

STUDY ON THE CORRELATION BETWEEN URBAN RESIDENTS' EMOTIONAL ANXIETY AND REGIONAL ECONOMIC DEVELOPMENT OF SMALL TOWNS IN SHAANXI PROVINCE

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Background: Emotional anxiety is a typical psychological disease. Emotional anxiety symptoms not only have a direct impact on the body and mind of patients, but also affect their study, work and life. In the study of emotional anxiety symptoms, patients with emotional anxiety have mental tension, emotional ups and downs, accompanied by persistent negative emotions, and the quality of sleep and diet are also poor. With the severity of emotional anxiety symptoms, many patients will have memory decline, physical and mental quality decline, inattention, and induce other diseases. There are many inducing factors of emotional anxiety symptoms, such as emotional anxiety caused by physical and mental health. Patients with poor physical quality and other diseases are easy to induce emotional anxiety problems; In addition, the increase of work and study pressure and the continuous tension of spirit are also the main factors leading to emotional anxiety. With the intensification of social competition in China, more and more people suffer from emotional anxiety symptoms, especially the modern young group. Emotional anxiety has affected modern people's normal life and healthy development, and brought many disadvantages to people's life, study and work. Therefore, effective measures need to be taken to deal with modern people's emotional anxiety in order to promote the healthy development of modern society.

After entering the 21st century, China's economy has ushered in a golden decade of rapid growth. By 2021, China's economic scale has reached 45 trillion output value, and the overall economic volume ranks second in the world. China's urban economy has also developed rapidly. Under the economic background of rapid development, more and more urban residents have emotional anxiety symptoms. Emotional anxiety symptoms not only endanger people's healthy development, but also have an adverse impact on the development of China's regional economy. The economic structure of a small town in Shaanxi is simple, mainly focusing on light industry manufacturing, food processing and garment product production. These industries belong to people intensive industries, and Shaanxi small town residents are the main labor source of the industry. With the expansion of social competition, more and more urban residents suffer from emotional anxiety symptoms, which has an adverse impact on the development of regional economy. Based on the above factors, this paper studies the specific performance and impact of emotional anxiety symptoms, analyzes the regional economic development of small towns in Shaanxi, and then analyzes the correlation between emotional anxiety symptoms and the regional economic development of small towns in Shaanxi through the research on the emotional anxiety of urban residents.

Objective: To explore the manifestation and harm of emotional anxiety disease, analyze the economic structure types of small towns in Shaanxi, so as to discuss the impact of urban residents' emotional anxiety on the regional economic development of small towns, provide opinions for improving the symptoms of urban residents' emotional anxiety, and promote the scientific development of regional economy.

Subjects and methods: The study selected 120 residents with emotional anxiety in small towns in Shaanxi as the research object, and conducted a questionnaire survey on 120 researchers. A total of 120 questionnaires were distributed, and the questionnaire recovery rate was 100%. The main content of the questionnaire is to study whether residents with emotional anxiety have an impact on their own work, so as to judge whether patients with emotional anxiety will have an impact on regional economic development. The data adopts SPSS22.0 software to do statistics, and get the correlation results between urban residents' emotional anxiety and regional economic development.

Results: As shown in Figure 1, it shows the correlation between urban residents suffering from emotional anxiety disorder and regional economic development. It can be seen from the data in Figure 1 that urban residents suffering from emotional anxiety have a direct impact on the regional economic development. People suffering from emotional anxiety have a negative impact on the regional economic development. Therefore, in the economic development, we should pay high attention to people's mental health, which is more conducive to the regional economic development.

Conclusions: China's economy is facing transformation and innovative development. Under the background of this environment, China's urban residents are facing pressure from all aspects of work and development. Many people are suffering from psychological diseases, which has a negative impact on the economic development of the region. Therefore, in the development of modern society, we need to pay close attention to people's mental health and take effective measures to governance, so as to promote the innovation and development of regional economy. The experimental results also show that emotional

anxiety residents' participation in work will have a negative impact on work and personal body and mind. Therefore, modern society should attach great importance to people's mental health and promote the innovation and development of regional industrial economy.

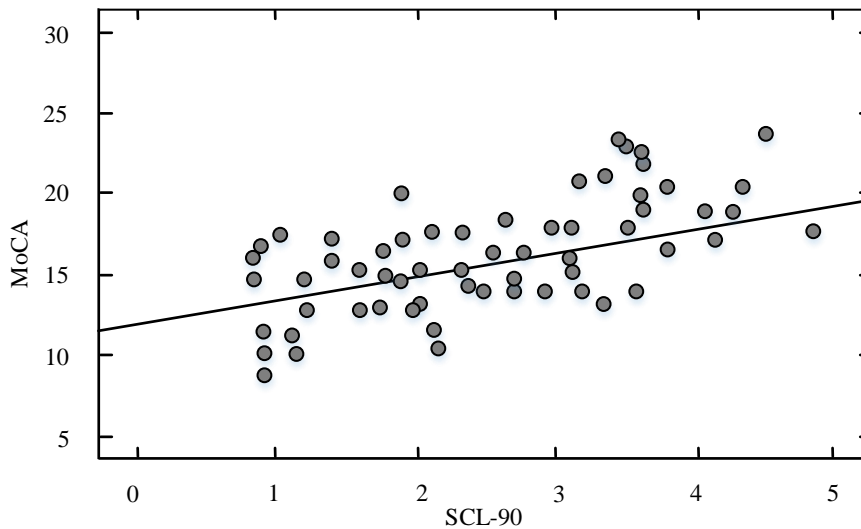


Figure 1. Correlation between urban residents suffering from emotional anxiety disorder and regional economic development

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RESEARCH ON THE INFLUENCE OF STUDENTS' ANXIETY BASED ON DATA MINING TECHNOLOGY

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Background: Since the 21st century, the world economy has undergone earth-shaking changes, and social competition has entered a new stage. In this environment, more and more people are suffering from anxiety psychological problems. Anxiety is a common psychological disease. People with anxiety are prone to symptoms such as tension, panic, uneasiness and changeable emotions. With the severity of the disease, it will have a serious impact on their personal life, study and work. In the research of anxiety psychology, some psychologists believe that the generation of anxiety psychology is usually a symptom of psychological disease caused by people's adverse feelings such as pressure, pain, or physical and mental harm in a certain environment, which exceeds the scope of personal regional ability and cannot effectively eliminate or solve problems. If people are in a state of anxiety for a long time, it is not only easy to induce various diseases, but also increase the physical and mental burden, resulting in more serious diseases, such as cognitive impairment and depression, which is at risk of endangering people's health. At present, students are a high incidence group of psychological anxiety symptoms. The factors of students' anxiety mainly focus on learning and communication, and a few are caused by illness. Students have been busy in their study and work tasks for a long time, and their physical and mental pressure is doubled. At the same time, their unreasonable eating, work and rest habits are easy to make students have anxiety psychological problems. Therefore, the development of modern education pays great attention to students' mental health. Only when students have good physical and mental quality can they develop better and speed up educational reform.

With the advent of the information age, the communication and exchanges between people become more and more simple. Through information technology, learning, work and communication can be realized, which provides great convenience for people's life and daily travel. It can be said that the information age has enriched people's material foundation. At the same time, the information age has also changed people's