

system to improve the professional ability of teachers, so as to promote the long-term development of college students' mental health education curriculum.

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THE INFLUENCE OF MODERN LOGISTICS MANAGEMENT OPTIMIZATION STRATEGY ON ALLEVIATING EMPLOYEE ANXIETY UNDER SUPPLY CHAIN MANAGEMENT MODE

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Background: From the perspective of psychology, anxiety is a kind of psychological feeling and action tendency when facing future uncertainty. It is mainly characterized by widespread persistent anxiety or repeated panic, and the anxiety psychology shown by different audiences has individual differences. Cognitive level, psychological endurance, educational requirements, age structure, genetic factors, etc., will make individuals produce anxiety under the stimulation of internal and external environmental factors. According to the statistics of who, the number of patients with anxiety disorder shows an increasing trend, and the affected population also tends to be younger and more serious. Among them, employees have become the main sufferers of anxiety disorder, which is due to the multiple pressures of work and personal life. The psychological state of anxiety disorder employees will affect their evaluation of their own value and work content, and work with a more negative emotional attitude. Moderate psychological anxiety will urge employees to constantly examine their own shortcomings and problems in work, and then solve problems with a more proactive attitude and behavior. However, excessive psychological anxiety will cause employees to fall into an emotional quagmire, resulting in emotional disorder and out-of-control behavior, which will lead to a series of psychological problems and affect the completion of work tasks and the investment of mental state. Job content, interpersonal relationship, enterprise management system, job burnout, performance appraisal standards and other multiple factors will affect the emotional changes and evaluation of employees, and become the potential cause of anxiety disorder. The competition of modern enterprises is more about the competition of supply chain management level and logistics management. The idea of supply chain management has changed the way and mode of logistics management, in which supply chain logistics management is particularly important. However, under the current supply chain management mode, the modern logistics management strategy is less concerned about the psychological health of employees. The formulation of the strategy does not better meet the psychological needs of employees, which makes them more anxious, and then causes great damage to their work and mental health. Therefore, the research explores the optimization strategy of modern logistics management under the supply chain management mode in order to alleviate employees' anxiety and improve their mental health level.

Subjects and methods: The research take the employees suffering from anxiety disorder in a logistics enterprise as the research object. Firstly, it classifies their anxiety degree and anxiety causes and collects information. Then it analyzes the problems existing in the current logistics management mode and studies the countermeasures, and optimizes the management strategies in combination with the supply chain management mode and the psychological status of the employees, in order to meet the work and psychological needs of the employees, Improve their sense of well-being and recognition of their work. The experiment lasted for three months. After the experiment, the data of the psychological anxiety changes of the subjects were analyzed with the help of the self-rating anxiety scale, so as to better study the influence mechanism between the psychological state of the anxious employees and the enterprise logistics management mode. With the help of social statistical analysis tool SPSS23.0, the psychological anxiety relief of employees under different logistics management modes is statistically analyzed.

Results: To some extent, the enterprise logistics management mode is an important embodiment of the fairness of resource distribution, and the psychological emotion of employees is closely related to the physical environment, psychological environment and enterprise management system. The key point of active intervention for employees with anxiety disorder is to fully affirm the contribution and value of employees to the enterprise. Experiments show that the improvement and innovation of enterprise logistics management mode can effectively meet the psychological needs and emotional values of employees and alleviate their anxiety symptoms. Table 1 shows the statistical results of the psychological anxiety levels of the subjects before and after the experiment. Grade 1-5 indicates the degree of psychological anxiety from light to heavy.

The results in Table 1 show that after the optimization of modern logistics management strategy with the help of supply chain management mode, employees' anxiety in the three dimensions of human management,

work assignment and value realization has been significantly relieved. Their anxiety level is basically 1-2 after the experimental intervention, and their anxiety status has been significantly improved.

Table 1. Statistical results of psychological anxiety levels of subjects before and after the experiment

Before and after intervention	Human management anxiety	Assignment anxiety	Value realization anxiety
Before intervention	4	5	4
After intervention	2	2	1

Conclusions: Anxiety disorder, as an emotional regulation disorder, will cause great damage to people's physical and mental health. Improving the management mode of logistics enterprises can not only improve the logistics efficiency, but also pay attention to the psychological needs of employees, effectively alleviate their anxiety, and is an affirmation of the work value and self-worth of employees. Therefore, enterprises should pay attention to the emotional value and psychological problems of employees in the future management model innovation, and help them improve their mental health level.

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RESEARCH ON THE INFLUENCE OF CAREER PLANNING ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY UNDER THE PSYCHOLOGICAL BACKGROUND

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Background: The reform of the education system has accelerated the change of China's employment market. The over-saturation of the labor market and the high recruitment standards of employers have virtually increased the employment competition pressure of students, resulting in negative emotions such as anxiety, worry and depression. Employment anxiety refers to the comprehensive reaction of students' negative emotions caused by the cognitive deviation between internal cognition and objective reality in the process of employment. The low degree of adaptability between their major and position, the improvement of the standards of employers, the large number of competitors and other factors will make students have negative emotions such as panic and anxiety when choosing a job, and then show employment anxiety to a certain extent. Appropriate employment anxiety can help students better understand the market demand and professional skill requirements, and have a preliminary understanding of the employment situation in advance, so as to urge them to continuously strengthen their professional knowledge and practical ability, and improve their competitiveness and advantages. However, excessive employment anxiety will affect their own objective assessment of job demand and their own value cognition, and make employment choices blindly or choose to avoid employment. In the long run, negative emotions will cause certain behavioral barriers to students, make them miss the best period of employment and career selection, and then urge students to continuously reduce employment standards, which is not conducive to students' long-term employment planning. The group and individual differences of employment anxiety are large, and the current colleges and universities lack certain pertinence in the guidance of employment planning and career choice for students, so they can not recommend suitable employment choices according to the law of students' psychological changes and employment needs. Therefore, under the influence of opaque employment information, limited employment channels and extremely low self-awareness, it is difficult for graduating students to find their own employment options, or sometimes have employment confusion and related negative emotions. Due to the particularity of students' individual characteristics, college work needs to carry out "personalized recommendation" according to each student's personality characteristics and career choice preferences in order to help them better adapt to the changes of the employment market, and on this basis, dynamically master and timely intervene students' employment psychology and employment emotion with the help of psychological correlation. Psychology is a science that studies the psychological activities and behaviors of human beings and animals, and takes behaviorism psychology, cognitive psychology and humanistic psychology as the main psychological schools. Psychology takes helping