

**Objective:** By analyzing the practical significance of vocational education service in the rural revitalization strategy, this paper explores its impact on the psychological anxiety of rural farmers.

**Subjects and methods:** The study randomly selected 50 rural farmers from the villages of the two places as the research objects, and made 100 farmers participate in the experiment on the impact of the research and practice of the rural revitalization strategy of vocational education services on alleviating the psychological anxiety of the audience. The experiment was divided into the control group and the experimental group, with 50 people in each group. The control group was the rural revitalization strategy without vocational education services, and the experimental group was the rural revitalization strategy with vocational education services. The duration of the experiment was 4 months. The Hamilton Anxiety Scale (HAMA) was used for evaluation. The two groups of subjects were evaluated by the HAMA scale during and after the experiment. The measurement results were statistically analyzed by Excel, SPSS23.0 and other software to compare the changes of psychological anxiety of the two groups of subjects.

**Results:** The impact of the research and practice of the strategy of vocational education serving rural revitalization on alleviating the psychological anxiety of the audience is shown in Table 1. From Table 1, it can be concluded that the number of negative psychologies in the control group is positively correlated with the experimental time, and the number of people evaluated as “very negative” has increased from 15 before the experiment to 38, accounting for 76% of the total number. The number of people in the experimental group who were evaluated as “very positive” increased from 11 before the experiment to 37. After the experiment, none of the subjects in the experimental group had negative psychology.

**Table 1.** Research and practice on the strategy of vocational education serving rural revitalization

Experimental grouping	Evaluation grade	Number of persons (PCS.)				
		Before experiment	The first month	The second month	The third month	The fourth month
Control group	Very negative	15	20	22	31	38
	More negative	17	20	25	19	12
	More active	12	8	3	0	0
	Very positive	6	2	0	0	0
Experience group	Very negative	13	12	8	2	0
	More negative	22	20	11	3	0
	More active	14	15	16	22	13
	Very positive	11	13	15	23	37

**Conclusions:** The rural revitalization strategy of vocational education services plays an important role in promoting rural revitalization, helping rural farmers acquire knowledge and skills, increasing the diversity of rural farmers’ income, eliminating farmers’ survival anxiety, economic anxiety and educational anxiety, helping farmers cultivate healthy psychology and promoting the rapid development of rural revitalization.

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## ANALYSIS OF THE INFLUENCE OF HIGHER EDUCATION MANAGEMENT ON THE MENTAL HEALTH OF ANXIETY STUDENTS

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**Background:** Anxiety disorder is one of the most common diseases in neurosis, which is characterized by anxious emotional experience. Anxiety disorder can be divided into chronic anxiety and acute anxiety. The clinical manifestations of chronic anxiety are mainly reflected in three aspects. The first is emotional symptoms. Patients often have extreme emotions without obvious inducing factors, which makes them feel

nervous, afraid and worried for a long time. The second is autonomic symptoms, such as dizziness, chest tightness, flustered, urgent urination and other somatic symptoms; The third is sports restlessness, such as restlessness, which makes it difficult to calm down. The clinical manifestation of acute anxiety is the feeling of dying or losing control. Vegetative nerve symptoms occurred at the same time. As a special institution to transfer knowledge, culture and skills, colleges and universities are also an important place for college students' psychological training. At the present stage, college students are facing a lot of learning burden, employment pressure and social pressure, which makes them easy to fall into the bad mood of irritability, tension and anxiety, and then suffer from anxiety disorder. Anxiety disorder will directly affect college students' daily life and learning plan, and then affect their healthy growth, and then produce more serious negative psychology to form a vicious circle. The psychological anxiety of college students can be divided into three types: Academic anxiety, social anxiety and employment anxiety. Students' anxiety brings challenges to the management of colleges and universities. Exploring the optimization and implementation of educational management is of great significance to improve the level of education and alleviate students' anxiety. Colleges and universities should build a diversified educational management mode and organize students to carry out teaching activities such as professional knowledge competition, practical activity design and topic content discussion. On the one hand, they should enrich the teaching content and realize the cultivation of students' comprehensive quality. On the other hand, they should use a diversified teaching management mode to stimulate students' awareness and ability of autonomous learning, so as to guide students to form correct values, political concepts and moral concepts. Help students establish self-confidence, enhance their practical ability, and alleviate their employment anxiety and social anxiety.

**Objective:** By optimizing the educational management of colleges and universities, we should build a diversified teaching management model, stimulate students' awareness and ability of autonomous learning, help students establish self-confidence, and then explore the mitigation effect of students' anxiety.

**Subjects and methods:** The study selected 300 college students with different levels of anxiety as the research objects, and made 300 of them participate in the intervention experiment of the impact of college education management on college students' anxiety psychology. The experimental period was 6 months. After the intervention experiment, the improvement of anxiety of the two groups of students was compared and analyzed. The State Trait Anxiety Inventory (ATAI) was used to analyze the anxiety symptoms of college students before and after the experiment, and Support Vector Machine (SVM) was used to classify the improvement effect of college students' anxiety. As a standard of anxiety assessment, ATAI can assess the improvement of anxiety in the process of intervention. Set 4 levels of improvement effect evaluation indicators, which are no improvement, slight improvement, improvement and obvious improvement. The improvement rate is the ratio of the number of people with slight improvement, improvement and obvious improvement to the total number of people. In order to avoid the influence of subjective factors on the research results, the average score of all subjects is taken as the final result.

**Results:** The results of the intervention experiment on the impact of college education management on college students' anxiety psychology are shown in Table 1. It can be seen from Table 1 that after the intervention experiment, the proportion of people who think that the university education management has "no improvement" effect on the psychology of students with anxiety disorder is 3%. The proportion of people who think that the effect of "a little improvement" is 10%. The proportion of people who think "there is improvement" is 50%. The proportion of people who think "there is a significant improvement" is 37%.

**Table 1.** Changes in the number of patients with selection difficulties in the intervention experiment

Grade	Number change				
	Before start	First month	Second month	Third month	Fourth month
Level 5	47	47	40	32	23
Level 4	59	61	55	48	38
Level 3	78	79	77	86	99
Level 2	35	36	45	48	53
Level 1	6	2	8	11	12

**Conclusions:** Through the work of educational management, colleges and universities provide students with a good learning environment and scientific learning methods to help students improve learning efficiency and establish students' self-confidence. The experimental results show that educational management plays an important role in alleviating students' anxiety symptoms and promoting students' high-quality development.

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## INVESTIGATION ON ENGINEERING QUALITY SATISFACTION OF SCIENCE AND ENGINEERING SPECIALTY BASED ON SEM FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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**Background:** Educational psychology is an important branch of psychology. The core of its research is human learning psychology, the effect of educational intervention, the psychology of teachers and the social environment of teaching. The main research objects of educational psychology are students and teachers and the learning process, while the research problems are the psychological phenomena and problems of students and teachers in the learning process, as well as the correlation and laws between objects and problems. The research of educational psychology on students’ learning motivation, emotional factors, cognitive structure and other psychological activities is of great significance to the improvement and development of teaching activities. So far, educational psychology has been widely used in many fields. Some studies have shown that curriculum design based on educational psychology can effectively improve students’ autonomous learning ability and efficiency, and also has a positive effect on students’ psychological state. In the current context of intelligent teaching, most professional courses have adopted mixed teaching, and the traditional teaching methods have been difficult to meet the increasingly complex learning. For college students majoring in science and engineering, the relevant teaching methods need to be reformed and innovated.

Structural Equation Model (SEM) is a common analysis and calculation model, which integrates a variety of algorithms, including factor analysis, variance analysis and multiple regression. SEM has many functions, such as analyzing models with multiple dependent variables, analyzing complex intermediary models, estimating potential variables to explain measurement errors, estimating potential factors of binary variables, testing cross group model invariance, and the development trajectory of repeated measured data. As a complex model, SEM has many advantages, including that it can complete the analysis of a complex model at one time, and is applicable to various data with different distributions—non normal distribution and different types of data—discontinuous data. It can test the stability of individuals for long-term data. For science and engineering students, their engineering quality is very important for learning and application. The courses of science and technology majors are usually based on the theory of educational psychology and adopt hybrid teaching for intelligent learning. Therefore, applying educational psychology to the study of science and engineering majors to improve their professional engineering quality has certain research value.

**Objective:** To analyze and explore the role of relevant theories of teaching psychology in the learning of science and engineering majors, in order to improve students’ engineering quality and professional learning ability.

**Subjects and methods:** 80 junior students were randomly selected from the same university of science and technology, and they were divided into two groups on average. One group continued to study in accordance with the conventional method as the control group, and the other group integrated the relevant theoretical knowledge of educational psychology into professional learning and organically combined in teaching. This group was used as the experimental group. The experiment lasts for 4 months, i.e., one semester. Before the experiment and every month during the experiment, a questionnaire survey will be conducted on the students and the test results will be recorded. At the same time, the relevant factors of the students will be recorded. The correlation analysis of all factors will be carried out with SEM tools to obtain the overall engineering quality results of the students after each statistic. Engineering quality is quantified by the percentage system. The higher the score, the higher the engineering quality. At the end of the experiment, SEM was used to analyze the differences between the two groups of students to judge the role of the reformed teaching model compared with the traditional teaching model.

**Results:** The total scores of the two groups before and after the experiment are shown in Table 1. It can be seen from Table 1 that there is little difference in the engineering quality level between the two groups