

Conclusions: Social psychology is a subject that studies the relationship between social groups and social development. It studies the current situation of the development of college teachers. With the expansion of competition in modern society, teachers are increasingly influenced by the outside world in social development, including professional factors, life factors and personal factors, which will affect teachers' emotion and psychology, and then lead to the problem of logical thinking obstacles. The experimental results show that the four months performance management mechanism can significantly improve teachers' psychological indicators, alleviate teachers' logical thinking obstacles, and ensure the development of education. The content of the study has important reference significance for the reform and innovation of modern education.

Table 1. It refers to the changes of teachers' psychological indicators before and after the experiment after four months

	Psychological scale indicators	Psychological score
Before experiment	Emotional stability	2.2±1.1
	Self-affirmation	3.4±2.3
	Professional recognition	4.6±2.2
	Execution efficiency	3.1±2.3
After experiment	Emotional stability	8.2±1.1
	Self-affirmation	7.4±2.8
	Professional recognition	7.6±2.2
	Execution efficiency	8.1±1.3

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ANALYSIS OF THE INFLUENCE OF E-COMMERCE ON CONSUMER ANXIETY FROM THE PERSPECTIVE OF ECONOMIC PSYCHOLOGY

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Background: Anxiety Psychology is a kind of psychological disease. According to relevant data research, there are 120 million patients with psychological anxiety in China. With the continuous development of China's economy and the rapid pace of life, the number of patients with psychological anxiety shows a high trend, and most of the patients are concentrated in young groups, which has a serious impact on the development of society. People with anxiety tend to be more easily disturbed by the environment, and their emotions fluctuate greatly, accompanied by persistent depression and panic. Secondly, people with anxiety have incorrect understanding of their own emotions and states, especially the accumulation of negative emotions, which makes patients' thoughts and feelings perplex their own work, study and even life. In addition, people with psychological anxiety have a clear understanding of their negative emotions, and usually take corresponding measures to deal with them, so as to reduce emotional fluctuations or troubles. For example, people with psychological anxiety will try to reduce the impact of negative emotions through sports, reading books and listening to songs, and reduce social networking and communication to ensure that they have a relatively stable mood. However, the psychological factors of anxiety are complex, which have the characteristics of persistence, repetition, good and bad, and have a far-reaching impact on individuals. With the rapid development of domestic economy, the improvement of economic environment has promoted the vigorous development of domestic e-commerce economy. In the face of more and more relatives suffering from anxiety psychological problems for many years, the development of e-commerce has brought a far-reaching impact on patients' anxiety psychology.

With the rapid development of the global economy, the theory of economic psychology is conducive to better explain the impact of human psychology on economic development. It includes the relationship between people in the labor structure and the changes of people's psychological activities in economic activities. From the perspective of economic psychology, the development of e-commerce economy in China has had an important impact on human psychology. In particular, many young consumer groups in China are unwilling to participate in social networking, offline consumption or cook on their own because of work, life and learning. These people are affected by various life pressures and suffer from anxiety psychological diseases. In this context, the development of e-commerce economy has provided great convenience for the

work and life of these people. For example, the continuous development of e-commerce economy has solved the problems that more and more people are unwilling to shop offline, socialize and cook. With the continuous development of the e-commerce industry, people with anxiety can solve their own life problems through the e-commerce network, such as ordering meals, shopping and purchasing the products they need. Coupled with the continuous optimization of e-commerce industry in logistics distribution, the timeliness of logistics distribution in China has been greatly improved. More and more young groups choose e-commerce consumption to make up for the problems caused by their own work and study fatigue, and effectively alleviate the pressure of anxiety patients, which has a positive impact on the body and mind of patients.

Objective: This paper analyzes the relevant theories and manifestations of anxiety psychology, studies the consumption status of modern young people under economic psychology, and then discusses the impact of e-commerce on consumer anxiety psychology from the perspective of economic psychology. This paper aims to analyze the impact of e-commerce on consumer anxiety from the perspective of economic psychology, and promote the development of China's consumer economy.

Subjects and methods: In the study, 120 people were randomly selected as the research objects. These research objects all suffered from anxiety psychological problems, including students, enterprise employees, farmers, tour guides and other people from all walks of life. A 4-month e-commerce experiment was conducted for these patients. In the four months, the subjects could realize their personal consumption plans through the designated e-commerce platform, including dining, ticket purchase, tourism, etc. PASW 18.0 software package and Excel 2007 were used to process all the data, and psychological scales were used to record the changes of psychological activities of the subjects before and after the experiment.

Results: As shown in Table 1, the changes of psychological indicators of the subjects after the four months experimental test. 1-5 mitigation. Through the four months e-commerce experimental test, the researcher's psychological index data have been significantly improved. Some research objects said that due to their busy work, e-commerce shopping solved their own life and shopping problems, alleviated their daily busy situation, and had a good effect on their own anxiety.

Table 1. Changes of psychological indicators of the subjects after the four months experimental test

	Survey object	Index score
Experience group	Nervous	4.2±1.1
	Uneasy	4.1±0.3
	Low mood	4.5±0.2
	Mentality	4.1±1.3
Control group	Nervous	2.1±1.1
	Uneasy	2.1±0.3
	Low mood	2.1±1.1
	Mentality	3.1±1.3

Conclusions: Today, with the economic globalization, the development of China's e-commerce economy has made remarkable achievements in the world, which not only drives the development of China's economy, but also facilitates the consumption habits of Chinese people. At present, due to the influence of life, work, study and other factors, more and more people are affected by environmental pressure and suffer from anxiety psychological problems. These groups do not have more time to shop or participate in social activities. The rise of e-commerce consumption has solved the problems of many consumers. The experimental results show that patients with anxiety have significantly improved their anxiety after participating in the e-commerce experiment for four months. The research content has important reference significance for promoting China's economic development and improving modern people's anxiety.

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THE IMPACT OF HIGHER EDUCATION REFORM INTEGRATING IDEOLOGICAL AND POLITICAL CONCEPTS OF CURRICULUM ON STUDENTS' EMOTIONAL BARRIERS

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Background: Affective disorder is a common mental disease. People with affective disorder often suffer