

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

Table 1 that the anxiety of construction workers in different enterprises has been alleviated to a great extent, which may be because this management model can ease the anxiety of employees.

Table 1. Anxiety of construction workers in different enterprises after the promotion strategy of modern engineering construction project management mode

Enterprise	No improvement	A little improvement	Improvement	Obvious improvement
Enterprise 1	13	6	2	4
Enterprise 2	12	5	3	5
Enterprise 3	10	7	2	6
Enterprise 4	11	6	4	4

Conclusions: The effectiveness and efficiency promotion strategy in the modern engineering construction project management mode can improve the anxiety of construction workers. Later, this mode can be applied to the management of other construction projects to improve the mental health level of employees.

* * * * *

RESEARCH ON THE IMPROVEMENT PATH OF STUDENTS' COGNITIVE IMPAIRMENT IN ART EDUCATION COURSES IN COLLEGES AND UNIVERSITIES

Jingxin Liu

China West Normal University, Nanchong 637000, China

Background: According to psychological theory, cognitive disorder is a psychological disorder developed from the perspective of cognitive psychological disorder. Psychological cognitive disorder can be called a neurocognitive disorder. Patients mainly have psychological disorders in problem solving, perception, memory, learning and so on. Cognitive impairment refers to the abnormal processing of human brain advanced intelligent knowledge in the process of thinking judgment and learning. In most cases, the body will show memory function and learning dysfunction, and even appear pathological behaviors such as loss of line, recognition and use. The causes of cognitive impairment are as follows: chronic brain injury, chronic systemic diseases, mental and psychological abnormalities, among which mental and psychological abnormalities are the most important reasons. According to different types, cognitive impairment can be divided into thinking impairment, memory impairment and perception impairment. The clinical manifestations of thinking disorder include delusion, thinking logic disorder, association process disorder, abstract generalization stage disorder and so on. In clinical practice, memory impairment mainly includes memory error, memory fragment loss, memory enhancement and so on. Perceptual disorder can be manifested as perceptual comprehensive disorder, sensory sensitivity, sensory retardation and so on. Students are highly likely to have cognitive impairment. At present, some studies believe that the art education curriculum in colleges and universities has a certain intervention effect.

College art courses include not only practice, pedagogy, Chinese and foreign art history, calligraphy, oil painting, traditional Chinese painting, but also investigation, animation, dyeing and weaving, creation and sketching, printmaking, crafts, etc. Art courses in colleges and universities include normal art education courses, art academy courses and design application courses. Art curriculum is no longer a single skill and knowledge transfer, but a social practice activity integrating art culture and education. It can cultivate students' expressiveness, observation and perception, as well as develop creativity and right brain thinking. The cultivation of art talents is usually taught by masters and apprentices. With the passage of time, the professional education structure of art courses in the academy of fine arts has gradually developed. The art courses of the academy of fine arts are highly professional. From entering the campus, they are divided into the Department of traditional Chinese painting and the department of oil painting, paying attention to the training and cultivation of art skills. Professional art education is an indispensable part of national professional education. Compared with normal majors, the curriculum is only a specialized subject, and there are almost no courses such as pedagogy, psychology, historical theory and appreciation. The goal pursued by the academy of fine arts is the unique attainments in a certain kind of painting, or the unique opinions in a certain field. Design and application art courses can also be called arts and crafts education. Their circulation mode is relatively single and cannot form a large scale. In view of the strong correlation