



**Figure 1.** Comparison of anxiety and depression between the two groups  
 Note: \*  $P < 0.05$ .

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## A STUDY ON THE IMPACT OF CHILD CARE FACILITY PROMOTION ON ALLEVIATING PSYCHOLOGICAL ANXIETY IN PARENTING INFANTS AND TODDLERS IN DUAL-EARNER FAMILIES

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**Background:** In recent years, with the change of social form and family structure, more and more families have changed their working mode to dual-earner family mode. A dual-earner family is a family in which both husband and wife are employees of government departments, state-owned enterprises or education systems, and have stable jobs, so they are called dual-earners. In the past, for infants under three years old, especially those under one year old, the mother was the primary caregiver, followed by grandparents and relatives. However, with the development of society, women began to enter the workplace, and more and more parents chose to send their children to nurseries for childcare education. Different from the traditional family model in which fathers earn money outside and mothers take care of the family at home, the birth of childcare institutions not only brings solutions to the childcare problem of dual-income families, but also brings parental anxiety to dual-income families. Parenting anxiety means that parents overemphasize the child's growth process, resulting in excessive worry and anxiety about any problems or potential behaviors in the child's growth process, which produces parenting anxiety. The main features of parenting anxiety are nervousness and anxiety, and parents tend to worry too much about their children's growth, resulting in irritability. Research shows that parenting anxiety is prevalent in China, and separation anxiety is most pronounced in children aged 0-3. In order to alleviate the psychological anxiety of infants and young children raised by dual-income families, this study attempts to explore the influence of the promotion of childcare institutions on alleviating the psychological pressure of infants and young children raised by dual-income families.

**Objective:** To understand the current situation of parenting anxiety in dual-earner families in China, analyze the reasons for their parenting anxiety in the parenting process by searching relevant data, and analyze the changes of the promotion of childcare institutions on the psychological anxiety of parenting in dual-earner families by setting up a comparison experiment.

**Subjects and methods:** This study mainly used a questionnaire survey to set up a series of questions related to parenting anxiety and childcare institutions, and randomly selected dual-career families with recent parenting anxiety to conduct a questionnaire survey. 100 questionnaires with complete data and reference value were collected, each representing a dual-earner family. 100 dual-earner families were randomly divided into a study group and a blank group with equal numbers. The dual-earner families in the research group introduced childcare institutions to carry out childcare work during the childcare process, while the blank group adopted the traditional childcare model, and the parents take care of their children by themselves. The childcare experiment in both the study group and the blank group lasted for one year, and the anxiety levels of the parents of the study group and the control group were recorded before and

after the experiment. This study used the BAI anxiety scale for analysis. The BAI scale uses the degree of anxiety distress of subjects as an indicator, and adopts five levels of psychological standards: no anxiety, mild anxiety, moderate anxiety, severe anxiety and panic. In this study, a score over 45 was considered parenting anxiety.

**Results:** The data obtained were statistically analyzed using Excel spreadsheets and SPSS22.0, and the results of the analysis are shown in Table 1. For the general changes in the data were mainly presented using the mean  $\pm$  standard deviation, and for the differences between the high and low groups before and after the experiment were tested using *t*. The differences were statistically significant ( $P < 0.05$ ).

**Table 1.** The psychological anxiety of the two groups of families before and after the experiment

	Before the experiment	After the experiment	<i>t</i>	<i>P</i>
Research group	48.93 $\pm$ 8.15	25.12 $\pm$ 3.51	1.569	0.015
Blank group	46.15 $\pm$ 9.80	45.98 $\pm$ 8.86	2.254	0.569

As can be seen from Table 1, the anxiety score of the parents of the study group before the introduction of the kindergarten was (48.93 $\pm$ 8.15), and after the introduction of the kindergarten, the score decreased to (25.12 $\pm$ 3.51), the *t* value was 1.569, *P* value was 0.015, indicating that the difference was statistically significant. The psychological anxiety score of the parents in the blank group was (46.15 $\pm$ 9.80) before the experiment, and the anxiety score of the parents after one year of traditional childcare mode was (46.15 $\pm$ 9.80). The blank group did not introduce a childcare institution but adopted the traditional childcare model for independent childcare. Therefore, there was no significant change in the anxiety score of the blank group, and the *P* value was 0.569, indicating that the difference between before and after the experiment was not statistically significant.

**Conclusions:** In order to alleviate the psychological anxiety of infants and young children in dual-earning families in China, this study attempts to explore the changes in the psychological anxiety of infants and young children in dual-earning families after the introduction of children. The experimental results showed that when the infants and young children in the research group did not enter the nursery for parenting education, their parents' anxiety score was higher, which was 48.93 $\pm$ 8.15, and their psychological anxiety was significantly improved after being introduced to the nursery. Their BAI anxiety score dropped to 25.12 $\pm$ 3.51, while the *P* value was 0.015, indicating a significant difference. Under the traditional parenting mode, the blank group's anxiety score before and after the experiment was 46.15 $\pm$ 9.80 and 45.98 $\pm$ 8.86 after the experiment, respectively. Not significant, the *P* value was 0.569, indicating that the difference was not significant. To sum up, the promotion and intervention of childcare institutions can effectively alleviate the parenting anxiety of dual-income families, help dual-income families adjust their parenting psychology, and promote the development of healthy parenting psychology.

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## ANALYSIS OF THE REASONS FOR WOMEN'S INCARCERATION IN THE CONTEXT OF SOCIAL PSYCHOLOGY AND RESEARCH ON POLICY MEASURES AFTER RELEASE

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**Background:** Psychology studies the essence of human psychological activities. Marxism shows that there is a dialectical relationship between material and spirit, and spirit is a subjective response to the objective world. Due to the need for interaction in the psychological research process, the research methods of human psychology and spiritual activities are different from other natural disciplines. In the process of psychological research, we need to consider the complexity of physiological mechanism and human nature at the same time, and pay attention to social practice, quantitative research and its uncertainty. In terms of research content, we should not only pay attention to traditional empirical research. The research form should not be limited to one person or one thing, the research of the whole society should be paid attention too. As a branch of psychology, criminal psychology can be recognized and exists objectively. As a discipline, criminal psychology has scientific theoretical basis, reflects the characteristics of this discipline, meets the practical needs, and promotes the development of this discipline. Criminal psychology studies the thoughts, intentions and other psychological activities related to criminal groups, deeply studies the motives of criminals, and analyzes the psychological activities in the