

questionnaire than the students receiving traditional face-to-face teaching. In addition, the online teaching group also had high academic performance and self-evaluation ($P < 0.05$).

Conclusions. Business English online teaching mode has a positive effect on students' social phobia. Online teaching provides a relatively low-pressure learning environment, reducing students' tension during face-to-face communication. This helps students to better participate in classroom activities and improve their learning results. Therefore, in business English education, online teaching mode can be an effective teaching method, especially beneficial for students with social phobia.

Cognitive behavioral analysis of the impact of the Bank of China's "Crude Oil Treasure" futures on investors' investment anxiety

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Background. "Crude Oil Treasure" is a trading product linked to domestic and foreign crude oil futures contracts for the whole society investors launched by the Bank of China in January 2018. It is not only a tool to hedge risks but also has the function of positioning and speculation. But with the development of lots today, more investors participate in speculating to earn the difference. The Bank of China's "crude oil treasure" crash incident made people aware of the considerable investment risk and gave investors a warning lesson.

Subjects and Methods. Investors worry about losing money, especially when the market goes down. This worry will affect the rational judgment of investors, and excessive supervision will lead to emotional reactions of investors, such as insomnia and anxiety. This paper analyzes the cognitive behavior of some investors' investment anxiety after the Bank of China's "crude oil treasure" futures implosion event. A random selection of 90 investors with knowledge of the event. SPSS23.0 software was used to analyze the anxiety behavior of event investors.

Results. Before the experiment, the baseline data of all investors were not statistically significant ($P > 0.05$). After the event, investors' investment anxiety was significantly improved, and the difference was statistically significant ($P < 0.05$).

Conclusions. The Bank of China's "crude oil treasure" crash event gives investors a more sober and rational mood, thereby reducing investor anxiety.

The intervention of library service quality and administrators' mental health anxiety under behavioral psychology

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Background. In the current information network era, librarians face more and more competitive pressure. The main reason is that some librarians' ideas, knowledge structure, quality, and ability cannot adapt to the library work in the information technology environment. As a result, it is challenging to grasp various uncertain factors correctly, opportunities, and risks in the social environment change and its future development, resulting in different psychological anxiety problems.

Subjects and Methods. Behaviorism is widely used in managing various social institutions. It has penetrated multiple fields of human social activities and daily life, such as psychological counseling, education, artistic creation, etc. Therefore, the research uses behavioral psychology to reform library service quality management. It is used to intervene in the anxiety of library managers. A total of 70 anxious librarians were randomly selected, 35 in each group. The general intervention group received conventional psychological intervention treatment, and the management innovation group used research methods to intervene based on traditional treatment. SPSS23.0 software was used for data statistical processing.

Results. Before the intervention, the baseline data of all managers were not statistically significant ($P > 0.05$). After the intervention, the anxiety of the management innovation group was significantly improved compared with the ordinary intervention group, and the difference was statistically significant ($P < 0.05$).

Conclusions. The innovation of library service quality management based on behavioral psychology can effectively relieve administrators' psychological anxiety.

The improvement of ideological and political course education to the psychological anxiety of college students

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Background. College students are in a critical period of value formation as a particular group. This group is more susceptible to the adverse influence of the outside world, producing anxiety,