

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

* * * * *

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

Jing Sun

Suzhou University of Science and Technology, Suzhou 215011, China

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'

thoughts and establishing healthy psychology for students through emotional education, law popularization education and political and cultural education. Special psychological counseling mainly solves patients' anxiety problems by solving their doubts, establishing mutual trust through communication and exchange with patients, and putting forward effective opinions on patients' anxiety problems. The employment anxiety disorder faced by college students stems from students' confusion about employment development. There is a special psychological education consulting room in college education. Through career planning guidance for students with employment anxiety disorder, we can establish good communication with patients with anxiety disorder, and relieve students' employment pressure and employment anxiety through psychological auxiliary treatment. Therefore, this paper studies the current situation of college students' employment anxiety, analyzes the common treatment methods of anxiety symptoms, and analyzes the impact of psychological education on alleviating college students' employment anxiety.

Objective: To explore the current situation of college students' employment anxiety, analyze the common treatment methods of anxiety, study the role of psychological education in alleviating anxiety symptoms, and then discuss the use of psychological education strategies to alleviate college students' employment anxiety.

Subjects and methods: Taking the students of a university as the research object, by carrying out psychological education on the students of the university, statistics the changes of psychological health activities of the students of the university in five months, and constructs an evaluation index system. Taking 10 points as the benchmark, the evaluation indexes include employment enthusiasm index, individual development planning index and mental health index, so as to evaluate whether the psychological education of the university can improve the anxiety of the students.

Results: As shown in Table 1, the scores of students' psychological activities after five months of psychological education are shown. It can be seen from Table 1 that after half a month of psychological education, students' employment anxiety symptoms have been effectively improved and they have a positive understanding of career development.

Table 1. Scores of students' psychological activities after five months of psychological education

Project	1 month	2 months	3 months	4 months	5 months
Employment enthusiasm index	3	4	6	7	8
Development planning indicators	1	2	2	3	5
Mental health indicators	2	3	5	8	9

Conclusions: College students generally have anxiety problems, especially those who are about to graduate, which leads to employment anxiety. Employment anxiety affects students' physical and mental health and academic development. Therefore, this paper analyzes the common treatment methods of anxiety and the positive impact of psychological education on alleviating students' anxiety symptoms. Therefore, psychological education can alleviate the employment anxiety of college students. The results show that psychological education can effectively improve students' psychological pressure, improve students' learning quality and alleviate students' psychological anxiety symptoms. At present, college students generally have the symptoms of employment anxiety. Schools should strengthen psychological education and career planning education to help students solve the problem of employment pressure, so as to ensure the scientific and healthy development of students.

Acknowledgement: The research is supported by: Jiangsu University Philosophy and Social Science Foundation Project: Research on the outline of independent college students' practice of civic morality construction in the new era (No. 2020SJB1203).

* * * * *

A STUDY ON THE INFLUENCE OF SPEECH COMMUNICATION SYNTHESIS MODEL ON COLLEGE STUDENTS' POSITIVE PSYCHOLOGY FROM THE PERSPECTIVE OF COGNITIVE PRAGMATICS

Jiabao Wang

South China Business College, Guangdong University of Foreign Studies, Guangzhou 510545, China

Background: With the acceleration of the pace of life, more and more people are affected by environmental factors, resulting in anxiety and depression, which is extremely unfavorable to people's