

the application effect of ideological and political education in colleges and universities in alleviating college students' employment anxiety.

**Results:** The statistical results of the subjects' employment anxiety before and after the experiment are shown in Table 1.

**Table 1.** Statistical results of the subjects' employment anxiety before and after the experiment

Survey object	Before experiment	After the experiment
Choice of employment direction	3.44	1.26
Choice of employment mode	3.26	1.31

**Conclusions:** The employment of college students is the key issue of people's livelihood. In order to alleviate the employment anxiety of college students, the ideological and political education in colleges and universities should strengthen the psychological endurance and pressure resistance of college students through ideological intervention, help college students establish a diversified concept of employment and alleviate the employment anxiety of college students. However, there are still many problems in China's ideological and political education in colleges and universities. Teachers of ideological and political education in colleges and universities are required to constantly optimize the curriculum reform, improve and innovate the educational evaluation standards and educational contents, so as to keep the ideological and political education in colleges and universities in line with the development pace of the times.

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## CAUSES AND COUNTERMEASURES OF EMOTIONAL ANXIETY SYMPTOMS OF ARCHIVES MANAGEMENT WORKERS IN COLLEGES AND UNIVERSITIES

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**Background:** Colleges and universities are not only the main place of education and teaching in China, but also an important storage place of knowledge resources in China. Therefore, the resource archives management of colleges and universities is extremely important. In the archives management of colleges and universities, the ability of managers is the key factor to determine the advantages and disadvantages of archives management. Generally speaking, in the work management of colleges and universities, more rigorous scheme formulation will be made for the choice of archives management workers. With the development of social civilization brought by the progress of science and technology, the requirements of college archives management for workers are also gradually improving. At the same time, because the college archives department is an important role in the administrative field, which contains rich and complex resources, the pressure of college archives management workers is also increasing. For the archives management workers in colleges and universities, the first thing they face is the task pressure at work, and the second is the monotony of the working environment, which leads to their fatigue and aversion to work. The comprehensive influence of various factors leads to the psychological anxiety of the archives management workers in colleges and universities. Exploring the psychological anxiety of archives management workers in colleges and universities will help to stimulate the enthusiasm of archives management workers and provide the development direction for scheme management in colleges and universities.

Anxiety is a psychological phenomenon. From the perspective of psychology, the generation of anxiety is the negative emotion produced by individuals under the influence of the environment. The generation of anxiety will also breed individuals to produce depression, anxiety and other emotions, which will seriously hinder individuals' daily life and work. From a large number of psychological studies, we can know that most anxiety in work is affected by many factors, including genetic factors and working environment, in which working environment is the risk factor of anxiety. In the operation of colleges and universities, archives management, as an auxiliary, boring and repetitive work, is facing severe social challenges in the development of the information age. The lack of professional knowledge leads to fear of work, anxiety and poor work. And in the work, due to the limitations of the work content, the archives management workers cannot obtain a sense of pride from the work, and their psychological tolerance decreases, which also leads to their anxiety. In psychological research, a large number of reports have made a more detailed analysis on the causes and effects of anxiety in the general environment, but few psychological studies have conducted

in-depth discussion on the anxiety in logistics management. Therefore, the research will take the archives management workers in colleges and universities as the research object, analyze the current situation and occurrence mechanism of their anxiety, in order to put forward the reference direction for the psychological anxiety relief of logistics management workers in colleges and universities.

**Objective:** To understand the work status of college archives management workers, analyze the influencing factors of emotional anxiety caused by college archives management, and explore the mitigation measures of emotional anxiety of college archives management workers.

**Subjects and methods:** Taking the archives management workers in colleges and universities as the research object, 15 archives management workers in 5 colleges and universities were selected to evaluate the psychological anxiety status of the participants with the self-rating anxiety scale. Using the method of interview to count the work situation of college archives management workers, and analyze the correlation between the work situation and anxiety score, so as to analyze the influencing factors of emotional anxiety disorder of college archives management workers. Based on the influencing factors, formulate anxiety mitigation strategies, and apply the mitigation strategies to the daily work and life of college archives management workers.

**Results:** The anxiety score and workload of archivists were counted by Excel, and SPSS24.0 was used to analyze the correlation between the psychological anxiety of college archivists and their work style, work content, personal ability and social communication, as shown in Table 1. Table 1 shows that in the daily work of archives management workers in colleges and universities, the correlation between work style, work content, personal ability and social communication is low, and the anxiety at work is significantly affected by work style, work content, personal ability and social communication.

**Table 1.** Calculation results of correlation between anxiety and work

Project	Emotional anxiety	Operation mode	Job content	Personal ability	Social communication
Emotional anxiety	1	-	-	-	-
Operation mode	0.407	1	-	-	-
Job content	0.454	0.014	1	-	-
Personal ability	0.612	0.032	0.017	1	-
Social communication	0.597	0.009	0.011	0.015	1

**Conclusions:** Logistics work in colleges and universities plays an important role in ensuring the normal operation of colleges and universities, and it is also a key part to ensure the sustainable development of colleges and universities. In order to promote the development of colleges and universities, the mental health problems of archives management workers in colleges and universities have also begun to receive extensive attention. In the research, by analyzing the development status of emotional anxiety disorder of college archives management workers and its influencing factors, this paper puts forward effective strategies to alleviate the psychological anxiety of college scheme management workers. The results show that there are a variety of influencing factors for the anxiety of archives management workers. Therefore, in the development of colleges and universities, it is necessary to formulate a comprehensive, reasonable and appropriate psychological adjustment scheme for archives management workers, so as to enhance the work passion of workers and promote the development of colleges and universities.

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## STUDY ON THE ALLEVIATING EFFECT OF STRENGTHENING THE CONSTRUCTION OF TEACHERS' MORALITY AND STYLE ON COLLEGE STUDENTS' ANXIETY

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**Background:** In psychology, it is believed that college students are just at the boundary between school and society. Many college students can't calmly deal with the pressure of learning, economy, communication and love, passively avoid, and can't actively explore and solve problems, which leads to negative emotions such as complaint, anxiety and fear of difficulties, which seriously affects their physical and mental health. With the acceleration of social development, the social pressure that college students