiasm and enthusiasm.

In enterprises, many employees have varying degrees of anxiety, especially those in large factories. Many of them are patients with heavy life pressure. In order to survive, they have to work continuously in the workshop for more than ten hours every day, with little rest time and great work intensity. After staying for a long time, most employees look numb, the atmosphere in the workshop is heavy, and their enthusiasm for work is not high. The anxiety of employees affects their work efficiency and is not conducive to the management of enterprises. At present, many scholars have conducted research on enterprise management in order to improve employees' work enthusiasm and initiative and improve enterprise performance. Among them, the research puts forward the concept of flexible management, that is, enterprise managers carry out completely humanized management of employees under the common spiritual atmosphere and value of the enterprise, and significantly improve the enthusiasm and creativity of employees through internal identity and driving. Therefore, flexible management is applied to enterprise economic management, and its impact on employee anxiety is studied.

Objective: To analyze the anxiety disorder of employees, understand the status and causes of employees at work, analyze its important role through the application of flexible management in enterprise economic management, and study the impact of flexible management on employee anxiety disorder. Under the people-oriented management thought, respect employees' self-development through democratic and independent management, mobilize employees' own enthusiasm and improve employees' anxiety.

Subjects and methods: The subjects of the study were employees with anxiety disorder. 100 employees with anxiety disorder were randomly selected from a large enterprise. These employees come from

different positions and ages, and their education and family circumstances are different. Understand their specific situation at work, analyze the causes of employee anxiety disorder, carry out flexible management on them, and record relevant data. The fuzzy evaluation method is used to evaluate the impact of flexible management on employee anxiety disorder in enterprise economic management. The quantitative score of relevant influencing factors adopts grade 1-5 score. The higher the score, the greater the impact. The data processing and analysis software adopts SAS software.

Results: In recent years, the competition between enterprises has gradually increased, and the pressure on employees has also increased significantly. Under the stimulation of various competitive pressures, employees have different degrees of anxiety, and their work efficiency is affected. In order to improve the enthusiasm and innovation of employees, flexible management is carried out in enterprise economic management. After flexible management, the anxiety of employees has been significantly alleviated, the recognition of employees to the enterprise has been improved to a certain extent, and they have the enthusiasm and motivation for work. In flexible management, reducing enterprise management level has a great impact on middle-aged patients with middle-aged anxiety disorder, with a score of 4 points. The results are shown in Table 1.

Table 1. The influence of flexible management on employee anxiety in enterprise economic management

Age group	Reduce enterprise management level	Salary incentive	Spiritual motivation
Youth	4	4	5
Young and middle-aged	4	5	5
Middle age	4	5	4

Conclusions: The flexible management of enterprises should be carried out under the people-oriented management thought. By streamlining the enterprise structure, ensuring the smooth horizontal circulation between departments, taking salary incentives, spiritual incentives and other measures to stimulate employees' positive innovation, further strengthen the cooperation of departments, improve employees' work initiative, gradually alleviate employees' anxiety and improve employees' comprehensive ability.