

mental development. Therefore, through the analysis of the main causes of students' learning anxiety, we should implement the management of 1 + X certificate system in the reform of three education in colleges and universities. The results show that after the management of the system, students' cognition of the major has been improved, their learning enthusiasm and learning quality have been significantly improved, which has a positive impact on students' anxiety. The research content is of great significance to promote the reform of higher education.

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RESEARCH ON THE AESTHETIC IMPLICATION OF CHINESE LANDSCAPE PAINTING BRUSH AND INK LANGUAGE TO ALLEVIATE THE CREATOR'S PSYCHOLOGICAL ANXIETY

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Background: Psychological anxiety is a typical psychological disease. Patients are characterized by depression, mental tension and excessive mental pressure. At the same time, patients with psychological anxiety are often accompanied by problems such as lack of sleep, anorexia, decline in learning ability and creative ability. With the accelerated pace of modern people's life, unhealthy eating habits, irregular sleep, long-term use of electronic products, accumulation of various pressures, lack of emotional release and other factors have led to an increasing number of modern people suffering from psychological anxiety problems. The problem of psychological anxiety needs to be solved in time. If the problem of anxiety becomes more and more serious, it is likely to affect the mental health of patients and lead to more serious mental diseases such as depression and cognitive impairment. At present, there are many treatment methods for psychological anxiety, but there is no targeted treatment. In particular, the causes of psychological anxiety are complex, which need to be dredged according to the specific anxiety points of patients in order to effectively cure anxiety symptoms. For example, for creative anxiety patients, they have been in the thoughts of work innovation for a long time, with concentrated mental power and rich emotional changes, which is easy to produce creative anxiety. Once the creator has psychological anxiety problems, it will affect the creator's creative inspiration and creative mentality, which is not conducive to the innovation of works. Therefore, discussing how to alleviate the creator's psychological anxiety has a positive impact on the cure of anxiety symptoms.

In the design of works, creators need clear thinking and agile insight, which is conducive to the innovation of works. However, the creator's emotion is easily affected by the limitations of work innovation, which limits the exertion of his innovation ability. For a long time, he is in a highly concentrated mental state, and the creator is prone to psychological anxiety, which affects his creative inspiration. Chinese landscape painting works have strong Chinese cultural characteristics and beautiful art, and its creative language has strong aesthetic and artistic value. Appreciating Chinese landscape paintings can not only cultivate people's temperament and relieve people's tension, but also bring new creative inspiration to creators suffering from psychological depression. Chinese landscape painting works are based on pen and ink. Through pen and ink, landscape, animals and other elements, we can build a smart and beautiful landscape painting works. Creators suffering from psychological anxiety can affect the psychological activities of patients and have a positive impact on their creation by appreciating the aesthetic meaning of Chinese landscape works. Therefore, this paper analyzes the performance of patients with psychological anxiety and gives treatment methods, analyzes the impact of Chinese landscape works on the psychology of patients with psychological anxiety, and discusses the impact of the aesthetic meaning of Chinese landscape painting pen and ink language on alleviating the creator's psychology.

Objective: To explore the performance and harm of patients with psychological anxiety disorder, analyze the treatment schemes of common psychological anxiety disorders, at the same time, analyze the influence of Chinese landscape painting brush and ink works on psychological creators, and then analyze the influence of the aesthetic meaning of Chinese landscape painting brush and ink language on alleviating creators' psychological anxiety.

Subjects and methods: Randomly select 100 creators with psychological anxiety as the research object,

carry out a four-month Chinese landscape painting pen and ink language education activity for the patients, and record the scores of students' psychological activities every month. The assessment indicators include creative inspiration, creative positive mentality and mental health, with a score of 10 points. The higher the score, the better the rehabilitation effect of the patients.

Results: The scores of psychological activity changes of 100 creative patients after four months of study are shown in Table 1. Table 1 shows that under the influence of four months of education on the aesthetic meaning of Chinese landscape pen and ink language, the anxiety symptoms of anxious patients have been alleviated. For example, the creative enthusiasm and mental health of patients have been significantly improved. At the same time, the anxiety symptoms of patients have also been alleviated, indicating that Chinese landscape pen and ink language teaching can alleviate the psychological anxiety of creators and provide inspiration for creators.

Conclusions: With the intensification of social competition, psychological anxiety disorder has become a social disease. Psychological anxiety disorder not only affects people's body and mind, but also brings many adverse effects on patients' study, life and work. This paper analyzes the manifestation and treatment of psychological anxiety, and discusses the role of the aesthetic meaning of the pen and ink language of Chinese landscape painting in alleviating the creator's psychological anxiety. The results show that landscape painting works can alleviate the anxiety of the creator, provide creative inspiration for the creator and improve the work quality of the creator. Therefore, the aesthetic characteristics of Chinese landscape painting have a positive impact on patients with anxiety disorder and have important research significance in alleviating anxiety disorder.

Table 1. Scores of psychological activity changes of 100 creative patients after four months of study

Project	0 month	2 months	4 months	6 months
Creative inspiration	30	42	51	61
Creative positive attitude	35	39	43	69
Mental health	23	46	53	72

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RESEARCH ON THE CURRENT SITUATION OF COLLEGE STUDENTS' EMPLOYMENT ANXIETY AND PSYCHOLOGICAL EDUCATION STRATEGIES

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Background: With the arrival of the summer graduation season, college graduates will face more and more pressure on further education and employment. Many students suffer from employment anxiety because of this. Employment anxiety disorder is a kind of anxiety disorder, which often leads to students' mental tension, depression, memory decline, accompanied by insomnia, dreaminess, irritability, paranoia, interpersonal tension and other problems. There are many ways to treat anxiety symptoms, the common one is drug treatment, which can relieve patients' tension through psychiatric regulating drugs, and alleviate patients' sleep and diet problems, so as to balance their physical and mental state and alleviate anxiety symptoms. At the same time, there is physical training treatment. For students with long-term mental tension and anxiety disorder, they can adjust their physical function through scientific exercise, make their body and mind reach a stable state, and effectively alleviate their anxiety symptoms. Finally, there is psychological adjuvant therapy. At present, among college students, mental health education is widely used to treat students' psychological diseases. By establishing good communication and mutual trust with students, it can effectively alleviate students' emotions, regulate their body and mind, stabilize their emotions, and have a certain effect on the treatment of students' anxiety. For students with employment anxiety disorder, considering that students are facing employment pressure and examination pressure, many students are emotionally nervous and mentally tense. Through reasonable psychological education, it can have a positive impact on students with Employment anxiety disorder.

Psychological education mainly intervenes patients' psychological activities by understanding patients' psychological activities, so as to make patients return to a healthy psychological level. There are various ways of psychological education, including psychological counseling. Through the counseling of knowledge related to mental health, students can master psychological knowledge and psychological adjustment skills. Infiltrate psychological education into ideological and political education, such as correcting students'