

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

environment, interpersonal communication, cognitive differences, employment and career selection, study and examination and so on. Among them, employment anxiety is the anxiety emotion that college students will have when facing graduation. The reason is that the development of market economy promotes the change of employment market, and the imbalance between labor supply and demand and the high recruitment standards of employers increase the pressure of employment competition of students, resulting in negative emotions such as anxiety, worry and depression. In the process of employment and job selection, due to the interference of cognitive deviation between internal cognition and objective reality, low adaptability between major and post or unrealistic personal requirements, students will inevitably have behavior mechanisms such as cowardice, retreat and escape in the job market, and fall into doubt and negation of employment prospects and their own value. Appropriate employment anxiety can help students better understand the market demand and professional skill requirements, and have a preliminary understanding of the employment situation in advance, so as to urge them to continuously strengthen their professional knowledge and practical ability. However, excessive employment anxiety will affect their objective evaluation of job demand and their cognition of their own value, and then produce negative emotions and behavioral barriers, making them miss the best period of employment and career choice. With the continuous saturation of the labor market, the employment difficulty of college students will only become greater and greater, and the employment advantage of graduates will gradually lose. In this context, college education should focus on and actively intervene students' employment choice and psychological status, alleviate their employment anxiety and help them better carry out employment and career choice.

Objective: In order to reduce the employment anxiety of college students, help them alleviate their negative emotions such as anxiety, make an objective evaluation of the employment market and their professional ability, guide students to actively adjust and change their psychological emotions, and seek employment opportunities with a positive attitude.

Subjects and methods: Randomly take the students of a university as the research object, and collect the information about the evaluation of anxiety and their own working ability with the help of anxiety scale and vocational ability evaluation scale. Then, build an employment anxiety improvement mechanism model with the help of college education, and intervene the students' employment anxiety.

Method design: Firstly, after the reasonable evaluation and grading of the subjects' employment anxiety and employability, the influencing factors of students' employment anxiety were analyzed by principal component analysis. To help students alleviate anxiety and improve their employability by means of psychological and emotional counseling, employment practice training and other intervention means. The experimental time is one month. After the experiment, explore the psychological guidance mechanism of college education on students' employment anxiety.

Methods: Principal component analysis was used to extract the influencing factors of employment anxiety and test the regression coefficient. College anxiety improvement model and scale tools were used to intervene and sort out the psychological status of the subjects, and statistical analysis tools were used to statistically analyze the experimental data.

Results: Students' employment anxiety will seriously affect their confidence and employability 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. The results show that the anxiety improvement model used in the study can effectively guide students to objectively evaluate their own value and professional ability, and reduce students' fear and anxiety about the job market through employment practice. Figure 1 shows the statistics of the proportion of influencing factors of college students' employment anxiety.

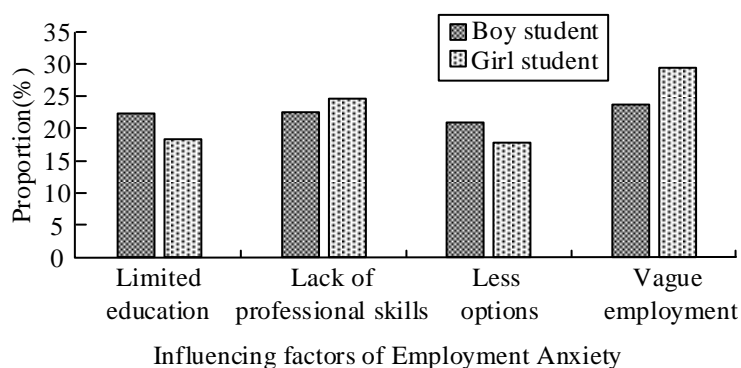


Figure 1. Statistics on the proportion of influencing factors of college students' employment anxiety

As can be seen from Figure 1, the restriction of educational background, the lack of professional skills, the lack of employment choice and the ambiguity of employment planning will all cause students'

Employment anxiety, accounting for a large proportion, and there is little difference between boys and girls.

Conclusions: Employment is not only a key step for students to enter the society from school, but also a new stage in which they begin to feel and experience social changes in the form of individuals. When students graduate, they will unconsciously produce negative emotions such as anxiety and anxiety, which will have a great negative impact on their employability. Higher education should pay attention to the intervention and guidance of students' psychological status, help them adapt to the changes of the employment market, adjust their psychological mood in time, treat employment opportunities and employment choices without evasion or resistance, but take a proactive attitude, constantly improve their professional quality and ability, and actively find employment with full spirit and high morale.

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STUDY ON THE INFLUENCE OF EMBROIDERY PATTERN DESIGN IN NANJING BROCADE PRODUCTS ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF THE AUDIENCE

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Background: From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency in the face of future uncertainty. It is mainly characterized by widespread persistent anxiety or recurrent panic, and the anxiety psychology shown by different audiences has individual differences. Cognitive level, psychological endurance, educational requirements, age structure, genetic factors and so on will make individuals produce anxiety under the stimulation of internal and external environmental factors. According to the statistics of who, the number of patients with anxiety disorder shows an increasing trend, and the sick population also tends to be younger and more serious. With the continuous improvement of people's living standards, people begin to pay more attention to their own value pursuit and psychological needs, and lift mental health to the same important position as physical health. The degree of psychological anxiety is closely related to the individual's psychological acceptance ability. Mild anxiety can be effectively alleviated through their own emotional regulation and the guidance and comfort of others. Severe psychological anxiety will not only affect the individual's value orientation and psychological hint, but also easily lead to emotional regulation disorder, accompanied by negative emotions such as fear, anxiety, anxiety and boredom, which will cause great damage to their physical and mental health, so they need the help of professionals. As an easily occurring mental disease, psychological anxiety is mostly related to individual thinking mode and cognitive habits. At the same time, sensory stimulation will have a great impact on individual information acceptance, and then affect their emotional fluctuations. Too old and backward design forms will lead to boring and boring psychological changes, especially artistic design and display. Nanjing cloud brocade is an outstanding representative of China's excellent traditional culture. It is called "China's four famous brocades" together with Sichuan brocade in Chengdu, song brocade in Songzhou and Zhuang brocade in Guangxi. It has a distinctive symbol of Chinese auspicious culture, supplemented by the combination of cloud and Xia simulation, realism and freehand brushwork, and the patterns and patterns of various cultural and artistic shapes, making its patterns elegant and beautiful, colorful and solemn, with strong national and regional characteristics. Nanjing brocade products tend to be classic in color and pattern form, with rich coordination, but the selection of materials is relatively expensive. Moreover, the embroidery pattern design of Yunjin derivatives is not in line with the development trend of the times, such as Yunjin scarf and Yunjin mouse pad, which is difficult to give the audience better psychological cognitive expression in visual experience and meet the psychological needs and emotional anxiety of some special groups.

Objective: In order to improve the anxiety of patients with psychological anxiety and help them reduce the generation of negative emotions and psychological problems, this paper studies the improvement of the embroidery pattern design of brocade products with the help of relevant psychological theories, in order to meet the psychological needs of the audience with psychological anxiety and regulate their emotions with sensory stimulation.

Subjects and methods: Taking Yunjin consumers with anxiety disorder as the research object, firstly, analyze the causes of their psychological anxiety, and collect their consumption views and evaluation information on Nanjing Yunjin products. Then, on the basis of retaining the characteristics of Nanjing brocade products, it is improved and innovated, so that it can meet the psychological needs of the audience