

have strong compatibility and close connection. They all serve the main body of students in order to improve their overall quality as the teaching goal. In the future teaching practice, college English teachers should pay attention to the integration and innovation of classroom teaching, and actively guide the adjustment of students' thinking and psychological status.

**Table 1.** After the experiment, the scores of students' learning anxiety in the three groups were statistically analyzed

Group	Learning difficulty anxiety		Test anxiety	
Improvement group	12.78	2.15	9.44	5.33
Integration group	17.35	1.52	12.45	7.14
Control group	29.26	2.32	18.21	4.16

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## ANALYSIS ON THE ROLE OF AUTOMOBILE REPAIR TEACHING IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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**Background:** The reform of education system and the development of socialist market economy have accelerated the changes of China's employment market standards and requirements. Most workers gradually began to pay attention to the learning and training of professional and technical ability, resulting in the gradual increase of the number of higher vocational colleges. In addition, the over saturation of the labor market and the high recruitment standards of employers have virtually increased the employment competition pressure of students, resulting in negative emotions such as anxiety, worry and depression. Employment anxiety refers to the fact that in the process of employment, students are affected by factors such as the low suitability of their majors and positions, the improvement of the standards of employers and the large number of competitors, and then there is a certain deviation between their professional ability and value evaluation and the actual social standards. The non-compliance of the expected value will make students unconsciously fall into an emotional downturn. The severity of employment anxiety will affect the individual's psychological state, and then affect their employment and job selection ability. Moderate employment anxiety will help students master the employment situation in advance, so as to urge them to continuously strengthen their learning of professional knowledge and practical ability. The excessive and negative anxiety psychology will affect the individual's objective evaluation of job demand and the cognition of their own value. In the case of blind employment or avoiding employment, in the long run, it will fall into the vicious circle of unable to find a job and emotional anxiety, which is not conducive to their long-term career planning. Due to the lack of professional teachers, hard learning process and practical learning methods, the automobile repair major in higher vocational colleges is very easy to produce employment confusion and escape psychology in the learning process, which makes its anxiety psychological phenomenon more prominent. At the same time, the students majoring in automobile repair are vulnerable to the influence of the environment and others, have weak self-adjustment ability and environmental perception ability, and do not know enough about the prospect of their major and related technical level. Therefore, they are easy to fall into the trap of anxiety and neglect the improvement and learning of their professional ability. Therefore, exploring the relationship between automobile repair teaching and college students' employment anxiety and helping them put forward countermeasures can effectively help students better adapt to the employment market and actively guide their employment, which has high practical guiding value.

**Objective:** With the continuous change of employment market standards and the continuous saturation of the labor market, the difficulty of employment will only be higher and higher, and the employment advantage of graduates will gradually lose, and produce employment anxiety. Higher vocational students are in the stage of high interest and fighting spirit, strong learning ability and practical ability. If they fall into employment anxiety, they will doubt their ability, lose confidence in the employment market, and then have psychological and behavioral avoidance of employment problems. The purpose of the study is to reduce the employment anxiety and other psychological problems of auto repair students, help them make an objective assessment of the employment market and their professional ability, guide them to actively adjust their psychological status and reduce the generation of negative emotions such as anxiety, anxiety

and fear.

**Subjects and methods:** Randomly take the students with employment anxiety of automobile repair major in a higher vocational college as the research object, and evaluate their employment anxiety and their own working ability with the help of anxiety scale and vocational ability evaluation scale. And through the improvement of the original classroom teaching mode of automobile repair specialty, in order to strengthen the psychological guidance and intervention of students' employment anxiety and help they reduce the generation of negative emotions such as anxiety.

**Method design:** After reasonably evaluating and grading the employment anxiety and employability of the subjects, then factor analysis was carried out on the influencing factors of employment anxiety of automobile repair students with the help of principal component analysis. The intervention of psychological emotion counseling and employment planning guidance in the teaching classroom has achieved the effect of alleviating students' employment anxiety and improving their mental health level and employability. The experiment lasted for three months. After the experiment, with the help of the score of the scale data, this paper explored the role of automobile repair teaching in alleviating college students' employment anxiety.

**Methods:** The influencing factors of employment anxiety were extracted by principal component analysis and tested by SPSS22.0 statistical analysis tool for statistical analysis of experimental data.

**Results:** With the improvement of social and economic level, the employment prospect of automobile repair specialty is gradually favored by more and more people. However, due to the interference of a variety of internal and external subjective and objective factors and the disadvantages of the original teaching classroom, the students of automobile repair specialty have some doubts about their own employment planning, and then have employment anxiety. The results show that this model can effectively alleviate students' employment anxiety and improve their mental health level. Table 1 shows the score statistics of the employment anxiety dimension of the subjects before the experiment.

**Table 1.** Before the experiment, the scores of the subjects' employment anxiety dimension was statistically analyzed

Anxiety dimension	Job competition anxiety	Job choice anxiety	Employability anxiety	Job prospect anxiety
Boy student	25.13±1.28	14.22±1.07	23.17±2.08	19.49±1.36
Girl student	37.15±1.44	21.39±1.35	18.12±1.98	20.04±1.24

**Conclusions:** Students' employment anxiety will seriously affect their confidence and employability to participate in the job market. Helping them correctly view the changes of the job market and their professional ability is the key and difficult point of higher education. Under the increasingly severe employment situation and employment pressure, students majoring in automobile repair in higher vocational colleges should improve their professional ability. Teachers should pay attention to the law of students' psychological change and timely guidance to help them adjust their psychological mood of employment. The results show that the improvement of the teaching mode of automobile repair specialty can effectively alleviate the employment anxiety of college students and promote the improvement of their mental health level.

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## ANALYSIS ON THE ROLE OF COLLEGE EDUCATION IN ALLEVIATING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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**Background:** As a complex psychological and emotional disorder, anxiety is usually manifested in motor agitation and sympathetic hyperfunction, accompanied by negative emotions such as shame, disappointment, anxiety and fear, which will have a certain impact on individual learning, life and mental health. At the same time, many factors such as individual age structure, cognitive level, psychological bearing level and educational background will cause individual anxiety, which makes it show different psychological mechanisms in different periods. The international health organization claims that the number of Chinese people suffering from anxiety and depression is increasing, and the incidence group is gradually becoming younger. Among them, college students are prone to anxiety and cause great damage to their physical and mental health due to the influence of many factors such as subjective and objective