

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

Jing Zhou

Yangzhou Polytechnic Institute, Yangzhou 225009, China

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

to intervene and relieve individual psychological problems and negative emotions as the main research content, aiming to achieve the overall development of individuals on the basis of exploring human psychological laws. Therefore, the research based on this, with the help of psychological theory, to help colleges and universities do a good job in career planning has achieved the alleviation of college students' employment anxiety.

Subjects and methods: The research take the senior graduates of a university as the research object. After collecting information about the employment psychology and mental health status of students and the problems existing in the current employment planning of colleges and universities, the research objects are invited to conduct experimental tests. Add psychological theories to the original employment planning model, that is, help university employment managers to innovate the model through psychological theory learning and psychological testing, so as to better grasp students' employment psychology. With the help of mental health self-assessment scale, anxiety scale and employment psychological assessment scale, the data of middle school students' psychological changes and employment anxiety were collected and sorted out. For the sub items of the scale, the 5-point scoring method is used to quantify the indicators, i.e. 1-5 points are complete nonconformance, basic conformance, uncertainty, basic conformance and complete conformance respectively. The higher the score, the higher the corresponding degree. Subsequently, the subjects were randomly divided into the psychological intervention group and the conventional control group. The active intervention group conducted an experiment on the employment guidance model integrating psychological theory, while the conventional control group did not use any intervention means. After the two-month experiment, the psychological status and the improvement of employment anxiety of the subjects were statistically analyzed. With the help of statistical analysis tools, the experimental data were analyzed and compared between groups.

Results: Educational level, professional skill level, employment information and employment channels, individual self-cognition and other factors will cause students' employment pressure, and then produce employment anxiety, which will cause great damage to individual mental health. Table 1 shows the statistics of employment anxiety of students of different genders.

Table 1. Statistics of employment anxiety of students of different genders

Degree	Male (%)	Female (%)
Mild anxiety	26.31	31.72
Moderate anxiety	34.25	29.14
Severe anxiety	39.44	39.14

The results in Table 1 show that the degree of employment anxiety of male subjects is higher than that of female subjects, accounting for 34.25% and 39.44% of moderate and severe anxiety.

Conclusions: There is a high correlation between employment anxiety and employability. Colleges and universities should actively help graduates make employment planning and guidance, and help students correctly evaluate their professional ability and employment situation on the basis of understanding the current situation and requirements of the employment market. The managers of students' employment work should actively use the relevant theoretical knowledge of psychology to timely intervene and guide the negative emotions of students in the process of employment, reduce the occurrence of their employment psychological problems, and improve their mental health level and employment psychological quality.

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A STUDY ON THE EFFECT OF BULLYING INTERVENTION ON STUDENTS' LEARNING EVASION FROM THE PERSPECTIVE OF SOCIAL WORK

Congde Xu^{1*} & Yang Wang²

¹Law School, Qingdao University of Science and Technology, Qingdao 266061, China

²Alumni Affairs Office, Qingdao University of Science and Technology, Qingdao 266061, China

Background: Students' learning evasion generally refers to students' learning evasion psychology. Under the influence of this psychology, students have negative psychology towards learning-related activities and places, are unwilling to actively participate in learning, and often perform poorly in actual learning activities. Learning avoidance psychology is not uncommon among students. A study has found that more than 32% of primary and secondary school students in a certain area hold this psychology. There are many