

RESEARCH ON THE INFLUENCE OF RURAL REVITALIZATION AND HIGH-QUALITY EMPLOYMENT ON COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: In essence, anxiety is an emotional reflection that individuals show after a serious deterioration of the value characteristics of real or future things. The objective purpose of anxiety can be summarized as appropriate guidance to individuals, so that they can effectively prevent the serious deterioration of the value characteristics of real or future things by urgently mobilizing various value resources or taking some measures. However, if anxiety is beyond the normal range, the body will not be able to take timely and effective measures to alleviate or stop the deterioration trend of things, and will show extreme tension, anxiety, anxiety, fear and other emotions. Anxiety can be divided into two types: realistic anxiety and pathological anxiety. The former refers to an emotional reaction when an individual is facing a potential threat in reality. Its anxiety intensity is consistent with the degree of the potential threat in reality, and has certain adaptability. When the potential threat in reality disappears, the individual's anxiety will disappear with it; The latter refers to a negative psychological emotion without specific reasons. Although there is no practical basis, individuals still have a strong sense of threat or imminent disaster. Their clinical manifestations mainly include motor restlessness, autonomic nerve dysfunction, social function impairment, etc. It is worth noting that the difference between reality anxiety and the adaptability of reality threat events is that pathological anxiety is relatively persistent, has a certain correlation with individual personality characteristics, and will not change with the change of reality events. College students are in the critical stage of mental development and social role transformation. They are prone to produce different types of anxiety under the influence of various external interference factors, of which the employment anxiety accounts for a large proportion. At the time of graduation, college students often have difficulties in obtaining the desired employment opportunities due to lack of social or practical experience, low personal comprehensive quality and ability, huge competitive pressure and other reasons, resulting in serious employment anxiety. In the process of continuously promoting the Rural Revitalization Strategy, college students, as a key group of employment, occupy an important position in it. With the increasing number of graduates, the problem of graduates' unemployment is becoming more and more serious, and their employment pressure is increasing day by day. Therefore, it is very necessary to take corresponding adjustment measures to realize the effective expansion of employment channels for college students. On the other hand, in the specific implementation process of the Rural Revitalization Strategy, there are a large number of high-quality talent gaps, so guiding college students to rural grass-roots employment can effectively promote the implementation of the Rural Revitalization Strategy on the basis of resolving the problem of college students' difficult employment.

Objective: Explore the impact of rural revitalization and high-quality employment on college students' employment anxiety, and then look for an appropriate employment adjustment measures, and finally achieve the purpose of effectively alleviating college students' employment anxiety.

Subjects and methods: In the two universities, 104 college students with employment anxiety were randomly selected by simple random sampling. Self-rating Anxiety Scale (SAS) was used to evaluate the employment anxiety of all college students, and to explore the changes of SAS scores under the intervention of rural revitalization and high-quality employment integration. SAS mainly adopts the 4-level scoring standard, with 1-4 indicating no or little time, a small part of time, a considerable amount of time, and most or all of the time. SAS has wide applicability, and its score is positively correlated with the level of anxiety. If the SAS score of college students is lower than 50, it shows that they are not accompanied by anxiety and are in a normal state of mental health. If SAS score is within the range of 50-59, it shows that college students have mild anxiety. If SAS score is in the range of 60-69, it means that it is accompanied with moderate anxiety. If the SAS score is greater than 69, it means that they are accompanied by severe anxiety.

Results: Before and after the implementation of the rural revitalization and high-quality employment integration intervention measures, the SAS scores of college students showed significant changes, as shown in Table 1. According to the observation and analysis of Table 1, before the intervention, the average SAS score of 104 college students was at a high level, reaching about 67.54, indicating that they were accompanied by moderate anxiety. If the intervention is not carried out in time, the anxiety problem will be more serious, and may even develop into severe anxiety. After the intervention, the SAS score of college students dropped to about 31.25, at a low level, indicating that their employment anxiety has been effectively alleviated and eliminated.

Conclusions: The strategy of Rural Revitalization is one of the important strategies in the development of the new era, which is conducive to the realization of rural modernization in China. In the specific implementation process of the Rural Revitalization Strategy, there is a large gap of high-quality talents,

which has caused certain obstacles to the effective realization of Rural Revitalization. In addition, in the process of sustainable social and economic development, the employment pressure of college students is increasing day by day, and the number of college students with employment anxiety continues to rise. To properly solve these two problems, it is a reasonable measure to introduce college students to grass-roots employment. After the intervention of this measure, the SAS score of college students decreased significantly, indicating that the moderate anxiety has been effectively alleviated. This proves that rural revitalization and high-quality employment have a significant positive impact on college students' employment anxiety.

Table 1. Changes in SAS scores of college students before and after intervention

Evaluation time	SAS score	Anxiety level
Before intervention	67.54±2.17	Moderate anxiety
After intervention	31.25±1.98	No anxiety
<i>t</i>	125.984	-
<i>P</i>	0.000	-

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A STUDY ON THE INFLUENCE OF BASKETBALL PLAYERS' PSYCHOLOGICAL STATE ON THE STABLE PERFORMANCE OF THE GAME

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Background: As a qualified basketball player, he not only needs to have excellent physical quality and superb sports skills, but also needs to maintain a stable psychological state and excellent psychological quality. From the perspective of sports psychology, it has remarkable universality and objectivity to explore the changes and adjustment measures of basketball players' psychological state. The main research object of sports psychology is the psychological phenomena and laws of athletes in the process of sports training and competition. In detail, the research task of sports psychology can be summarized into four different levels. One is to study the characteristics and laws of athletes' psychological process in sports, and the relationship between athletes' personality differences and sports; The second is to explore the long-term and short-term effects of sports on Athletes' psychological process and personality characteristics; The third is to analyze the mastery of sports knowledge, the formation of sports skills, and the psychological laws of skill training; The fourth part mainly refers to exploring the psychological state of athletes in the actual sports competition process, including the best awakening level in the competitive competition, the psychological load of athletes and so on. Under the guidance of the theory of sports psychology, basketball players can have a more in-depth and comprehensive understanding of the general rules and related influencing factors of the formation of sports skills, and then effectively overcome the tension and anxiety caused by sports competition. In the environment where the gap of contemporary sports competitive level continues to narrow, it is very important for basketball players to maintain a good and stable competitive psychological state, which can help them play stably in sports competitions, and then win basketball competitions.

Objective: Explore the influencing factors and changes of basketball players' psychological state, and then analyze its impact on the stable play of the game. Finally, excavate and implement reasonable and effective basketball players' psychological state intervention measures to ensure their stable play in the game.

Subjects and methods: Among the basketball players in a certain area, 125 basketball players were randomly selected according to the simple random sampling method. The self-designed "basketball players' psychological state evaluation criteria" was used to evaluate all basketball players, which mainly included four different levels of evaluation indicators, namely, excessive tension, combat preparation, indifference and blind self-confidence. Basketball players whose psychological state is evaluated as excessive tension usually show such phenomena as difficulty in concentrating, thinking disorder, poor self-control ability,