

ideological and political education, and the control group (100 students) who received traditional ideological and political education. Pre and post test assessments of anxiety levels were conducted using the Self-rating Anxiety Scale (SAS).

Results. Pre-intervention, both the control and intervention groups showed similar levels of anxiety disorders. However, post-intervention assessments yielded notable results. The anxiety levels in the intervention group who experienced online ideological and political education showed a significant decrease ($P<0.05$) compared to the control group.

Conclusions. The findings suggest that online ideological and political education can effectively reduce the levels of anxiety disorders among university students. Such intervention can be leveraged as part of the broader strategy to promote psychological health in the student community. Future researchers are encouraged to investigate the specific components of online ideological and political education to have such effect.

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Health poverty alleviation and rural revitalization on the survival anxiety of rural elderly residents in the context of social psychology

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Background. With the advent of health poverty alleviation and rural revitalization policies in China, a significant change in the well-being of rural elderly residents has been noted. However, more research is required to understand the psychological implications of these policies. This study aims to analyze residents' survival anxiety from a psychological perspective.

Subjects and Methods. This study utilized a quasi-experimental design involving two groups—an intervention group (n=500) experiencing the policies of health poverty alleviation and rural revitalization, and a control group (n=500) unexposed to these policies. Both groups consisted of rural elderly residents aged 60 years or above from 10 villages in rural China. Data was collected through face-to-face interviews using the Survival Anxiety Scale (SAS) pre-and-post intervention. Data analysis involved

a combination of descriptive statistics, Chi-square tests, and Binary Logistic Regression, conducted via SPSS v23.

Results. Results showed a significant decrease in the level of survival anxiety in the intervention group post-exposure to the policies ($P<0.05$) compared to the control group. Specifically, the odds of survival anxiety were 0.61 times lower among those who had experienced the policies, controlling for age, gender, and baseline SAS scores.

Conclusions. This finding indicates that health poverty alleviation and rural revitalization have a favourable effect on reducing survival anxiety among rural elderly residents. This implies a strong correlation between social policy and mental health.

Effect analysis of building energy-saving design in rural revitalization to improve rural residents' anxiety

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Background. Rural revitalization is one of the important development strategies in China. However, in rural areas, due to backward building design and energy utilization methods, residents have more symptoms of anxiety. It constitutes a certain obstacle to the sustainable development of rural revitalization. Therefore, the purpose of this study is to explore the effect of building energy-saving design optimization combined with psychological treatment on improving rural residents' anxiety.

Subjects and Methods. This study used a controlled experiment, 100 patients were randomly divided into the intervention group and control group. The intervention group received improved building energy efficiency design, including insulation materials used, rational ventilation design, and efficient energy use facilities in combination with psychotherapy. The control group maintained traditional building design and energy use. The study period was 12 months, and the analysis method was SPSS23.0.

Results. The analysis results showed that the anxiety level of residents in the intervention group decreased significantly during the study period, and the difference was significant compared with the control group. At the same time, the sleep quality of the intervention group improved, and the satisfaction with the living environment also significantly increased. In addition, the energy efficiency of the intervention group was significantly higher than that of the control group.

Conclusions. The anxiety symptoms of rural residents can be effectively alleviated by improving building energy-saving design. Energy-saving design measures can reduce energy consumption, improve the comfort of the living environment and residents' life quality.