

and close to students, and strive to improve the pertinence, effectiveness, attraction and attraction of ideological and political education. Train qualified builders and reliable successors of socialism with all-round development of morality, intelligence, physique and beauty. Taking strengthening the party building in colleges and universities as the starting point and strengthening the ideological and political education of college students is the basis for strengthening and improving the ideological and political education in colleges and universities and achieving practical results. In short, there is a close interactive relationship between college students' Party construction and ideological and political education in terms of objectives, contents, tasks and methods. They interact in training objectives, promoting students' all-round development and maintaining social stability. At the same time, Party building in colleges and universities is the entry point and breakthrough to strengthen college students' ideological and political education.

**Objective:** In order to alleviate the emotional obstacles of college students, this paper constructs the ideological and political education model of party construction in colleges and universities, which aims to dredge the emotional and psychological problems of college students, so as to help college students establish a good emotional and psychological construction, so as to ensure that college students can respond to their own life and study with a sound mood.

**Subjects and methods:** 300 college students with emotional disorders were randomly divided into control group and experimental group, with 150 students in each group. The control group implemented the traditional ideological and political education mode, and the experimental group implemented the ideological and political education mode of party construction in colleges and universities for one month. Then, combined with the emotional disorder self-assessment scale, the emotional disorder status of college students is measured. The higher the score, the better the remission of emotional disorder symptoms of college students. Finally, the improvement of emotional disorders of the two groups of college students is compared and analyzed.

**Methods:** Complete the data analysis through SPSS23.0 data statistical analysis software.

**Results:** Table 1 shows the improvement of emotional disorders in the two groups of college students. Compared with the control group of conventional ideological and political education, the experimental group implementing the ideological and political education mode of Party Construction in colleges and universities improved the emotional disorder of college students more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Table 1.** Improvement of emotional disorders of college students in the two groups ( $n=300$ )

| Factor                             | Control group ( $n=150$ ) | Experience group ( $n=150$ ) | <i>P</i> |
|------------------------------------|---------------------------|------------------------------|----------|
| Emotional response ability         | 1.66±0.61                 | 3.75±0.61                    | 0.00     |
| Interpersonal skills               | 1.52±0.60                 | 4.69±0.59                    | 0.00     |
| Action coordination ability        | 1.39±0.43                 | 4.47±0.43                    | 0.00     |
| Emotional cognitive ability        | 1.45±0.56                 | 3.54±0.55                    | 0.00     |
| Emotional feeling ability          | 1.25±0.43                 | 3.36±0.41                    | 0.00     |
| Typical emotional response ability | 1.43±0.57                 | 3.44±0.56                    | 0.00     |
| Overall score                      | 7.28±0.43                 | 22.29±0.42                   | 0.00     |

**Conclusions:** The implementation of the ideological and political education model of Party Construction in colleges and universities has an important impact on alleviating the emotional obstacles of college students. It can not only help college students form correct values, but also actively dredge the extreme emotional reactions of college students. Therefore, it can be said that the ideological and political education model of Party Construction in colleges and universities has high theoretical and practical value.

**Acknowledgement:** The research is supported by: 2020 Guangxi University Students Ideological and Political Education Theory and Practice Research Topic Project Level: Departmental level topic: Practice and exploration of integrating psychological counseling technology into ideological and political course teaching method innovation in post-epidemic era (No. 2020LSZ032).

\* \* \* \* \*

## RESEARCH ON PERFORMANCE APPRAISAL MODEL OF CHEMICAL ENTERPRISES CONSIDERING THE PSYCHOLOGICAL STATE OF EMPLOYEES WITH ANXIETY DISORDER

Lu Wang

*Nanjing Audit University Jinshen College, Nanjing 210000, China*

**Background:** Modern medicine believes that anxiety is related to genetic factors. Anxiety can be found in the families of patients with anxiety. It is an organic disease with physiological and biochemical abnormalities in the brain, especially in the amygdala, hippocampus, hypothalamus and frontal cortex. The role of other brain structures in the development of anxiety. The physiological changes of anxiety disorder show the overactivity of neural activity. As a whole, but these physiological changes are not unique to anxiety disorder, so it may also be the result of the disease rather than the cause. Anxiety disorder mainly occurs in young and middle-aged groups, and the inducing factors are mainly related to people's personality and environment. The former is more common in introverted, shy and overly neurotic people, while the latter is often closely related to fierce competition, overwork, long-term mental work and interpersonal tension. Some patients also have atypical incentives. Clinically, doctors often divide anxiety disorders into acute anxiety and chronic anxiety. (1) Acute anxiety disorder: mainly manifested as panic attack, often occurs in night sleep and has a sense of dying. The patient has a violent heartbeat, chest suffocation, throat blockage and dyspnea. Excessive breathing caused by panic will lead to respiratory alkalosis (excessive exhalation of carbon dioxide will lead to alkaline blood), which will also lead to limb numbness, numbness around the mouth, pale complexion, abdominal distension, etc., which will further aggravate the fear of patients. Such patients are often emotional and nervous when seeing doctors, which often makes doctors have the illusion of cardiovascular disease attack. Usually, acute anxiety attacks last for a few minutes or hours. After attack or appropriate treatment, the symptoms can be relieved or disappeared. (2) Chronic anxiety disorder: acute anxiety often occurs in the context of chronic anxiety, but more patients are mainly manifested in the symptoms of chronic anxiety. Generally speaking, the typical manifestations of chronic anxiety disorder are five main symptoms, namely panic, fatigue, tension, shortness of breath and chest pain. In addition, there are tension, cold sweat, syncope, hiccups, nausea, abdominal distension, constipation, impotence, frequent urination, etc., which are sometimes difficult to distinguish from neurasthenia or other special diseases. Therefore, doctors need to have a comprehensive and detailed understanding of the condition to avoid misdiagnosis.

With the development of social economy, people's life and work pressure is increasing. The incidence rate of anxiety disorders is also increasing. It should be pointed out that mild anxiety has a positive impact. It can stimulate spirit, improve attention and make talents think quickly. However, excessive anxiety can inhibit the brain and confuse people all day. With the increasingly fierce social competition, people are facing more and more external pressure. More and more employees in enterprises have mental health problems, which is mainly manifested in that more and more employees show anxiety and have an important risk of developing anxiety disorder. The survey shows that the probability of middle-aged workplace employees suffering from anxiety disorders is as high as about 30%. According to the analysis, due to the multiple "squeezes" of family affairs, their own health status and workplace pressure, workplace employees gradually have a sense of crisis. Relevant research shows that unscientific or unreasonable performance appraisal model has an important impact on employees' anxiety. For example, in the process of enterprise performance appraisal, the primary consideration is often not the qualification of employees, but the value of employees. This situation can easily lead to psychological stress of employees, which is reflected in the physical body, and is mainly manifested in the clinical characteristics of anxiety disorders such as headache, insomnia, depression, irritability, etc. It can be said that employee anxiety disorder has become a problem that must be paid attention to in the development of enterprises. Enterprises need to clarify the correlation between performance appraisal and employee anxiety disorder, and build a reasonable and scientific performance appraisal, so as to solve the problem of employee anxiety disorder, so as to ensure the benign development of enterprises.

**Objective:** In order to solve the anxiety problem of employees in the workplace of enterprises, this paper studies the performance appraisal model of chemical enterprises considering the psychological state of employees with anxiety disorder, which aims to help employees establish good work psychological construction by dredging employees' psychological problems, so as to ensure the long-term, stable and sustainable development of the enterprise.

**Subjects and methods:** 300 employees of chemical enterprises were randomly divided into control group and experimental group, with 150 in each group. The control group implemented the traditional performance appraisal mode of chemical enterprises, and the experimental group implemented the performance appraisal mode of chemical enterprises considering the psychological state of employees with anxiety disorder for one month. Then, combined with the Self-rating Anxiety Scale (SAS), the anxiety status of employees in chemical enterprises is measured. The higher the score, the more serious the anxiety psychology of employees in chemical enterprises. Finally, the improvement of anxiety psychology of employees in two groups of chemical enterprises is compared and analyzed.

**Methods:** Complete the data analysis through SPSS23.0 data statistical analysis software.

**Results:** Table 1 shows the improvement of anxiety disorder of employees in two groups of chemical enterprises. Compared with the control group adopting routine performance appraisal, the experimental group implementing the performance appraisal mode considering the psychological state of employees with anxiety disorder improved the anxiety disorder of employees in chemical enterprises more significantly, and there was significant difference between the two groups ( $P < 0.05$ ).

**Table 1.** Improvement of anxiety disorder of employees in two groups of chemical enterprises ( $n=300$ )

| Factor                        | Control group ( $n=150$ ) | Experience group ( $n=150$ ) | $P$  |
|-------------------------------|---------------------------|------------------------------|------|
| Somatization                  | 3.75±0.61                 | 1.66±0.61                    | 0.00 |
| Obsessive compulsive symptoms | 4.69±0.59                 | 1.52±0.60                    | 0.00 |
| Interpersonal sensitivity     | 4.47±0.43                 | 1.39±0.43                    | 0.00 |
| Depressive status             | 3.54±0.55                 | 1.45±0.56                    | 0.00 |
| Anxiety state                 | 3.36±0.41                 | 1.25±0.43                    | 0.00 |
| Hostile situation             | 3.44±0.56                 | 1.43±0.57                    | 0.00 |
| Psychological state of terror | 4.29±0.42                 | 1.28±0.43                    | 0.00 |
| Paranoid mental state         | 4.75±0.61                 | 1.66±0.61                    | 0.00 |
| Psychotic                     | 3.69±0.59                 | 1.52±0.60                    | 0.00 |

**Conclusions:** The performance appraisal model of chemical enterprises considering the psychological state of employees with anxiety disorder has an important impact on alleviating the problem of employees with anxiety disorder. It can not only help employees form correct work values, but also actively relieve the psychological pressure of employees. Therefore, it can be said that the performance appraisal model of chemical enterprises considering the psychological state of anxiety employees has high theoretical and practical value.

\* \* \* \* \*

## STUDY ON INFLUENCING FACTORS OF COURIER OCCUPATIONAL SAFETY FROM THE PERSPECTIVE OF PSYCHOLOGY

Leili Liu

*Guangdong Innovative Technical College, Dongguan 523960, China*

**Background:** Mental health refers to that all aspects of the psychological and activity process are in a good or normal state. The ideal state of mental health is to maintain good personality, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive attitude, appropriate behavior and good adaptability. Influenced by heredity and environment, especially the rearing style of primitive family in childhood, has a great impact on the development of mental health. Mental health problems are very prominent. It can maintain good communication or cooperation with others in society, production and life, and deal with all kinds of situations in life. Individuals can adapt to the development environment and have perfect personality characteristics. Its cognition, emotional response, will and behavior are in a positive state, and can maintain normal regulation ability. In life practice, if we can correctly understand ourselves, consciously control ourselves, correctly deal with external influences, and maintain psychological balance and coordination, we will have the basic characteristics of mental health. The basic meaning of mental health is that all aspects of psychology and activity process are in a good or normal state. The ideal state of mental health is to maintain a sound personality, normal intelligence, correct cognition, appropriate emotion, reasonable will, positive attitude, appropriate behavior and good adaptability. Corresponding to mental health are mental sub-health and mental illness. Mental health has different meanings and measurement standards from different angles. Mental health is an important aspect of modern people's health, so what is people's mental health? There are standards for people's physical and mental health. However, people's mental health standards are not as specific and objective as people's physical health standards. Understanding and mastering the definition of mental health is of great significance to improve and maintain people's health. When people master the standard of measuring people's mental health, they can self-diagnose their mental health according to their own situation. If you find that there is a certain