

**Objective:** To explore the influence of Integrating Ideological and political education into college English teaching on college students' anxiety through face-to-face interview, consulting relevant literature and carrying out teaching experiments. According to the research results, this paper puts forward some countermeasures that can reduce the severity of college students' anxiety, so as to provide some references for improving the mental health level of college students in China.

**Subjects and methods:** Select a representative domestic university in terms of teaching scale, teaching staff, etc., and then select 246 college students willing to participate in the experiment as the research object. These students are divided into experimental group and control group, with 123 college students in each group. Before starting the experiment, we need to make statistics on the basic information of the two groups of students to ensure that there is no significant difference in the basic information of the two groups of students. If there is a significant difference, we need to regroup or adjust the members of the group. Then let the two groups of students accept English course teaching. The professional content of the teaching should be completely consistent, and the teaching content of the students in the control group is not interfered by the research team. However, the teachers in the experimental group are required to integrate the content of ideological and political education as much as possible in the teaching process, and timely use psychological methods to dredge and adjust when the students have anxious performance. The teaching experiment lasts for one semester. Before and after the experiment, all subjects need to be tested by SAS (Self-rating Anxiety Scale) to understand the changes of students' anxiety psychology. Note that all measurement type features in the study are displayed in the form of mean  $\pm$  standard deviation for *t*-test, and counting type features are displayed in the form of number or proportion of number for Chi-square test. The significance level of difference is taken as 0.05.

**Results:** After the teaching experiment and test, the effective data were entered into the computer and statistically analyzed to obtain Table 1.

**Table 1.** Statistics of SAS scores of subjects before and after teaching experiment

Statistical time	Experience group	Control group	<i>t</i>	<i>P</i>
Before experiment	42.1 $\pm$ 3.8	42.8 $\pm$ 4.0	1.254	1.771
After the experiment	32.7 $\pm$ 4.8	43.0 $\pm$ 5.5	0.327	0.006
<i>t</i>	0.385	2.456	-	-
<i>P</i>	0.010	2.061	-	-

It can be seen from Table 1 that the *P* value of SAS score *t*-test of the two groups of students before the experiment is 1.771, which is greater than the significance level of 0.05. It is considered that the data difference is not significant. At the same time, it also proves that the personnel grouping of the research objects is reasonable and the subsequent statistical data are comparable. After the completion of English teaching experiment, the *P* value of SAS score *t* test of the two groups is 0.006, which is less than the significance level of 0.05. It is considered that the data difference is significant, and the average score of the experimental group is 32.7, which is lower than 43.0 of the control group.

**Conclusions:** In order to deal with college students' psychological anxiety at low cost and efficiently, this study attempts to explore the integration of Ideological and political education into college English curriculum teaching, and designs an English comparative teaching experiment. The teaching experiment results show that the SAS score *t*-test *P* value of the two groups of students before the experiment is 1.771, which is greater than the significance level of 0.05. It is considered that the data difference is not significant. At the same time, it also proves that the personnel grouping of the research objects is reasonable and the subsequent statistical data are comparable. After the completion of English teaching experiment, the *P* value of SAS score *t*-test of the two groups is 0.006, which is less than the significance level of 0.05. It is considered that the data difference is significant, and the average score of the experimental group is 32.7, which is lower than 43.0 of the control group. Obviously, the integration of Ideological and political education into college English curriculum can alleviate college students' psychological anxiety to a certain extent.

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## RESEARCH ON THE INFLUENCE OF COMPARATIVE ANALYSIS OF CHINESE AND KOREAN POPULAR CULTURE ON ALLEVIATING AUDIENCE PSYCHOLOGICAL ANXIETY UNDER THE EAST ASIAN CULTURAL CIRCLE

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**Background:** Anxiety is a common high-level activity of human brain. Specifically, it refers to the negative and complex emotional states such as tension, uneasiness, worry and worry caused by possible dangers, losses and threats in the future. Its main clinical manifestations include panic disorder, such as sense of near death, sense of loss of control, sense of mental breakdown, and physical symptoms of panic attack, such as rapid heartbeat, diarrhea, dizziness, etc. Secondly, there is generalized anxiety disorder, which is divided into mental anxiety, somatic anxiety and motor anxiety symptoms of nerves and muscles. At present, the treatment of anxiety symptoms is mainly based on professional psychological guidance, and those with serious symptoms can be treated with drugs. As we all know, the three outlooks, educational background and cultural background of human individuals will significantly affect their attitudes, ways of thinking and behavior when dealing with difficulties, and thus produce different psychological activities. Therefore, it can be seen that individuals influenced by different cultural backgrounds are likely to produce different psychological activities when facing the same thing. With the economic development of East Asia, the non-governmental exchanges between China and South Korea are gradually increasing, but the two countries have different East Asian subdivided mass cultures, which leads to a variety of conflicts between the two countries' nationals in communication and exchange. At the same time, research shows that one of the main reasons for these conflicts is the anxiety, anger and other bad psychology of the conflicting parties. Therefore, it is necessary to study the impact of Chinese and Korean culture on the psychology of the audience.

**Objective:** To understand the influence of Chinese and Korean popular culture on alleviating audience anxiety through Delphi method (also known as expert inquiry method), and to provide some useful suggestions for reducing folk communication conflicts between China and South Korea.

**Subjects and methods:** Firstly, through the collection and analysis of relevant literature, understand the impact of Chinese and Korean popular culture on alleviating the anxiety psychology of the audience, and then on this basis, use the expert inquiry method to consult the views and evaluation of experts on the research topic, as well as the impact level of each specific influencing factor on the anxiety psychology of the audience. The impact level is according to no impact, slight impact, general impact, obvious impact fully affects the five categories for evaluation, and give five integers of 1, 2, 3, 4 and 5 to quantify respectively, so as to improve the accuracy of statistical results. The expert group is composed of 58 East Asian cultural researchers, psychologists and East Asian experts. Send the sorted original materials (i.e., the preliminary conclusion data on the research topic obtained through the analysis of Literature) to the members of the expert group, and ask the members to evaluate and modify the materials. The research team summarized and sorted out the data fed back by the experts and sent it to the members of the expert group again for further evaluation. The inquiry cycle continued until the members of the expert group reached an agreement.

**Results:** After the last round of expert inquiry, the expert opinions were sorted out and Table 1 was obtained.

**Table 1.** Statistics of the evaluation results of the members of the expert group on the impact of Chinese and Korean mass culture on alleviating the psychological anxiety of the audience

Popular culture type	Influence factor	No effect	Slight impact	General impact	Obvious influence	Full impact
Chinese popular culture	Taoist psychology of inaction	2	13	25	14	4
	Self-reliance psychology based on atheism	1	5	12	29	11
Korean popular culture	Obedience based on colonial history	2	7	12	30	7
	Submissive psychology among social roles in the Confucian environment	5	13	24	12	4

The numbers in the cells in Table 1 represent the number of experts in the expert group who choose to alleviate the anxiety of the masses and the corresponding grade influence of a certain factor in popular culture. It can be seen from Table 1 that the expert group believes that "Taoism's psychology of inaction" and "self-reliance based on atheism" in Chinese mass culture are the main factors to alleviate the anxiety of the audience, "obedience based on colonial history" and "obedience between social roles of Confucianism" are the main factors to alleviate the anxiety of the people affected by Korean mass culture,

The number of expert groups whose influence level of the above influencing factors is “full influence” is 4, 11, 7 and 4 respectively.

**Conclusions:** In order to explore the influence of Chinese and Korean popular culture on alleviating the anxiety of their respective audiences under the East Asian cultural circle. This study through the collection and analysis of relevant literature to understand the main ways in which Chinese and Korean mass culture affects the audience’s psychology, and then designed and carried out a social experiment based on Delphi method. The experimental results show that the expert group believes that the “Taoist psychology of inaction” and “the psychology of self-reliance based on atheism” in Chinese mass culture are the main factors to alleviate the anxiety of the audience, “the psychology of obedience based on colonial history” and “the psychology of obedience between social roles of Confucianism” are the main factors to alleviate the anxiety of the people affected by Korean mass culture, The number of expert groups whose influence level of the above influencing factors is “full influence” is 4, 11, 7 and 4 respectively.

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## ANALYSIS ON INFLUENCING FACTORS OF ANXIETY OF ELECTROMECHANICAL EQUIPMENT CONTROL OPERATORS

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**Background:** Anxiety psychology is a psychological state that is very easy to dredge the influence of external environmental factors. Many factors may affect individual anxiety psychology. First of all, family relations may have an impact on individual anxiety. In psychological theory, the harmony of family relations is conducive to the integrity of individual personality and the stability of psychological emotion. Family is the most important component of social support network and the basic guarantee for individual survival and development. When an individual’s family environment is bad, his own psychological stability will be severely affected by external changes, which will lead to anxiety. Secondly, changes in work and career may also cause individual anxiety. As the main economic source of individual survival and the main social way to realize social value, work and career are an important guarantee for individuals to be based on social groups in social psychology. Once there are drastic changes in work and career, it will lead to psychological pressure and frustration in front of the huge gap, and then lead to anxiety and psychological problems. Thirdly, the dilemma of interpersonal relationship may also lead to individual anxiety series. The normalization of interpersonal relationship represents the normalization of a person’s psychological relief path. Talking with close people around you and then talking to each other about the troubles and pressures in daily life can effectively ensure the normal relief of individual psychological pressure. Once there is no psychological relief brought by interpersonal relationship, Individuals are likely to accumulate psychological pressure due to the lack of channels to release psychological pressure, which leads to psychological anxiety. Mechanical and electrical equipment control operation is a post requiring precise operation, and psychological anxiety will lead to errors in the operation process of the operator, which will lead to the loss of the enterprise. Through the psychological anxiety control of the operator in the work, it can effectively intervene the generation of anxiety psychology of the operator, improve the work quality and ensure the work effect.

**Objective:** From the perspective of the source of individual anxiety, combined with the characteristics of high precision for employees’ operation in electromechanical equipment control posts, this study analyzes the influencing factors of anxiety of electromechanical equipment control operators, in order to provide relevant enterprises with an effective means to prevent employees’ psychological anxiety and indirectly reduce work errors caused by employees’ psychological factors, Improve the work quality of employees and provide intervention paths.

**Subjects and methods:** Electromechanical operators with different degrees of psychological anxiety were taken as the main research object. This study combines the random forest algorithm with the experimental intervention method. By classifying the types of anxiety of electromechanical equipment control operators, the experimental intervention method provides the basis for the classification of experimental objects. The experimental intervention experiment analyzes the influencing factors of anxiety of electromechanical equipment control operators through the way of intervention.

**Study design:** In this study, the random forest algorithm is applied to two types of classification, one is the group classification of anxiety types of electromechanical equipment control operators, and the other is the group classification of anxiety causes of electromechanical equipment control operators. Through the method of double classification, a research path of anxiety affected by anxiety event factors is established.