

Study on the combination of innovative and entrepreneurial thinking training and psychological nursing intervention to alleviate college students' employment anxiety

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Background. Employment anxiety is a kind of nervous and persistent negative emotion that college students have toward the future when they are about to graduate. It causes a series of cognitive, physiological, and behavioral changes, specifically manifested in the decline of sleep quality, anorexia, and pessimism. This psychological disease has a serious negative impact on the growth of college students. Psychological nursing is to conduct psychological counseling and intervention for patients, carry out mental health education, and help patients alleviate anxiety symptoms and emotions. Given the characteristics of employment anxiety in college students, on the one hand, innovative and entrepreneurial thinking training will provide employment ideas for patients; on the other hand, psychological nursing should be used to properly intervene the patients with employment anxiety, to promote the rehabilitation of the disease.

Subjects and Methods. In the experiment, students suffering from employment anxiety were randomly selected from a university by simple random sampling and were equally divided into the experimental group (50 cases) and the control group (50 cases). The control group only carried out innovative and entrepreneurial thinking training, while the experimental group also carried out psychological nursing intervention in addition to innovative and entrepreneurial thinking training. One month after the experiment, the two groups of patients were evaluated and scored with the Employment Anxiety Scale and were judged whether they were cured.

Results. One month after treatment, the two groups of patients were evaluated with the College Students' Employment Anxiety Scale, and the results are shown in Table 1.

From Table 1, the average score of employment anxiety of the control group is 1.71 points lower than that of the experimental group. The cure rate of the control group was 87.52%, while that of the experimental group was only 66.13%. The cure rate of the experimental group was higher than that of the control group. The difference between the two groups was statistically significant, with $P < 0.05$.

Conclusions. Compared with the control group, the experimental group added psychological nursing intervention based on the routine treatment of college students' employment anxiety. The results show that psychological nursing can effectively improve the employment anxiety of college students, and its therapeutic effect is significantly better than that of only carrying out

innovative and entrepreneurial thinking training. Therefore, the use of innovative and entrepreneurial thinking training combined with psychological nursing intervention can improve the cure rate of college students' employment anxiety.

Table 1. Comparison of anxiety scale scores between the two groups after treatment

Employment anxiety category	Control group	Experimental group	<i>t</i>	<i>P</i>
Physiological behavior of employment anxiety	18.024	15.956	4.355	0.0001
Subjective feelings of employment anxiety	12.325	10.637	3.554	0.001
Employment anxiety	18.068	16.358	3.601	0.0009

Analysis of the impact of Vlog news media form shaping on audience psychological immersion based on psychological experience process

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Background. How to enhance the psychological immersion of the audience is a major concern for the media at this stage. The psychological immersion of the audience not only affects the communication effect and influence of the media but also brings a more positive experience of reality to the audience. This project, therefore, analyses the psychological immersion of the audience based on the psychological experience process of shaping the media form of Vlog news.

Subjects and Methods. In this research, 228 college students were selected as the subjects of the experimental research. The mean age was 21.12 ± 1.67 years, with 146 male students and 82 female students. The general demographic characteristics of all subjects were counted before the experiment and there were no significant differences ($P > 0.05$). All subjects were divided into a control group and a research group in a completely randomized manner. The control group disseminated news through traditional means, while the research group used a Vlog news medium based on a psychological experience process to disseminate news. The immersion scale was assessed using the Igroup Presence Questionnaire (IPQ), which consists of 13 items, with questions 1-5 on the spatial presence (SP) dimension, questions 6-9 on the involvement (INV) dimension, and questions 10-13 on the reality (REAL) dimension. Each item was scored on a scale of 0 to 6, with 0 indicating total disagreement and 6 indicating total agreement.