

Acknowledgement: The research is supported by: 2021 Education Science Planning Project of Guangdong Province (Higher Education Program) (No. 2021GXJK680). We will build an ecological chain of entrepreneurship and innovation education in five dimensions, we will take talent training to new heights –Take Guangdong Songshan Polytechnic as an example.

* * * * *

RESEARCH ON THE INFLUENCE OF EMPLOYEES' POSITIVE PSYCHOLOGY ON THE GROWTH OF SCIENCE AND TECHNOLOGY SMALL AND MEDIUM-SIZED ENTERPRISES

Yongxin Wang

Anyang Institute of Technology, Anyang 455000, China

Background: In the process of rapid economic and social development, the competition between enterprises is becoming more and fiercer, and the psychological pressure of employees is also increasing. When the psychological pressure is overstressed for too long and cannot be relieved and released, it will lead to the decline of employees' work enthusiasm and work efficiency. Over time, it will lead to employees' anxiety and have a negative impact on the development of the enterprise. Short term and mild anxiety can help employees set work goals and help employees reshape their work enthusiasm, so as to improve work efficiency. However, long-term and excessive anxiety will lead to psychological diseases, affect the physical and mental health of employees, bring pain to employees, seriously affect the normal life and work of employees, and have a negative impact on the administrative work of higher vocational colleges. In addition, excessive anxiety will also cause employees to have negative and negative psychology about themselves and work, lose hope for life, and thus produce negative psychology, which has imposed a burden on society and families.

Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. There are three main viewpoints in the theory of positive psychology: positive emotional experience, positive personality characteristics and positive social environment. Based on positive psychology, the research analyzes the psychological change law of employees, and constructs a reasonable incentive mechanism, so as to stimulate employees' positive psychology, improve employees' work efficiency, alleviate employees' anxiety, and finally promote the development of enterprises.

Objective: In the process of rapid economic and social development, the competition between enterprises is becoming more and fiercer, the psychological pressure of employees is also increasing, and their enthusiasm is decreasing, so they suffer from anxiety symptoms. Based on positive psychology, the research analyzes the psychological change law of employees, constructs a reasonable incentive mechanism, so as to stimulate employees' positive psychology, improve employees' work efficiency, alleviate employees' anxiety, and finally promote the development of enterprises.

Subjects and methods: 60 workers from 8 small and medium-sized enterprises were selected as the research objects, and the anxiety psychological degree of the research objects was evaluated by Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Symptom Checklist 90 (SCL-90).

Research design: The study group was randomly divided into two groups: study group and control group. Among them, the employees in the research group adopt the improved incentive mechanism based on positive psychology, while the employees in the control group adopt the traditional incentive mechanism. After a period of time, the anxiety psychology of the two groups was compared.

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

Results: After a period of work, the scores of somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis of the employees in the study group were significantly lower than those in the control group ($P < 0.05$), as shown in Table 1.

Conclusions: When the backlog of psychological pressure is too long and cannot be relieved and released, it will lead to the decline of employees' work enthusiasm and work efficiency. Over time, it will lead to employees' anxiety and have a negative impact on the development of the enterprise. Therefore, the research builds a reasonable incentive mechanism based on positive psychology to stimulate employees' positive psychology, improve employees' work efficiency and alleviate employees' anxiety. The results

showed that after a period of work, the scores of somatization, obsessive-compulsive symptoms, interpersonal sensitivity, depression, anxiety, hostility, terror, paranoia and psychosis of the employees in the study group were significantly lower than those in the control group ($P < 0.05$). The above results show that the incentive mechanism based on positive psychology can effectively stimulate employees' work enthusiasm, alleviate employees' anxiety and promote the development of enterprises.

Table 1. SCL-90 for two groups of executives

Project	Group		t	P
	Research group	Control group		
Somatization	24.6±8.2	35.4±10.7	6.425	0.000
Obsessive compulsive symptoms	22.4±7.3	28.5±7.6	7.642	0.000
Interpersonal sensitivity	19.8±3.2	29.5±6.3	8.179	0.000
Depression	28.2±4.5	40.1±9.7	6.130	0.000
Anxiety	24.9±6.2	33.4±8.1	7.528	0.000
Hostile	8.2±1.8	17.3±6.1	6.319	0.000
Terror	14.3±3.2	22.5±4.7	8.147	0.000
Paranoid	10.3±6.4	16.8±6.5	8.826	0.000
Psychotic	19.2±4.8	28.6±5.3	6.513	0.000

Acknowledgement: The research is supported by: 2019 Anyang Institute of Technology Funded Project “Study on the growth influencing factors, performance evaluation and promotion strategies of technology-based smes in Anyang” (project no. AG2019026); 2020 Stage Study on “Collaborative innovation among technology-based smes in Anyang under the business environment in the New Economy” funded by the Science and Technology Bureau of Anyang (Project No. AK2020311).

* * * * *

RESEARCH ON THE INNOVATION OF SOCIAL PSYCHOLOGY SPORTS MANAGEMENT SYSTEM FOR COMMUNITY SPORTS GROUPS

Yin Ma

Xi'an Physical Education University, Xi'an 710068, China

Background: Social psychology plays an important role in psychology. Its main research object is the occurrence and change law of psychology and behavior of social individuals and groups. In the process of social interaction, different social individuals and groups often show significantly different psychological and behavioral changes. Therefore, social psychology usually explores from two different levels: individual level and group level. At the social individual level, social psychology mainly focuses on the process of individual socialization, speech development and the impact of environment on individuals. At the social group level, it mainly includes the research focus of group communication structure, racial prejudice and so on. Based on the research field of social psychology, it can be divided into three types. Social psychology mainly includes three different research contents: individual process, interpersonal process and group process, and each research object has certain differences. The research objects in different ranges will be affected by various psychological factors, namely individual psychological factors, social psychological factors and cultural psychological factors. To ensure the effective development of national fitness activities, the key lies in the management strength and management mode of the community. At present, the affairs of community work are complicated, and the scope of work also includes community sports work. However, due to the lack of professional community sports management staff, it still stays at the daily management level of community fitness equipment and venues, and lacks the overall planning of community sports activities. As the grass-roots organization of the national fitness network, community sports groups occupy a very important position and provide reliable support for the development of national fitness activities. At present, community sports groups lack effective sports management, often backlog a large number of work affairs, and it is difficult to effectively carry out diversified community sports. There are usually some problems, such as single activity form, insufficient activity personnel, chaotic activity site and so on. Based on this, the social psychology sports management system for community sports groups needs to be innovated. Community sports takes the grass-roots community as the regional scope, takes the sports

equipment, facilities and natural resources in the community as the material basis, and integrates the relevant theories of social psychology into it, so as to realize the innovation of sports management system and meet the needs of community residents for entertainment and fitness.

Objective: To conduct in-depth research on the innovation of social psychology sports management system of community sports groups, in order to integrate the relevant theories of social psychology into community sports groups and realize the goal of community national sports.

Subjects and methods: Through random selection, 80 community athletes were selected from the two communities, a total of 160. SCL-90 was used to evaluate their psychological state under different sports management modes. SCL-90 includes 10 factors including somatization, interpersonal sensitivity, depression, paranoia and anxiety. Each factor item is evaluated with a five-grade scoring standard of 1-5. From 1 to 5, it means from none, mild, moderate, heavy and serious.

Research design: 160 community athletes were selected as the research object in this study, and they were divided into control group and experimental group according to the random number table method, with 80 in each group. The experimental time was set as 3 months. The community athletes in the control group were evaluated by SCL-90 before and after the experiment without any intervention. For the community sports personnel in the experimental group, the social psychology sports management system was used to innovate the intervention, and the SCL-90 scores of the community sports personnel in this group before and after the intervention were recorded and analyzed.

Methods: All the research data were statistically analyzed by Smart Bi software and Phyton software.

Results: Table 1 shows the changes of SCL-90 scores of community athletes in the two groups before and after the intervention. According to Table 1, after the intervention, there was no significant difference in SCL-90 scores of community athletes in the control group. The factor scores of SCL-90 scale of community athletes in the experimental group decreased significantly, indicating that their mental health level was improved. The difference between the groups was statistically significant ($P < 0.05$).

Conclusions: 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, etc. 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. Community sports groups include individual process, interpersonal process and group process at the same time. The application of social psychology to the innovation of sports management system has successfully improved the mental health level of community sports personnel.

Table 1. SCL-90 scores of community athletes in the two groups before and after the intervention

Factor	Before intervene		After the intervene	
	Experimental group (n=80)	Control group (n=80)	Experimental group (n=80)	Control group (n=80)
Somatization	1.71±0.45	1.74±0.49	1.23±0.41**	1.68±0.56
Force	1.79±0.48	1.88±0.51	1.05±0.23**	1.91±0.63
Terror	1.45±0.59	1.41±0.63	1.07±0.25*	1.36±0.64
Paranoid	1.52±0.29	1.57±0.37	1.02±0.00**	1.58±0.39
Interpersonal sensitivity	1.61±0.58	1.67±0.62	1.01±0.02**	1.46±0.71
Depressed	1.64±0.52	1.63±0.49	1.13±0.33**	1.67±0.55
Psychotic	1.27±0.42	1.23±0.43	1.02±0.01**	1.21±0.37
Other	2.41±0.47	2.39±0.55	1.98±0.48**	2.43±0.52
Anxious	1.43±0.39	1.45±0.41	1.05±0.26**	1.41±0.35
Hostile	1.73±0.51	1.75±0.38	1.25±0.54**	1.79±0.34

* * * * *

THE INFLUENCE OF THE AMPLIFICATION EFFECT OF SUBJECT BEHAVIOR ON THE BEHAVIOR COGNITION OF ENTERPRISE MANAGERS IN ECONOMIC LAW AND ITS COUNTERMEASURES