

recorded as the control group (35 people), which adopts the traditional college English teaching mode. After three months of teaching, the anxiety and English scores of the two groups were compared. The relevant data were processed and statistically analyzed by SPSS21.0. The measurement data are expressed by mean \pm standard deviation ($\bar{x} \pm s$), while the general data are tested by t-test and chi square test. $P < 0.05$ indicates that the difference is significant.

Results: Before teaching, there was no significant difference in the degree of learning anxiety between the two groups ($P > 0.05$). After using different teaching modes, the degree of learning anxiety in the study group was significantly lower than that in the control group ($P < 0.05$). The SAS scores of the two groups of students 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	73.4 \pm 10.9	72.5 \pm 11.3	0.304	0.653
After teaching	46.7 \pm 6.2	67.1 \pm 10.9	6.420	0.000
<i>t</i>	6.371	0.421	-	-
<i>P</i>	0.000	0.649	-	-

Conclusions: In today's economic globalization, the importance of English is becoming more and more prominent, and people from all walks of life pay more and more attention to English. For various reasons, it is difficult for contemporary college students to adapt to the teaching forms and contents of college English, resulting in a high proportion of make-up exams and refreshments, resulting in excessive psychological pressure on some students and suffering from psychological diseases such as anxiety and depression. Based on educational psychology, this paper puts forward a teaching model of interactive development of English language in colleges and universities. In this mode, the frequency of English interaction between teachers and students, students and students increase, which improves students' proficiency in English skills, so as to improve students' English performance. The results showed that there was no significant difference in the degree of learning anxiety between the two groups before teaching ($P > 0.05$). After using different teaching modes, the degree of learning anxiety in the study group was significantly lower than that in the control group ($P < 0.05$). It shows that the teaching goal model can effectively improve students' English performance and alleviate students' learning anxiety, which is of great significance to students' future development.

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MANAGERS' PSYCHOLOGICAL ANXIETY, STRATEGIC CHANGE AND ENTERPRISE GROWTH

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Background: The strategic change of enterprises is essentially the reallocation and readjustment of enterprise resources. It is a series of purposeful strategic changes made by enterprise managers. Generally speaking, the strategic change of enterprises is directly related to the growth, development and survival of enterprises. Therefore, the enterprise managers who determine the direction and degree of strategic change have great psychological pressure and are easy to suffer from psychological anxiety. Anxiety refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Anxiety is a common emotional reflection that everyone will appear, but if the anxiety time is too long and the degree is too deep, it will lead to the formation of physiological or emotional diseases and affect the physical and mental health of patients. The objective purpose of anxiety is to guide people how to quickly take various measures and urgently mobilize various value resources, so as to effectively prevent the serious deterioration of the value characteristics of real or future things and make them develop in a positive direction. Therefore, short-term and moderate anxiety can help individuals establish goals and efforts, and help individuals establish positive beliefs. However, long-term and excessive anxiety will lead to the impairment of patients' physical and mental health, affect patients' normal life, increase the burden on patients' families, have a negative effect on patients' personal development and the construction of a harmonious society, and also have a negative impact on the normal operation of

enterprises. Therefore, it is necessary to intervene and treat the psychological anxiety of managers in order to alleviate the degree of psychological anxiety of managers and ensure the normal operation and development of enterprises.

Modern emotional psychology and cognitive psychology believe that cognitive process is not only the main factor affecting individual emotion, but also the main way to cause emotional changes. Cognitive psychology is a branch of psychology that began to rise in 1950. It mainly studies human advanced psychological processes, such as attention, perception, thinking and language. The orientation of cognitive psychology focuses on the mode of thinking and reasoning by using cognition, which is mainly to explain the law of individual psychological changes in the process of cognition. The research analyzes the Anxiety Psychology of enterprise managers based on cognitive psychology, and puts forward the intervention of anxiety managers in the way of cognitive psychological intervention, so as to alleviate the degree of psychological anxiety of managers and ensure the normal operation and development of enterprises.

Objective: Enterprise managers have great psychological pressure and are easy to suffer from psychological anxiety, which has a negative effect on the personal development of patients and the construction of a harmonious society, as well as the normal operation of enterprises. The research analyzes the anxiety psychology of enterprise managers based on cognitive psychology, and puts forward the intervention of anxiety managers in the way of cognitive psychological intervention, so as to alleviate the degree of psychological anxiety of managers and ensure the normal operation and development of enterprises.

Subjects and methods: From 18 enterprises, 30 enterprise managers with different degrees of psychological anxiety were selected as the research objects. Symptom checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Chinese Perceived Stress Scale (Chinese version) (CPSS) were used to evaluate the mental health of the subjects.

Research design: Using the random number table method, 30 enterprise managers with different degrees of psychological anxiety were randomly divided into research group and control group, with 15 people in each group. Among them, the enterprise managers in the research group received routine treatment combined with cognitive psychological intervention. The enterprises in the control group only received routine treatment. After 3 months of treatment, the anxiety and psychological stress of enterprise managers in the two groups were compared.

Methods: The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by mean \pm standard deviation ($\bar{x} \pm s$), while the general data are tested by t-test and chi square test. $P < 0.05$ indicates that the difference is significant.

Results: The experimental results showed that the total scores of tensions, loss of control and stress perception in CPSS of enterprise managers in the study group were significantly lower than those in the control group ($P < 0.05$), as shown in Table 1.

Table 1. CPSS of two groups of subjects

Classification	Group		t	P
	Research	Control		
Thrill	16.11 \pm 5.88	19.34 \pm 4.21	7.432	0.000
Sense of loss of control	15.76 \pm 5.12	26.65 \pm 4.84	9.465	0.000
Total score of stress perception	31.87 \pm 10.53	45.99 \pm 7.42	9.415	0.000

Conclusions: Generally speaking, the strategic change of enterprises is directly related to the growth, development and survival of enterprises. Therefore, the enterprise managers who determine the direction and degree of enterprise strategic change have great psychological pressure and are easy to suffer from psychological anxiety. Long term and excessive anxiety will lead to the impairment of patients' physical and mental health, affect patients' normal life, increase the burden on patients' families, have a negative effect on patients' personal development and the construction of a harmonious society, and also have a negative impact on the normal operation of enterprises. Therefore, it is necessary to intervene and treat the psychological anxiety of managers in order to alleviate the degree of psychological anxiety of managers and ensure the normal operation and development of enterprises. The research analyzes the anxiety psychology of enterprise managers based on cognitive psychology, and puts forward the intervention of anxiety managers in the way of cognitive psychological intervention, so as to alleviate the degree of psychological anxiety of managers and ensure the normal operation and development of enterprises. The results showed that the total scores of tensions, loss of control and stress perception in CPSS of enterprise managers in the study group were significantly lower than those in the control group ($P < 0.05$). It shows that cognitive psychological intervention can significantly alleviate the psychological pressure of enterprise

managers, and then alleviate their psychological anxiety.

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RESEARCH ON THE INFLUENCE OF NATIONAL FOLK DANCE EDUCATION IN COLLEGES AND UNIVERSITIES ON THE CULTIVATION OF STUDENTS' AESTHETIC DISCRIMINATION ABILITY AND PSYCHOLOGICAL EMOTION

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Background: Most contemporary college students have a relatively smooth growth environment and learning environment, and rarely experience setbacks. Therefore, they generally have poor psychological tolerance. University is a transitional stage for students from learning environment to society, so it has changed from the previous learning environment. Some students cannot adapt to this change and the new environment, so they are prone to various negative psychological emotions, such as anxiety, depression and so on. Anxiety is a kind of negative emotion caused by the inconsistency between expectation and reality, or fear and worry about the imminent threat. In the learning process, due to the fear of poor learning effect and students' self-denial, some students will have a sense of failure and frustration, resulting in students' emotions in a state of tension and fear for a long time, and finally lead to students' symptoms such as anxiety and depression. Long term excessive anxiety will damage students' physical and mental health, and seriously lead to students' mental loss of control or collapse, personality disintegration and other consequences, resulting in a significant decline in students' quality of life, loss of confidence in life, self-injury, suicide and other dangerous behaviors, which not only affects the normal life of students and their families, but also affects the harmony and stability of society.

National folk dance has distinctive characteristics such as distinct regions, strong flavor, vivid images and various forms of expression. It is an artistic form with strong cultural heritage and regional characteristics that uses limbs and gestures to express and convey emotions. Therefore, the use of national folk dance can cultivate students' sentiment, cultivate students' aesthetic discrimination ability, give students a sense of beauty to their hearts, and alleviate students' anxiety. However, the traditional education mode of national folk dance is boring and old-fashioned, which cannot play a better role in alleviating students' anxiety. Educational psychology is an important part of applied psychology. It is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Therefore, the research is based on educational psychology to innovate and improve the national folk-dance education in colleges and universities, so as to improve students' learning interest, improve students' aesthetic discrimination ability and alleviate students' anxiety.

Objective: Nowadays, most college students' growth environment and learning environment are relatively smooth and rarely experience setbacks. Therefore, they are generally poor in psychological tolerance and prone to various negative psychological emotions. The research is based on educational psychology to innovate and improve the education of national folk dance in colleges and universities, so as to improve students' learning interest, improve students' aesthetic discrimination ability and alleviate students' anxiety.

Subjects and methods: 80 students majoring in Chinese folk dance were selected from a university as the research objects. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate the degree of anxiety of students, and the test results were used to evaluate the teaching effect.

Study design: 80 students were randomly divided into study group and control group, with 40 students in each group. The students in the research group used the innovative college folk dance education model based on educational psychology to teach. The students in the control group used the traditional education mode of national folk dance in colleges and universities. After a period of time, the degree of psychological anxiety and test scores of the two groups were compared.

Methods: The relevant data were processed and statistically analyzed by SPSS21.0 software. The measurement data are expressed by means \pm standard deviation, and the inspection method of measurement data is *t*-test. Chi square test is used for the inspection of counting data. $P < 0.05$ indicates that the difference is significant.

Results: Before the experiment, there was no significant difference in the degree of anxiety between