

Conclusions: Psychological contract theory is one of the most important theories in management psychology. Its purpose is to promote each other and form a virtuous circle between employees and enterprises by understanding the needs of employees themselves. According to the psychological state of college teachers, the theory of psychological contract has a certain impact on college managers to meet the psychological expectations of college teachers. The experimental results show that the management method of adding psychological contract theory has a significant improvement on the satisfaction level of higher education teachers' psychological expectations, which has a positive impact on their own psychology.

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RESEARCH ON THE INFLUENCE OF BUILDING ENERGY SAVING MEASURES ON ALLEVIATING RESIDENTS' ANXIETY UNDER THE BACKGROUND OF THE NEW ERA

Huan Xiong

Chongqing Metropolitan College of Science and Technology, Chongqing 402167, China

Background: With the increasingly fierce social competition and the improvement of residents' demand for living standards, residents' psychological anxiety is becoming more and more common. Anxiety, as a common bad psychological emotion, is mainly manifested in a variety of psychological behaviors, such as anxiety, panic, tension, anxiety and so on. For individuals, short-term anxiety has less negative impact, but long-term anxiety will lead to physiological and emotional diseases. Anxiety can be divided into pathological anxiety and realistic anxiety. Pathological anxiety is the most common type of anxiety. Its clinical manifestations are panic anxiety, generalized anxiety disorder and so on. At present, the main causes of residents' anxiety are life pressure, work pressure and economic pressure. At present, the most common intervention measures for anxiety disorders are personalized psychological intervention, lectures on professional knowledge of mental health, etc. Although these intervention methods can reduce the psychological anxiety of patients to a certain extent, the application scope of these methods is greatly constrained, and the effect is not good and the real-time performance is low. Therefore, their promotion value in clinical practice is not great. Therefore, some methods that are closer to life and easier to implement to alleviate anxiety are usually more worthy of research and promotion.

With the rapid progress and development of science and technology, people pay more attention to energy conservation. At present, there are many measures for energy conservation, and one of the more common in life is building energy-saving technology. Building energy-saving technology refers to the implementation of energy-saving standards in the planning, design, construction, transformation and use of buildings, the adoption of energy-saving technologies, equipment, processes and products, the improvement of thermal insulation performance and the efficiency of thermal systems such as heating, refrigeration and heating, the strengthening of the operation and management of building energy consumption system, and the use of renewable resources to reduce the additional consumption of energy in all aspects as far as possible. Building energy conservation measures include not only reducing energy consumption in the construction process, such as the production, calculation and installation of equipment required by various buildings, but also reducing energy consumption in the use process, including heating, air conditioning, electrical appliances, cold and hot water supply, etc. Building energy conservation measures are closely related to residents' lives. Building energy conservation can not only save energy and reduce residents' living costs, but also improve residents' living comfort level, which plays a positive role in regulating residents' psychology.

Objective: To study and analyze the effect of building energy conservation on residents' anxiety, so as to alleviate residents' anxiety and maintain their mental health.

Subjects and methods: 600 residents with similar mental health conditions were found and divided into two groups according to the principle of equal number. One group implemented building energy-saving measures in the living area as the experimental group, and the other group lived in traditional residential buildings as the control group. The experiment lasted for 3 months. During the experimental period, the psychological state and anxiety level of residents were tested and compared every 10 days. The psychological measurement tools used in the study were Symptom Checklist 90 (SCL-90) and Generalized Anxiety Disorder-7 (GAD-7).

Results: The GAD-7 test results of the two groups of residents before and after the experiment are shown in Table 1. It can be seen from Table 1 that before the experiment, the anxiety psychological states of the residents in the two groups were very similar, while after the experiment, the overall anxiety level of the residents in the experimental group decreased significantly ($P < 0.05$), while there was no such phenomenon

in the control group.

Table 1. Comparison of self-rating anxiety test results between the two groups

	Before the experiment	After the experiment
Control group	7.74	7.42
Experimental group	7.72	5.79

Conclusions: Anxiety is a negative psychological state when individuals face dangerous or uncertain factors. Too serious anxiety will affect individuals' normal life. In the current urban life, due to the changes of economic, cultural and value orientation, there is a group anxiety that needs to be paid attention to. Naturally, this anxiety also exists in the majority of residents. According to the current situation of residents' general anxiety, based on building energy-saving measures, this paper analyzes and explores the effect of building energy-saving on residents' anxiety. The experimental results show that the residential area can significantly reduce the anxiety level of residents after building energy-saving measures.

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THE EFFECT OF CHINESE LANGUAGE AND LITERATURE LEARNING ON STUDENTS' ANXIETY UNDER THE BACKGROUND OF EDUCATIONAL INNOVATION

Zhisong Yao

Zhumadian Preschool Education College, Zhumadian 463000, China

Background: Anxiety generally refers to an individual's negative psychological reaction dominated by worry and tension in the face of potential dangers or other disturbing factors. When an individual thinks he can't achieve a specific goal or overcome the expected obstacles, the anxiety may be particularly serious. In the current situation of sharp increase in learning pressure, anxiety has been widespread in the student group. If most people in a community have anxiety because of the same or similar factors, this situation is social anxiety, and this anxiety has integrity. Students' group psychological anxiety is related to the drastic changes being experienced in all aspects of the current educational environment. The pressure of entering a higher school increase, education is gradually utilitarian, the pressure from school and family, and so on. Many factors will make students fall into the abnormal psychology of anxiety. From the individual level of students, the cumulative aggravation of anxiety may lead to various physiological and psychological diseases. From the social level, the aggravation of anxiety of students will also have a negative impact on the whole education industry.

Under the current mainstream educational background, the study of Chinese language and literature is not paid enough attention. However, with the current education gradually moving towards innovation and improving students' comprehensive quality based on reducing the burden, this situation has gradually improved. Chinese language and literature have a strong humanistic and theoretical atmosphere. It contains excellent works in all aspects of China's ancient and modern literature, including poetry, prose, novels, drama and so on. Therefore, it can not only have a positive impact on the appreciation of Chinese language, but also have a positive psychological impact on the learning of Chinese language. Under the background of the gradual innovation of education, the study of Chinese language and literature has gradually entered the whole student group, not just the professional student group. Taking Chinese language and literature as an elective course allows students to appreciate these excellent ancient and modern Chinese literary works, which has a positive guiding effect on students' psychology.

Objective: To study whether the learning of Chinese language and literature can affect the anxiety of students, to alleviate the overall anxiety of students.

Subjects and methods: 500 students with similar basic psychological conditions were found from the same school, and they were divided into two groups according to the principle of equal number. One group of students took Chinese language and literature as an elective course as the experimental group, and the other group used the traditional way of basic education as the control group. The teaching period is 3 months. At the beginning of each month, before and after the teaching, the students' psychological state and anxiety level are tested, analyzed and compared. The psychological measurement tools used in the