

randomly selected and divided into experimental group and control group, with 200 people respectively. The experimental group was given program teaching combined with educational psychology and ecological civilization education, and the control group was given routine teaching.

Research design: The self-designed student psychological well-being evaluation scale was used to evaluate the two groups of students before and after teaching, which was mainly used to evaluate the degree of psychological well-being felt by students before and after class. The evaluation scale of students' psychological well-being mainly includes two parts: the overall emotion index scale and the life satisfaction questionnaire. Among them, the overall emotion index scale analyzes the emotional connotation from multiple angles, with a total of 8 items. The life satisfaction questionnaire has only one item, which is the score of intention satisfaction. All items in the evaluation scale of students' psychological well-being adopt the 7-level scoring method. The weight of emotion index is 1 and the score is 1-7. The higher the score, the more hopeful it is, and vice versa.

Methods: The relevant data were calculated and counted by Excel and SPSS20.0.

Results: Before teaching, there was no statistical significance in the comparison of the total score and all aspects of the scale between the two groups ($P > 0.05$), indicating that the two groups can be compared. After teaching, the total score and scores of all aspects of the scale in the experimental group were significantly higher than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. Comparison of evaluation results of psychological well-being evaluation scale between the two groups of students

	Score	Experience group	Control group
Affective index score	Before teaching	5.18	5.25
	After teaching	5.92	5.14**
Life satisfaction score	Before teaching	4.88	4.98
	After teaching	5.84	5.17**
Total score of happiness index	Before teaching	10.19	10.69
	After teaching	12.32	10.71**

Note: * $P < 0.05$; ** $P < 0.01$.

Conclusions: The construction of ecological civilization puts forward clearer requirements for the cultivation of professional knowledge and ability of landscape architecture. Through six years of innovative practice, reform and exploration, the school running characteristics of landscape architecture specialty in our university are more distinctive, the talent training mode based on the concept of ecological civilization has made progress, the students' practical ability and innovative spirit have been significantly enhanced, and the theoretical innovation and practical development are deepening. Establish a talent training system for architectural landscape architecture majors under the guidance of ecological civilization, significantly improve students' ecological civilization thought and engineering practice ability, and meet the needs of ecological civilization construction for landscape architecture majors.

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ANALYSIS AND RESEARCH ON THE ALLEVIATING EFFECT OF LANGUAGE ART EXPRESSION ON AUDIENCE'S MENTAL ANXIETY IN NEWS COMMUNICATION

Qing Li

Zhengzhou Normal University, Zhengzhou 450044, China

Background: Anxiety state is a state between anxiety and anxiety disorder, which is heavier than anxiety and lighter than anxiety. Anxiety state has obvious anxiety, such as irritability, irritability, tension and restlessness, accompanied by sleep disorders and some symptoms of autonomic disorders, such as panic, palpitation, chest tightness, fatigue and cold sweat. Anxiety is the most common emotional state, such as an emergency or an important event to face. If you are not fully prepared in advance, you will be nervous and anxious. People usually actively do things that can reduce anxiety. This kind of anxiety belongs to a protective response, also known as physiological anxiety. When the severity of anxiety is obviously inconsistent with the objective event or situation, or lasts too long, it becomes pathological anxiety, which is called anxiety symptom. When it meets the diagnostic criteria, it will be diagnosed as anxiety disorder.

Anxiety disorder is a very common symptom among mental diseases. According to statistics, the incidence rate of the global population is about 4%, accounting for 6-27% in psychiatric clinics. In European and American countries, the lifetime prevalence rate among normal people is about 5%, while the incidence rate in China is low, only 0.7%. Wartime anxiety accounted for 1% of wartime neurosis. It often starts in youth, and the ratio of men to women is 2:3. Anxiety is a premonition of future threats. Unlike fear, the latter is a response to a specific threat that exists objectively. Anxiety in normal people is an adaptive response or biological defense phenomenon when people expect a dangerous or painful situation to happen. It is a complex comprehensive emotion. Anxiety can also be a symptom of all mental disorders. Pathological anxiety is a kind of uncontrollable fear without clear object or content. Its threat is very inconsistent with the degree of anxiety. In the field of news communication language, creation and innovation are the basis of language development. The artistic use of language is the transcendence and breakthrough of norms, and it is an innovative language. It is not necessarily undesirable to flexibly use the language essence of folk customs, masses and customs in news communication activities. At the same time, news language is also the language of the audience. In the process of news communication, the audience is the receiver of news information and the receiving object of news communication language. With the acceleration of social development, the communication media has gradually changed to all day rolling broadcasting. The media storing information capacity also presents different characteristics with the spread of language.

Objective: This study makes it clear that news communication must serve the audience, and designs the expression program based on language art in news communication according to the audience's mental anxiety, in order to put forward the characteristics and adjustment countermeasures of audience's mental anxiety.

Subjects and methods: In order to study the alleviating effect of language art expression on audience's mental anxiety in news communication, 400 community residents with mental anxiety in a certain area were selected as the research object, and the audience were given the intervention based on the language art expression program in news communication, and the mental anxiety status of all residents before and after the intervention was compared.

Study design: Hamilton Depression Scale (HAMD) and Hamilton Anxiety Scale (HAMA) were used to judge the mental anxiety status of all subjects before and after the intervention. Among them, HAMD scale includes 7 dimensions and 17 items in total. Less than 7 points are non-depression, 7-17 points are mild depression, 17-24 points are moderate depression, and > 24 points are severe depression. HAMA scale has two dimensions of somatic anxiety and mental anxiety, < 6 points are no depression, 7-17 points are possible anxiety, 14-21 points are anxiety, and > 21 points are significant anxiety.

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

Results: After the intervention, the total HAMA score, mental anxiety and somatic anxiety factors of all subjects decreased significantly compared with those before the intervention ($P < 0.05$). The total score of HAMD and anxiety / somatization factors were significantly lower than those before intervention ($P < 0.05$).

Table 1. Anxiety and depression of the audience before and after the intervention

Score	Before intervention	After intervention	<i>t</i>	<i>P</i>
HAMA total score	19.17±4.95	9.69±3.81	2.598	0.022
Mental anxiety	10.98±3.15	5.15±2.83	3.416	0.000
Somatic anxiety	8.28±2.86	4.61±1.87	3.401	0.000
HAMD total score	23.36±5.18	20.58±4.97	5.385	0.000
Anxiety / somatization	7.43±3.95	6.25±2.23	3.595	0.003

Conclusions: The specific forms and key points of language art in news communication vary according to the types and characteristics of news programs, but mainly through the emotional resonance and spiritual comfort of the audience. This study designs the expression program based on language art in news communication according to the mental anxiety of the audience, in order to put forward the characteristics and adjustment countermeasures of the audience's mental anxiety. In order to give full play to the artistic expression of language art in news communication more deeply and effectively, it needs to be further explored in practice.

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RESEARCH ON THE EFFECTIVENESS AND EFFICIENCY OF EMPLOYEES' PSYCHOLOGICAL ANXIETY IN MODERN ENGINEERING CONSTRUCTION PROJECT MANAGEMENT MODE

Haiyan Dai^{1*} & Jian Wang²

¹*Vocational and Technical College of Inner Mongolia Agricultural University, Baotou 014109, China*

²*Pastoral Institute of Water Resources of Water Resources Ministry, Hohhot 010020, China*

Background: Under the social background of the increasingly prosperous national economy and the continuous emergence of vicious market competition, the mental health problems of Chinese enterprise employees appear more and more frequently. In recent years, the frequency of suicide incidents of enterprise employees has become higher and higher, which has had a very bad impact on the society and family. The relevant national departments must pay great attention to it. Modern engineering construction projects have long construction time, huge investment amount, severity and frequency, and have different requirements for different building quality. This will cause employees to face more and more work pressure, and most employees will have mental disorders, depression, insomnia and other mental diseases. If human beings are under pressure for a long time, anxiety and depression will be very common. Well known experts at home and abroad pointed out that coping measures and social support will have a very important impact on employees' emotional and mental health. The World Health Organization claims that the depression and anxiety of enterprise employees can be effectively improved through social support and reasonable response measures.

In view of the psychological anxiety of employees, the modern engineering construction project management mode needs to be optimized and improved. At this stage, the key factors affecting the effectiveness and efficiency of project management are human, environmental factors, methods and materials. The scheme design, quality evaluation in the construction preparation stage, the quality acceptance in the later stage of construction and the site selection of engineering materials are directly related to people. The engineering technology, professional quality and consciousness of construction personnel will directly affect the construction management level, and then affect the construction quality. Environmental factors include technological environmental factors, social environmental factors, natural environmental factors, etc. First, improve the efficiency and effectiveness of project construction management. Compared with the clear requirements of the construction industry, the construction of construction projects has higher requirements, including paying attention to traffic flow, appropriate lighting conditions and urging the standardization and orderliness of the construction environment. Second, do a good job in personnel management. The management personnel of the construction project shall do a good job in the publicity of the project quality, make the construction personnel and management personnel pay attention to the quality problems, and strengthen the control and management of all links in the construction work. Third, improve the construction project management system. A sound system can provide more support for the management of construction projects and provide sufficient guarantee for the management. Environmental quality management is a trinity management system, which cannot obtain quality effect and economic effect at the expense of environmental effect.

Objective: Explore the effective and efficient promotion strategy in the modern engineering construction project management mode, and analyze the impact of the promotion strategy on employees' psychological anxiety.

Subjects and methods: This paper selects 100 construction enterprise employees with different degrees of anxiety as the research object to analyze the impact of the effectiveness and efficient promotion strategies in the modern engineering construction project management mode on employees' psychological anxiety. The study uses State Trait Anxiety Inventory (ATAI) to analyze employees' anxiety, and uses expectation maximization algorithm (EM) to classify the improvement effect of college students' anxiety. As a standard of anxiety assessment. ATAI can measure state anxiety and trait anxiety. The improvement effect evaluation indicators are set as four levels: no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. In order to avoid the influence of subjective factors on the research results, the data of all subjects were taken for analysis.

Methods: Through EPINFO data statistical analysis software, this paper analyzes the impact of the effectiveness and efficient promotion strategies in the modern engineering construction project management mode on the anxiety psychology of employees.

Results: Table 1 shows the anxiety of construction workers in different enterprises after applying the promotion strategy of modern engineering construction project management mode. It can be seen from the