

the staff's anxiety score gradually decreases and their positive psychological evaluation gradually increases. There is significant difference between the staff's anxiety psychology and positive psychology after the intervention ($P < 0.05$).

Conclusions: With the development of society, science and technology have a significant impact on different industry groups in society, and in the application of science and technology, workers in various industries are easy to breed different psychological problems. In order to alleviate the psychological problems of employees in social work, the research takes biomedical engineering as the research object, and analyzes the psychological status of employees in the application of optical fiber sensing technology. The results show that the staff in biomedical engineering have significant anxiety and negative psychology. After positive psychological intervention, we can know that their anxiety and positive psychology are constantly changing and developing better with the psychological intervention. Therefore, in order to promote the mental health development of social workers, we need to use positive psychology to improve the positive psychology of workers and promote social development.

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Table 1. Psychological changes of staff before and after psychological intervention

Group	0 month	2 months	4 months	6 months	
Anxiety Psychology	67.31±1.96	61.26±1.87	57.43±1.78	46.17±1.59	
Positive psychology	Feeling of optimism	2.37	3.15	5.62	7.99
	Solidarity psychology	1.97	3.72	5.29	8.17
	Cognitive confidence	2.42	4.02	6.17	8.01

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ANALYSIS OF THE INFLUENCE OF THE INNOVATIVE DEVELOPMENT OF LIFELONG EDUCATION ON THE ANXIETY OF OPEN UNIVERSITY STUDENTS

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Background: On the basis of this, we should pay more attention to the development of national culture and promote the lifelong learning of our country. Lifelong education advocates universal learning and lifelong learning. The object of lifelong education theory is gradually expanded from college students to social members, but it can be determined that the key object of lifelong education is still college students. Since the reform and opening up, China's economy has experienced substantial growth and maintained a sustained growth trend for a long time. In the process of social and economic development, the demand for highly educated talents in all walks of life is also increasing. Therefore, the lifelong education of college students is of great significance. After the 21st century, countries around the world began to speed up the development process of high-tech innovative industries. At this time, China's economy began to realize formal transformation, the people's thoughts began to change, and higher education began to gradually shift from colleges and universities to the public. At the same time, in order to eliminate the ideological contradictions in society, lifelong education emphasizes the vigorous development of national learning, gradually reduce the cognitive differences between individuals and promote social and economic growth. In the teaching of colleges and universities, in order to meet the needs of society, we are also committed to strengthening lifelong education, advocating that college students receive lifelong education, improve their cultural level and comprehensive quality and ability, and provide power for national infrastructure construction and high-tech development.

In the education and teaching of colleges and universities, college students are prone to psychological anxiety and other problems caused by various pressures, of which the more obvious is the learning anxiety of college students. There are great differences between university environment and social environment. Facing the unknown social environment, most college students will have uneasy psychological emotions, and the long-term accumulation of uneasy emotions will lead to psychological anxiety. Psychological anxiety

generally refers to the fear, worry and tension of individuals in the face of events or objects. There are many factors that lead to individual anxiety. Psychology believes that anxiety is affected by heredity and environment. Genetic factors cannot be avoided. Environmental factors include campus environment and social environment. College students' employment anxiety is affected by social environment. During their study in colleges and universities, college students rarely have time to contact the external environment. Therefore, college students will be confused and confused when choosing the learning direction and content, which will aggravate their anxiety. And in lifelong education, after a long time of education and teaching, students are more likely to breed anxiety after adapting to the environment of colleges and universities and contacting modern society. At present, in college education, how to effectively alleviate the learning anxiety of college students in lifelong education is still the key object that teachers and schools need to break through.

Objective: Lifelong education is the key development direction in China's education work. The purpose is to improve China's national cultural level and enhance China's comprehensive strength. The research analyzes the students' psychological anxiety in the work of lifelong education in China, and evaluates the impact of lifelong education innovation on students' anxiety.

Subjects and methods: The anxiety scale SAS was used to investigate the learning anxiety of college students receiving lifelong education. The junior and sophomore groups of an open university in a university city were selected, and 200 volunteers were recruited to participate in the long-term survey. The first anxiety evaluation was carried out for all students, and lifelong education and innovative development education was carried out for all students. The anxiety of students was evaluated again one year later. At the same time, social personnel receiving lifelong education are recruited from social groups to analyze the impact of the innovative development of lifelong education on their psychological anxiety.

Results: Among college students, there were differences in anxiety scores between the two groups of volunteers, and the psychological anxiety scores of people participating in lifelong education were lower. The difference between the two groups was statistically significant ($P < 0.05$). The intra group comparison shows that the learning anxiety of postgraduates is significantly lower than that of undergraduates. The difference between groups is statistically significant ($P < 0.05$), as shown in Table 1. At the same time, it can be seen that the anxiety score of social groups in the innovative development of lifelong education is decreasing.

Table 1. The influence of employment anxiety on college students' continuing education

Project	Undergraduate graduates	Master's degree graduates	Social personnel
Before intervention	65.67±2.37	64.38±2.19	62.35±1.44
After intervention	39.14±0.44	40.62±1.01	42.39±0.98
<i>P</i>	<0.05	<0.05	<0.05

Conclusions: The improvement of national culture is an important driving force for the improvement of national comprehensive strength. Therefore, the state has put forward the concept of lifelong education, hoping to use lifelong education to affect the cultural cognition of social groups for a long time. The study analyzes the psychological anxiety of people at all stages of lifelong education, and analyzes the changes of psychological anxiety of college students and different groups in the development of lifelong education. The results show that under the influence of the innovative development of lifelong education, the psychological anxiety scores of students and social groups show a downward trend, indicating that lifelong education can effectively improve individual anxiety. Therefore, in educational innovation, it is necessary to formulate the development direction of educational innovation according to individual psychological anxiety and promote the harmonious development of society.

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ANALYSIS ON THE INFLUENCE OF DIFFERENT DEGREES OF SWIMMING ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: With the development of social economy, society puts forward higher requirements for talents, which not only requires talents to have rich theoretical knowledge and strong practical ability, but