

forward the ideological and political teaching mode of physical education in colleges and universities considering the psychology of the audience, in order to enhance the correct values of contemporary college students in college teaching.

Subjects and methods: 500 college students were randomly divided into research group and control group. The students in the research group adopted the physical education curriculum education mode based on audience psychological and political teaching, while the students in the control group adopted the conventional physical education teaching mode. The self rating anxiety and depression scale was used to evaluate the anxiety and depression status of all students before and after teaching. The students' teaching results were reflected by the examination results of physical education courses, and the students' positive psychological changes were used to reflect the cultivation results of students' correct values. The differences between the two groups before and after teaching were compared and analyzed.

Results: The anxiety and depression scores and performance differences between the two groups are shown in Table 1. Table 1 shows that the change of anxiety and depression scores of the study group is more obvious than that of the control group, and it can be seen from the comparison of student performance after teaching that the performance of the study group is significantly higher than that of the control group.

Table 1. Differences in anxiety and depression scores and scores between the two groups

Project		Anxiety score	Depression score	Sports performance
Control group	Before teaching	72.36±4.12	72.55±3.34	62.73±8.54
	After teaching	68.46±4.01	67.15±3.97	71.57±8.32
Research group	Before teaching	71.94±4.31	72.06±3.45	62.53±8.67
	After teaching	49.47±3.67	47.13±3.75	81.86±8.72

Conclusions: In education, colleges and universities have gradually changed from the improvement of students' professional performance to the improvement of students' comprehensive ability. Among them, students' physical exercise has become the main course of college students' physical quality training. In order to deal with the unsatisfactory phenomenon of physical education in colleges and universities caused by students' negative emotions, the study proposes to use audience psychology to integrate ideological and political education into physical education, and evaluate students' values by analyzing the changes of students' negative emotions and positive psychological changes. The results show that the students' negative emotion score reduction effect and the positive psychological training effect are better than those under the conventional teaching. Therefore, in college teaching, the physical education teaching based on the cultivation of students' physical and mental quality can add the cultivation scheme of students' values, which will help students' future development.

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RESEARCH ON THE INFLUENCE OF EMPLOYEES' PSYCHOLOGICAL ANXIETY ON THE BASIC TECHNOLOGY AND DEVELOPMENT OF GIS

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Background: With the development of society, all walks of life in China are becoming more and more scientific and technological. The intelligent development of GIS is of great significance to the social development of China in. The improvement of geographic information system is one of the basic conditions for economic development. When the functions of geographic information system become more and more comprehensive, China's international competitiveness and advantages can be significantly increased. The main applications of geographic information technology in China include transportation, environmental protection, national defense security and many other fields. The use of GIS related technologies can effectively promote the development of the industry in different fields. With the development of geographic information system, its technical functions are constantly improving, which makes the application scope of geographic information system in various fields also increasing. Some studies have pointed out that geographic information technology contains advanced science and computer science foundation, and its powerful data processing ability can realize multi data analysis more quickly and efficiently. At present, the development of independent information system technology is relatively rapid. In the current development of geographic information system, it includes geographic information modeling

system, three-dimensional model of geographic information system and object-oriented information system. However, some studies have pointed out that the development of GIS is affected by the employees' emotions, and the employees' anxiety is the main risk factor that hinders their technological development.

In the process of social development, scientific and technological progress has affected the working environment of all walks of life. Although it has reduced the working pressure of employees to a certain extent, the promotion of intelligence has led a large number of employees to worry about the matching of their own abilities with their current work, which has also led to the increasing social pressure of employees in different industries. From the research and analysis of psychology, we can know that the individual's psychological anxiety is the negative emotion produced by the individual under the influence of the environment. The generation of anxiety will also breed the individual to produce depression, anxiety and other emotions, which will seriously hinder the individual's daily life and work. Psychologically, it is believed that the psychological anxiety of employees is the psychological emotion generated under environmental pressure. In some studies, it is pointed out that most of the technical level of employees is still at the average level of the current industry, and the emergence of intelligence leads to a relative reduction in their technical level. In addition, some psychologists believe that social development will inevitably lead to the spread of social anxiety. Employees in different industries have different degrees of anxiety. Appropriate anxiety is one of the elements for employees to improve their ability. However, social pressure brought by social development increases the degree of anxiety, leading to excessive anxiety among employees, which slows down the improvement of employees' ability, and then affects work efficiency. In the technological development of GIS, the professional level of technical personnel is the basic condition to promote its development. However, the excessive anxiety under social pressure leads to the employees' failure to reach the ideal state, which hinders the development of GIS. Therefore, analyzing the anxiety of employees in the development of GIS will help to improve the development speed of the industry and ultimately enhance China's comprehensive strength in the industry.

Objective: Understand the basic technology and development trends of GIS, analyze the current situation of employees' psychological anxiety in the GIS industry, put forward employees' anxiety mitigation strategies, and analyze the changes of employees' anxiety under the mitigation strategies and their impact on the development of GIS.

Subjects and methods: Select a geographic information system enterprise, and use the State Trait Anxiety Inventory (STAI) to investigate the psychological anxiety status of employees in the enterprise. The scale contains 40 questions. The first 20 questions are used to evaluate the state anxiety of the tester, and the last 20 questions are used to evaluate the trait anxiety of the tester. In view of the anxiety of the employees, a reasonable plan is formulated from the aspects of self blame, help seeking, fantasy, retreat, etc. in their work, the plan is applied to the anxiety relief of the employees, and the anxiety changes of the employees under the relief plan are evaluated. SPSS24.0 was used to process the survey data, and independent sample *t*-test, analysis of variance, correlation analysis and regression analysis were used for statistical analysis.

Results: A total of 200 questionnaires and 190 effective questionnaires were distributed. The changes of state anxiety and trait anxiety of employees under the mitigation strategy are shown in Table 1.

Table 1. Changes of state anxiety and trait anxiety in employees

Project	Management		Staff member	
	Before intervention	After intervention	Before intervention	After intervention
State anxiety	43.41±10.84	31.25±10.26	43.39±10.07	30.81±10.14
Trait anxiety	41.62±7.83	30.61±6.97	41.20±7.99	30.02±6.53

Conclusions: The anxiety of employees is the key factor affecting their social work process. How to alleviate the anxiety of employees is the key to promote social and economic development. The research takes the geographic information system industry as the research object, and analyzes the impact of employees' anxiety on the technology and development of the industry. The results show that the employees' anxiety can significantly affect the development of GIS technology. When the mitigation strategies are formulated according to the working psychology of GIS employees, the employees' psychological anxiety can be relieved. Therefore, in order to promote social development and scientific and technological progress, it is necessary to formulate reasonable and appropriate strategies to alleviate employees' anxiety and enhance China's scientific and technological strength.

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RESEARCH ON THE INFLUENCE OF COLLEGE INNOVATION AND ENTREPRENEURSHIP TRAINING MODEL BASED ON EDUCATIONAL PSYCHOLOGY ON STUDENTS' EMPLOYMENT ANXIETY

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Background: Innovation and entrepreneurship education is a new educational concept put forward by China in recent years in order to connect with the world, keep up with the pace of the times and cultivate innovative talents. Innovation and entrepreneurship education aims to help students fully understand the current social enterprise business environment, entrepreneurial opportunities, entrepreneurial risks and enterprise development mode. At the same time, help students fully understand the concept and characteristics of entrepreneurship, and effectively cultivate students' entrepreneurial awareness and innovative spirit. Therefore, through innovation and entrepreneurship education, students' innovation awareness and entrepreneurship level can be improved, and high-quality innovative talents can be cultivated for the society, which is of great significance to students' personal development and the overall development of the society. However, in the process of innovation and entrepreneurship education, some students have anxiety because of various reasons, such as excessive learning pressure, high employment pressure, learning progress cannot keep up, and innovation and entrepreneurship education is relatively difficult. Moderate anxiety is conducive to students' efforts to set goals, but excessive anxiety will affect students' physical and mental health, and then affect students' normal study and life. In the current higher education, in view of the employment anxiety of students, most of the education methods are carried out by optimizing the innovation and entrepreneurship teaching mode, among which there is less research on your students' psychological anxiety. Therefore, finding appropriate methods to promote the improvement of students' psychological quality and relieve students' pressure is of great significance to the healthy growth and development of students.

Educational psychology is a type of psychology proposed according to the current situation of education. The purpose of educational psychology is to solve the problems in the innovative design of traditional teaching programs. Educational psychology believes that human learning behavior is influenced by psychology in the context of education, and advocates paying attention to students' learning habits and development space in the design of teaching methods. Educational psychology, as a psychological subject that analyzes the psychological status of the participants in education and teaching, is undoubtedly of great importance in the reform of higher education. In order to improve the students' employment anxiety in the cultivation of innovation and entrepreneurship in colleges and universities, this study proposes to use educational psychology to optimize the cultivation mode of innovation and entrepreneurship ability in colleges and universities. Educational psychology is to integrate pedagogy and psychology to build a psychological content that fits the psychological demands of students, teachers and other participants. In the research of educational psychology, it is pointed out that college education reform is not only aimed at the improvement of teaching system, but also the improvement of students' psychological quality training strategies. At the same time, educational psychology believes that the existence of students' psychological factors will affect the direction of educational reform to a certain extent. Based on the relief of students' emotions, educational psychology puts forward that the psychological cultivation of teaching programs is the key to the improvement of teaching quality in the teaching reform.

Objective: To understand the current situation of employment psychological anxiety of innovation and entrepreneurship students in colleges and universities, analyze the problems existing in the cultivation of innovation and entrepreneurship ability, optimize the cultivation of innovation and entrepreneurship ability in colleges and universities by using educational psychology, and analyze the impact of innovation and entrepreneurship education under educational psychology on students' employment psychological anxiety.

Subjects and methods: Using the random number table method, 200 students were randomly divided into the study group and the control group, with 100 students in each group. Among them, the students in the research group adopted the innovation and entrepreneurship teaching model based on educational psychology. The control group only carried out professional education. After 4 months of teaching, the teaching effects of the two groups of students were compared. At the same time, in the teaching process, the Self-assessment Anxiety Scale (SAS) was used to continuously observe the students' employment anxiety psychology, and analyze the changes of students' employment anxiety psychology. All data generated in the teaching process were statistically analyzed by SPSS22.0, with $P < 0.05$ as statistically significant.

Results: The differences in scores and anxiety scores of the two groups of students before and after the teaching intervention are shown in Table 1. Table 1 shows that the increase in scores of the students in the research group is significantly higher than that of the students in the control group, and the decrease in