

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

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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

study were Generalized Anxiety Disorder-7 (GAD-7) and Symptom Checklist 90 (SCL-90).

Results: The GAD-7 test results of the two groups of students before and after the experiment are shown in Table 1. It is obvious from Table 1 that the anxiety levels of the two groups of students before the beginning of the experiment of Chinese language and literature learning are similar, while the anxiety levels of the experimental group decreased significantly after the end of Chinese language and literature learning, while there is no obvious change in the control group. After statistical analysis, it can be found that there is a significant difference in the anxiety level between the two groups after the learning of Chinese language and literature ($P < 0.05$), but there is no significant difference in the control group.

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

	Control group	Experimental group
Before the experiment	8.65	8.56
After the experiment	6.44	8.22

Conclusions: Anxiety is a kind of negative psychological state when individuals face dangerous or uncertain factors. Too serious anxiety will affect the normal life of individuals and the normal development of groups. At present, students have group anxiety that needs to be paid attention to due to academic, campus interpersonal relations, culture and family relations. Because of their environment and education, the performance of students' anxiety characteristics is also closely related to education. Based on the influence of literary aesthetics on students' psychological state under the environment of the gradual development of educational innovation, this paper studies the inclusion of Chinese language and literature into students' elective learning courses according to the anxiety problems faced by students, compares the psychological state of students who study Chinese language and literature with those who do not study Chinese language and literature, and carries out students' psychological state according to the conventional learning and education methods. The experimental results show that the learning of Chinese language and literature can significantly reduce the anxiety level of students.

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DISCUSSION ON THE VALUE OF PERSONALIZED INFORMATION SERVICE OF UNIVERSITY LIBRARY TO THE CONSTRUCTION OF COLLEGE STUDENTS' POSITIVE PERSONALITY UNDER THE NETWORK ENVIRONMENT

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Background: In positive psychology, the cultivation of personality has both congenital and acquired factors, among which the latter factor is more important. Positive personality refers to a kind of personality in which individuals tend to take the initiative and positive challenges in the attitude towards things, rather than passive avoidance. It has the characteristics of positive thinking, positive and good cognition of self and so on. In order to cultivate positive personality, enhancing individual positive experience and cultivating individual self-esteem are the most important ways. Among them, positive experience refers to an individual's psychological state. If an individual keeps feeling pleasure and psychological enjoyment in recalling the past, feeling the present and looking forward to the future, it belongs to positive experience. Cultivating individual self-esteem is the performance of having a correct understanding of self and respecting one's personality in psychology, including psychology and physiology, and the physiological individual self-esteem is also the reflection of psychological self-esteem. At present, there is a general lack of positive personality among college students because of the lack of corresponding courses and guidance. The higher education for college students not only needs to teach professional knowledge, but also needs to build and shape the positive personality of college students. For individuals, the construction of positive personality can make individuals maintain mental health, make continuous progress, and maintain the positive and healthy development of learning and life. For groups, the construction of positive personality can effectively improve the overall comprehensive quality of college students and make more contributions to social construction.

In the current network environment, the coverage of network libraries in university libraries has reached a very high level. Almost every university has its own network library except the physical library. The advantage of network library is not only that it is very convenient. College students can read books at any