

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 software for calculation and statistics.

**Results:** As shown in the table, the cross-cultural psychological adaptation of the experimental group in both countries was significantly higher than that of the control group ( $P < 0.05$ ), but there was no significant difference in the cross-cultural psychological adaptation between different countries ( $P > 0.05$ ).

**Table 1.** Results of cross-cultural psychological adjustment disorder in each group

	Experimental group	Control group	<i>P</i>
The United States	7.80	6.40	0.048
Japan	7.20	5.90	0.032
<i>P</i>	0.084	0.093	-

**Conclusions:** The cross-cultural psychological adjustment problems faced by international students may have a negative impact on their mental health that cannot be ignored. In severe cases, it may cause various psychological problems, such as severe anxiety, depression and emotional disorders. At the same time, the current ideological and political education strategies for international students are also flawed, often unable to solve the special problems encountered by international students in the cross-cultural environment, resulting in poor teaching effect of traditional ideological and political education strategies on international students. Considering these two points, the study explores new strategies for ideological and political education based on cross-cultural psychological adaptation. Experiments show that students who adopt the new strategy show better cross-cultural psychological adaptation, psychological state and acceptance of ideological and political education than students who adopt traditional strategies in different countries.

**Acknowledgment:** The research is supported by: General Project of Chongqing Education Science Planning "Research on new strategies of ideological and political education for overseas students under the background of education internationalization" (No. 2019-GX-387).

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## ANALYSIS OF THE INFLUENCE OF STUDENT MANAGEMENT WORK STRATEGY ADJUSTMENT ON RELIEVING COLLEGE STUDENTS' PSYCHOLOGICAL ANXIETY UNDER THE NEW SITUATION

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**Background:** Due to the psychological pressure brought to the college students by academics, interpersonal relationships, economy and family, there are not many individuals with anxiety and related symptoms in this group. College students with excessive anxiety may have corresponding symptoms both psychologically and physiologically, and their daily life will also be affected. The typical manifestations of anxiety in students are depression or large fluctuations, unwillingness to actively communicate, paranoia, and irregular life. Severe navigators may experience dizziness, nausea and even self-harm and other behaviors. In addition to the students themselves, the excessive anxiety of college students will also have a negative impact on the surrounding people and the social environment, and even endanger the personal safety of others. Therefore, the school cannot ignore the anxiety of students.

The psychological anxiety and other mental health conditions of college students are actually related to the school's student management work. This is because the main environment for college students to study and live is on campus, and the campus student management strategy will directly affect all aspects of college students' daily life. The current management of college students is facing a new situation, mainly including the new situation of social development, the new situation of educational reform and the new characteristics of contemporary college students. In these new circumstances, student management in many schools has exposed insufficient attention to student mental health and no intervention strategies. The mental health departments of many colleges and universities have unclear division of labor and insufficient resources, resulting in difficulties in the operation of the departments, and lack of detection and early warning mechanisms for students' mental health. On the other hand, many schools' mental health education for students is still at the stage of simple theoretical knowledge and elective courses, which makes many college students unable to have a correct understanding of their anxiety. Based on the new situation faced by student management work and the school's concern for students' psychological anxiety

and other mental health problems, the applicability of traditional student management strategies has been continuously reduced, and its strategies need to be adjusted to adapt to the new situation and reduce college students through student management psychological anxiety level and protect the mental health of college students.

**Objective:** To compare and study whether the adjustment of students' management work strategies can alleviate the psychological anxiety and related negative psychological states of college students.

**Subjects and methods:** Select 200 students with obvious psychological anxiety problems and randomly divide them into two groups of 100 students, one of which is the control group, which is managed by normal student management strategies, and the other is the experimental group, using the student management work strategy adjusted according to the psychological needs of college students to manage them. The psychological state of the two groups of students was compared after the administration lasted for a certain period of time.

**Research design:** Students were given a 3-month student management work experiment. Before and after the start of the experiment, and during the experiment, the students' anxiety and depression were evaluated. After the experiment, the evaluation results were statistically analyzed. The psychometric tools involved in the experiment included the Generalized Anxiety Disorder Scale (GAD-7) and the Patient Health Questionnaire (PHQ-9).

**Methods:** The relevant data were analyzed by Excel and SPSS20.0 for calculation and statistics.

**Results:** The experimental results are shown in the table. The scores of GAD-7 and PHQ-9 of the two groups of students were similar before the start of the experiment, but the test results of the two tables after the experiment showed that the psychological state of the experimental group was better than that of the control group, and the difference between the scores was showed statistical significance ( $P < 0.05$ ).

**Table 1.** Comparison of depression and anxiety among study subjects

Item / Groups		Before the experiment	After the experiment
GAD-7	Control group	8.96±1.67	7.28±1.68
	Experimental group	8.64±2.75	5.76±1.95
	<i>P</i>	0.616	<0.005
PHQ-9	Control group	8.86±2.12	7.28±1.41
	Experimental group	9.18±1.84	5.76±1.10
	<i>P</i>	0.895	<0.005

**Conclusions:** At present, some problems have arisen in the school's student management strategy for college students in the face of the new situation. Among them, the monitoring and intervention of student management work on college students' anxiety and related negative psychological states is one of the issues worthies of attention. If the school neglects to pay attention to the psychological state of the students and fails to detect the students with psychological problems in time, it may lead to serious consequences for the students themselves and the management of the school. The study conducted research on the adjustment of students' management strategies, and the comparison results showed that the adjusted management strategies could better detect and intervene students' psychological problems, and added a guarantee for students' study and life in school.

**Acknowledgement:** The 2018 Special Research Project of Philosophy and Social Sciences in Colleges and Universities of Jiangsu Provincial Department of Education "Research on ecological civilization education of college students from the perspective of ideological and political education" (No. 2018SJSZ812).

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## RESEARCH ON THE SELECTION AND APPLICATION OF FINANCIAL SHARED SERVICE MODE OF ENTERPRISE GROUPS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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**Background:** Social psychology is an independent discipline born out of sociology, psychology and cultural anthropology, which studies people's social behavior. The difference between social psychology and other psychological theories is that although the core of social psychology theory remains the explanation of