

Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' anxiety, and the test results were used to evaluate the teaching effect.

Research design: Randomly select a class as the research group (36 people), and use the innovative college physical education teaching mode based on educational psychology to carry out physical education teaching. The other class is recorded as the control group (37 people), and the college physical education teaching mode carries out physical education teaching. After teaching for a period of time, compare the anxiety level and course performance of the two groups of students.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before teaching, there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups ($P > 0.05$). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$). The changes of SAS scores of the two groups are shown in Table 1.

Table 1. Changes in SAS scores of students in the two groups

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	65.4±8.7	67.2±7.6	0.124	0.733
After teaching	42.7±4.3	67.1±5.2	7.405	0.000
<i>t</i>	7.371	0.421	-	-
<i>P</i>	0.000	0.649	-	-

Conclusions: College students should not only face the pressure of learning, but also face the pressure from life, employment, interpersonal communication, economy and so on. Under many pressures, college students are prone to psychological problems, such as anxiety, depression and so on. Excessive anxiety will lead to the loss of learning motivation of college students, and further lead to the increase of students' academic pressure, resulting in the loss of self-confidence, mental tension, insomnia, test anxiety and other problems. Therefore, the research is based on educational psychology to innovate the college physical education teaching mode in order to improve the quality of education and alleviate students' anxiety. The results showed that there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups before teaching ($P > 0.05$). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$). It shows that innovative physical education teaching mode has positive significance for the healthy development of students.

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RESEARCH ON THE INFLUENCE OF NEWS COMMUNICATION MODE CHANGE ON ALLEVIATING AUDIENCE'S MENTAL ANXIETY UNDER THE BACKGROUND OF MEDIA INTEGRATION

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Background: The dissemination of news and its media affect the audience's psychological state to a large extent, so many studies have explored the relationship between audience psychology and news dissemination. Generally speaking, the audience's psychology for news communication mainly includes the psychology of novelty, truth-seeking, proximity and rebelliousness. The novelty-seeking psychology mainly refers to the audience's preference for unknown and new things, and the truth-seeking psychology mainly refers to the audience's perception of the truth of the news. Sexual requirements, the psychology of seeking proximity means that news that fits the audience's daily life is more likely to arouse their attention and resonance, while the psychology of rebelliousness means that some excessive propaganda and dissemination will stimulate the masses and cause them to be generated in the opposite direction of propaganda. Based on the above psychological factors, in theory, the dissemination of news and its media can have an impact on

the psychological state of the audience. Through proper use of this characteristic, it can have a better effect on relieving the negative psychology of the audience such as anxiety, and can also strengthen the news itself.

Driven by technological development, the news industry is under the trend of media integration. Media fusion refers to the fusion of the functions of various media, to expand the functions of the media, and to learn from each other's strengths and weaknesses. At present, the media integration trend of the news industry is mainly the integration of traditional media and new media. For example, traditional paper media are gradually becoming electronic and networked, newspapers and publications published in paper will be issued electronic versions at the same time, and many news media are also actively adopting official accounts, mobile applications, etc., to expand their media types. The influence of media convergence has led the news industry to have more forms of news dissemination, and the dissemination of news content has become more rapid. Then, under the background of media integration, how the change of news communication mode affects the audience's psychological state, and whether it can bring positive changes to the audience's mental anxiety and other negative psychological states through the change of news communication mode has become a question that has research value.

Objective: To study whether changes in news communication methods have a greater impact on the audience's mental anxiety than traditional media, and whether its ability to affect the audience's psychological state can be used to improve the audience's mental anxiety.

Subjects and methods: The study searched for a total of 114 citizens with similar psychological states and other basic information as research objects, and divided them into two groups of equal numbers completely randomly. The control group only received news from traditional media, and the mental anxiety of the two groups was compared after a period of time.

Research design: The duration of the study was three weeks. The mental anxiety levels of the two groups of subjects were examined before and after the experiment, and whether the difference was significant was judged by statistical methods. The psychometric tools involved in the study were General Self-Efficacy Scale (GSES), Self-Rating Anxiety Scale (SAS), and simple coping assessment.

Methods: The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

Results: Table 1 shows the correlation between self-efficacy, anxiety and coping style in the psychological state of the experimental group after the experiment. It can be seen that there is a positive correlation between their self-efficacy and anxiety level, and a negative correlation between self-efficacy and coping style, and all correlations are statistically significant ($P < 0.05$). This means that the higher the subjects' self-efficacy, the more likely they are to have high levels of anxiety and low levels of coping styles.

Table 1. Correlation analysis of three psychological levels

Psychological level	Self-efficacy	Anxiety	Coping style
Self-efficacy	-	0.236	-0.789
Anxiety	0.236	-	-0.201
Coping style	-0.789	-0.201	-

Conclusions: The trend of media integration in the news industry is causing great changes in the way of news dissemination in the media. Traditional paper media has become electronic and fragmented, and news media are gradually converging. The same media often uses complex media to disseminate its own content. The dissemination of news has the ability to affect the audience's mental anxiety and other psychological states, and the news dissemination method of media integration has a greater impact on the audience. Therefore, the reformed news dissemination method under the background of media integration can be applied to alleviate the audience group. Sexual mental anxiety, but on the other hand, beware of bad information that negatively affects the audience's psychological state through the same mechanism.

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RESEARCH ON EMPLOYMENT ANXIETY OF TOURISM MANAGEMENT GRADUATES IN HIGHER VOCATIONAL COLLEGES