

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,

depression, and other negative psychology, causing personality crises. In recent years, many colleges and universities have set up psychological consultation rooms for college students. However, with the expansion of college enrollment, psychological counseling for tens of thousands of people but a drop in the bucket, unable to provide more student services.

**Subjects and Methods.** Ideological and political courses can carry out the education of ideas and moral norms in a planned way to ensure college students' ideological and ethical standards. Therefore, the study proposes to use the ideological and political curriculum education in colleges and universities to intervene in the anxiety of college students. Sixty students with anxiety in a university were randomly selected. It is divided into ideological and political course education groups and general education groups; each group is 30 people. SPSS23.0 software was used to analyze the changes in psychological anxiety.

**Results.** Before the experiment, the baseline data of all students had no statistical significance ( $P>0.05$ ). After the intervention, the psychological anxiety of students in the ideological and political education group was significantly improved compared with that in the general education group, and the difference was statistically significant ( $P<0.05$ ).

**Conclusions.** Improving ideological and political courses can alleviate the anxiety of college students and enhance their personalities and thoughts.

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## Alleviation effect of ideological and political education on psychological obstacles of college students

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**Background.** The increasing pressure of social competition has gradually increased the pressure on the college student community. The psychological problems of college students have become increasingly prominent, even becoming an important factor affecting campus stability in some universities. Although traditional treatment methods are effective in alleviating psychological disorders in college students, long-term treatment has developed drug resistance or reduced treatment effectiveness. Therefore, the study aims to alleviate the psychological barriers of college students by introducing ideological and political education from the perspective of educational psychology.

**Subjects and Methods.** A total of 52 college students with psychological disorders were selected as the research subjects and randomly divided into H and I groups. Group H adopted traditional treatment methods, while Group I introduced ideological

and political education on this basis. The experiment lasted for one year, and after the experiment, independent t-tests were conducted on the samples using SPSS 20.0 and data analysis was conducted on the samples.

**Results.** After the experiment, the somatization score of Group I was  $1.30 \pm 0.45$  points, the interpersonal sensitivity score was  $1.56 \pm 0.51$  points, the paranoid score was  $1.44 \pm 0.48$  points, the mental parallelism score was  $1.49 \pm 0.61$  points, and the terror score was  $1.40 \pm 0.35$  points, all lower than those of Group H and before the experiment.

**Conclusions.** From the perspective of educational psychology, ideological and political education can effectively alleviate psychological barriers for college students.

## Aesthetic landscape design in forest parks on the rehabilitation of patients with mood disorders

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**Background.** Mood disorders are mental illnesses characterized by mood or emotional changes. It mainly manifested as emotional highs or lows, as well as behavioral changes. Currently, medication and psychological therapy are the main methods. However, the current treatment methods have become increasingly ineffective in the long term. Therefore, research has applied the aesthetic landscape design in forest parks to the rehabilitation of patients with mood disorders, in order to alleviate their psychological problems.

**Subjects and Methods.** The subjects and methods of the study were 100 patients with mood disorders who were treated in a certain hospital from 2021 to 2022. They were divided into an observation group (A) and a control group (B) based on their admission time. The observation group used aesthetic landscape design from forest parks for treatment, while the control group used traditional treatment methods. After the experiment, SPSS20.0 software was used for data analysis.

**Results.** Before intervention, the self-efficacy score of Group A was  $23.81 \pm 3.10$  points, while that of Group B was  $23.95 \pm 3.17$  points; After intervention, the score of Group A reached  $31.74 \pm 3.91$  points, and after intervention, it was  $28.12 \pm 3.55$  points. From the sleep status, the score of Group A after intervention was  $24.39 \pm 3.17$  points, which was higher than Group B's  $22.04 \pm 2.86$  points.

**Conclusions.** The aesthetic landscape design methods in forest parks are effective for the rehabilitation of patients with mood disorders.

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