

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

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Background: The employment quality of higher vocational college graduates indirectly affects the speed of modern social development, so it has attracted the attention of people from all walks of life. Tourism management is one of the main majors in higher vocational colleges. The employment quality of graduates majoring in tourism management can reflect the employment quality of graduates in higher vocational colleges to a certain extent. Some tourism management graduates suffer from employment anxiety because of too much employment pressure and too confused and worried about the future. Anxiety is a kind of psychological disease, which is caused by the patients' inconsistency between reality and expectations and their worries about their own disadvantages in the future. It is mainly manifested in emotional instability and often falling into negative emotions such as fear, anxiety and chagrin. Too much anxiety or too long anxiety will cause a huge burden on the patient's body, threaten the patient's physical and mental health, and is not conducive to the patient's personal development and social harmony. Therefore, finding an appropriate method to reduce the employment pressure of college students and alleviate their employment anxiety is of great significance to the future development of students and the progress of society.

Vocational college employment guidance is an important way to provide reasonable suggestions for students' employment and alleviate students' employment anxiety. However, there are many problems in the current employment guidance in higher vocational colleges, which leads to the unsmooth development of employment guidance and cannot better alleviate students' employment anxiety. Personality psychology is a branch of psychology, which mainly studies the unique behavior patterns of individuals, including beliefs, self-concept, personality and so on. Personality psychology holds that each individual has unique characteristics, that is, the specificity of behavior characteristics and personality composition characteristics. This uniqueness leads individuals to choose different coping styles when facing the same problem. The research analyzes the causes of students' employment anxiety based on personality psychology, and then improves the employment guidance, so as to give full play to the role of employment guidance and alleviate students' employment anxiety.

Objective: There are many problems in the current employment guidance in higher vocational colleges, which leads to the unsmooth development of employment guidance and cannot better alleviate students' employment anxiety. The research is based on personality psychology to improve employment guidance, so as to give full play to the role of employment guidance and alleviate students' employment anxiety.

Subjects and methods: 120 fresh graduates majoring in tourism management were selected as the research objects in a higher vocational college. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' employment anxiety. Use the employment rate to evaluate the effect of employment guidance.

Research design: Using the random number table method, 120 students were randomly divided into research group and control group, with 60 people in each group. Among them, the students in the research group received improved employment guidance based on personality psychology. The students in the control group received traditional employment guidance. After a period of time, the employment rate and employment anxiety of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: Before the experiment, there was no significant difference in SDS scores between the two groups ($P > 0.05$). After three months of employment guidance, the SDS score of students in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of students in the control group ($P < 0.05$). The SDS scores of the two groups are shown in Table 1.

Table 1. SDS scores of two groups of students

Timing	SDS Score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	71.9±12.3	72.1±13.1	0.403	0.762
After teaching	52.4±9.6	71.7±13.4	8.452	0.001
<i>t</i>	8.943	0.147	-	-
<i>P</i>	0.001	0.652	-	-

Conclusions: Some tourism management graduates suffer from employment anxiety because of too much employment pressure and too confused and worried about the future. Too much anxiety or too long anxiety will cause a huge burden on the patient's body, threaten the patient's physical and mental health, and is not conducive to the patient's personal development and social harmony. The research analyzes the

causes of students' employment anxiety based on personality psychology, and then improves the employment guidance, so as to give full play to the role of employment guidance and alleviate students' employment anxiety. The results showed that there was no significant difference in SDS scores between the two groups before the experiment ($P > 0.05$). After three months of employment guidance, the SDS score of students in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of students in the control group ($P < 0.05$).

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APPLICATION OF INDUSTRY EDUCATION INTEGRATION COLLABORATIVE EDUCATION MODEL IN ALLEVIATING STUDENTS' EMPLOYMENT ANXIETY

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Background: Higher vocational colleges are an important base for cultivating skilled and practical talents for our country. Higher vocational college students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very prone to employment anxiety. Anxiety is a kind of psychological disease, which is caused by the patients' inconsistency between reality and expectations and their worries about their own disadvantages in the future. It is mainly manifested in emotional instability and often falling into negative emotions such as fear, anxiety and chagrin. Too much anxiety or too long anxiety will cause a huge burden on the patient's body, threaten the patient's physical and mental health, and is not conducive to the patient's personal development and social harmony. Therefore, finding an appropriate method to reduce the employment pressure of college students and alleviate their employment anxiety is of great significance to the future development of students and the progress of society.

Social psychology is a branch of psychology, which mainly studies the occurrence and change law of psychology and behavior of individuals and groups in social interaction, and discusses interpersonal relations at the individual level and social group level, including group communication structure, group norms and so on. In social psychology, it is generally divided into three fields: individual process, interpersonal process and group process. Among them, individual process involves individual attitude, personal perception and self-consciousness, as well as the change law of individual personality development and social development. Interpersonal process is to explore the interpersonal relationship between individuals and the impact of interpersonal relationship on individual psychology. Group process studies individual psychology and behavior law from the perspective of macro environment, including the psychological impact of group and organization on individual and the psychological impact of surrounding environment on individual. Based on social psychology, this study discusses the impact of the collaborative education mode of industry education integration on students' employment anxiety, hoping to find an education mode that can effectively improve students' practical ability and alleviate students' employment anxiety.

Objective: Higher vocational college students are at the junction of study and employment. At the same time, they are facing the dual pressure of study and employment, so they are very prone to employment anxiety. Based on social psychology, this study discusses the impact of the collaborative education mode of industry education integration on students' employment anxiety, hoping to find an education mode that can effectively improve students' practical ability and alleviate students' employment anxiety.

Subjects and methods: 100 students were selected from a higher vocational college as the research object. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' employment anxiety.

Research design: Using the random number table method, 100 students were randomly divided into research group and control group, with 50 students in each group. Among them, the students in the research group used the collaborative education mode of industry education integration based on social psychology to teach. The students in the control group used the traditional education mode for teaching. After a period of time, the scores and employment anxiety of the two groups were compared.

Methods: The relevant data were processed and analyzed by software SPSS17.0.

Results: Before teaching, there was no significant difference in SAS scores between the two groups ($P > 0.05$). After teaching, the SAS score of students in the research group decreased significantly ($P < 0.05$), and