of depression scale (GDS-15). GDS-15 is designed on the basis of the standard version of group Depression Scale (GDS). Because of its simplicity and easy operation, GDS-15 is more suitable for application in groups. The results of Tang Dan’s study show that GDS-15 has good reliability and discriminant validity, and is suitable for the measurement of depressive symptoms in Chinese population. There are 15 questions in the scale. The respondents choose “yes” or “no” to answer, “yes” is “1” and “no” is “0”, with a total score of 15. The higher the score of depression is, the higher the score of depression is, ~ 0 indicates that depression is normal. The scale Cronbach’s α 0.79, the 1-week test-retest reliability was 0.73.

Results: The empirical results show that relative income and absolute income have a positive impact on group psychological capital. The impact of absolute income is significantly higher than that of absolute income. Different relative income measures have different effects on psychological capital. The impact of relative income downward comparison is greater than that of upward comparison. With the higher and higher development level of psychological capital, the impact of relative income on psychological capital gradually weakens or even disappears, and the marginal impact of relative income shows a downward trend. Further research found that engaging in non-agricultural work will enhance the impact of relative income on group psychological capital. Through the research, we found that the groups with higher levels of psychological capital have lower levels of anxiety and depression. Therefore, we can think that groups with high internal psychological capital can alleviate the psychological pressure, anxiety and depression brought by psychological capital to a great extent through their own psychological quality. We also found that relatively speaking, farmers with high individual psychological capital are less affected by family factors, work and life, traffic safety, their own health and future fear, and farmers with high psychological capital will deal with the impact of family factors. The relevant data are as follows: after controlling demographic variables, the scores of depression and anxiety in different characteristic groups were compared. The age of 514 cases was 60 ~ 90 years, with an average of (68.5 ± 7.3) years; There were 251 males (48.8%) and 363 females (51.2%). There were 136 cases of depression (26.4%) and 51 cases of anxiety (9.9%). There was no significant difference in depression scores between different gender groups (P > 0.05); There were significant differences in depression scores among different groups in terms of age, education level, number of chronic diseases, original occupation, number of good friends, relationship with family, average monthly income and physical health (P < 0.05). There was no significant difference in anxiety scores between groups with different original occupations and the number of good friends (P > 0.05); There were significant differences in group anxiety scores among different gender, age, education level, number of chronic diseases, relationship with family, average monthly income and physical health.

Conclusion: Relative income has a greater impact on psychological capital than absolute income. Groups are more willing to compare personal income downward and are easier to obtain psychological satisfaction. Therefore, attention should be paid to improving the relative income of groups. However, the evaluation of relative income is subjective and must be based on the stability of absolute income. The rural policy formulated by the government should aim at achieving the happiness and satisfaction of the group. Ensuring the continuous improvement of relative income of groups, helping low-income groups, building harmonious rural relations and creating non-agricultural employment opportunities can effectively improve group psychological satisfaction and achieve the strategic goal of Rural Revitalization. Because the evaluation of relative income is subjective, it must be based on the stability of absolute income. The grasp of the relationship between the two concepts needs to be further studied.

Acknowledgements: Supported by a project grant from the Project of Humanities and Social Sciences Research of Chinese Ministry of Education (Grant No.18JF206).

THE DILEMMA OF COLLEGE STUDENTS’ PROFESSIONAL PRACTICE AND THE SOLUTION OF EMOTIONAL OBSTACLES

Jing Tian¹ *, Haroon Rashid²

¹ School of Tourism Culture, Tourism College of Changchun University, Changchun 130607, China ² Department of Structures & Environmental Engineering, University of Agriculture, Faisalabad 38000, Pakistan

Background: With the reform of college graduation distribution system and the fierce competition of market economy, group employment has become more and more difficult. Therefore, the group is under more and more heavy psychological pressure. The main source of group employment pressure lies in the mismatch between employment skills and professional knowledge, which can not meet the needs of enterprises; In addition, there is also a big gap in students’ thoughts. Especially for the major of tourism management, during the internship and employment, most enterprises are service industries, which requires colleges and universities to have service skills and professional psychological quality. Professional practice can effectively solve the problems existing in employment in advance, clarify the career direction and alleviate the pressure. The professional practice of the group can not only deepen the understanding of theoretical knowledge, but also contribute to the rapid improvement of practical skills, but also effectively help the group adjust their mentality. Taking the professional practice of the College of tourism of Changchun University as the research object, this paper studies its basic situation, discusses the psychological confusion and practical difficulties encountered by groups in professional practice from the perspective of educational psychology, and gives the optimization path to solve this problem. At the same time, the emotional anxiety produced by the group in the process of practice has gradually become the research object.

Research Objects and Methods: This paper uses educational psychology, two factor theory and stakeholder theory to study through literature review, participant observation and interview, content analysis, questionnaire survey and mathematical analysis. In practice, colleges and universities use incentive policies to improve students’ sense of responsibility in professional practice, enterprise application and job satisfaction, and use humanistic care to improve students’ sense of belonging in practice. With the help of universities and enterprises, students can master and adjust the psychological cycle and build self-confidence in professional practice. Social avoidance and distress respectively refer to the tendency to avoid social communication and the distress feeling when immersive. Avoidance is a kind of behavior, while distress is an emotional response. The social avoidance and distress (SAD) scale contains 28 items, of which 14 are used to evaluate social avoidance and 14 are used to evaluate social distress. The initial rating was “Yes No”, but many researchers used a five grade rating system. The “Yes No” scoring system ranges from 0 (the lowest level of avoidance and distress) to 28 (the highest level). When the “Yes No” scoring system is adopted, the average value of college students is 9.1 and its standard deviation (SD) is 8.0 (Watson and friend, 1968). However, the distribution is quite biased. Therefore, many researchers use the 5-level score system to replace the “Yes No” score system. In the sample prototype, the score of men is significantly higher than that of women.
Results: Improvements should be made from three aspects: schools, enterprises and students, including formulating intern career development and training plans, ensuring high-quality living and working conditions, strengthening students’ off-campus management system, implementing comprehensive evaluation and summarizing practice in time. This improved method can effectively manage professional practice. The study also found that foreign language anxiety was negatively correlated with foreign language achievement. Similarly, there is a significant negative correlation between Employment anxiety and self-efficacy. State anxiety, trait anxiety and Employment anxiety were positively correlated. The “anxiety” component of learners’ personality characteristics plays an important role in the generation of Employment anxiety.

Conclusion: Based on educational psychology and two factor theory, this study explores the optimization path of Undergraduate Practice of tourism management through empirical research, which not only innovates the research perspective, but also enriches the above related theories. The practical significance of this study is to guide students to correctly understand and participate in professional practice, realize stable employment, provide basis for reasonable arrangement of professional practice, improve the professional commitment of application-oriented groups, and provide reference for internship enterprises to cultivate and retain high-quality talents. It can also help the group about to carry out employment internship fully understand the society, body and their own abilities, and reduce unnecessary anxiety.

Acknowledgements: This project is supported by the 13th Five-Year Education and scientific Research Planning project of Chinese Education Society (Grant No. JYXH102373).

ANALYSIS ON INFLUENCING FACTORS AND EMOTIONAL REGULATION OF CHINESE PROFESSIONAL WOMEN’S RETIREMENT DECISION-MAKING

Xing Ren1', Heng Xi2; Paul Cephas2
1 Department of Public Management, Northwest University, Xi’an, China 2 Friedman School of Science and Policy, Tufts University, Medford, USA

Background: The gender division of labor in the traditional family structure is still a common phenomenon, that is, women bear most of the burden of family work. The coexistence of work pressure and family pressure makes this burden heavy. This paper aims to explore which factors and to what extent affect the retirement decision-making and psychological problems of contemporary Chinese professional women.

Research Objects and Methods: This paper takes female workers as the research sample and obtains 1383 effective cases. This paper uses SPSS 17 0 multiple logistic regression analysis was conducted on the survey data to analyze the variables affecting the retirement intention of female employees. In order to study the impact of emotional regulation on female employees’ retirement decision-making, this study also conducted a questionnaire survey on the sample. ① Personal basic information questionnaire: the contents mainly include the gender, email, mobile phone number, age, history of epilepsy or epilepsy, previous mindfulness practice experience and major events in recent life. It is mainly used for screening of subjects. ② Emotion regulation self-efficacy scale: the third version of the scale revised by Caprara in 2008 is usually used internationally. However, in the process of domestic testing, although the scale has good applicability, there are also some problems due to different cultural backgrounds. Based on this situation, Tian Xueying (2012) and others revised and tested the 2008 version of the scale in China in combination with China’s social and cultural background. The results show that the revised scale has good applicability. This study will use Tian Xueying’s revised scale for testing. ③ Happiness index scale: the happiness index scale compiled by Campbell, including two questionnaires of overall emotion index and life satisfaction, has 9 items, including 8 pairs of emotional words and one life satisfaction question. The scale adopts 7-level scoring. The higher the score, the higher the happiness of the subjects.

Results: In terms of education level, respondents with high school education or below were less likely to retire early than those with bachelor’s degree or above. From a health perspective, the worse the indicated health level, the more respondents tend to retire early. Taking into account family factors, the more dependants and independent sources of income, the more likely these women are to choose early retirement. With regard to work factors, women working in public institutions and enterprises are more likely to delay retirement than women in other occupations. People with low work intensity are more likely to delay retirement than those with high work intensity. Dissatisfied women are less likely to delay retirement than women who are generally satisfied with their job happiness. In terms of retirement expectation, women who choose to take care of their families or participate in recreational activities are more likely to retire than women who choose to continue working after retirement.

Conclusion: Under the influence of the conflict between the pressure of traditional gender roles and the transformation of modern society, Chinese women must balance the labor constraints in the family, social field and workplace. The results of this study show that the decision to participate more in family work will eventually reduce these women’s participation in social work and lead them to retire earlier than men. The study suggests that we should fully understand the important position of women’s emotional factors in retirement decision-making, actively promote the transformation of women’s life role after retirement, pay special attention to their own life attitude and healthy behavior, and be a healthy self-manager, coordinator and collaborator. According to the psychological characteristics of these groups, the social stratum should actively and flexibly organize rich and colorful activities, strive to create a relaxed and harmonious living atmosphere, create friendly and mutually beneficial emotional family relations, encourage and guide these groups, make their psychology in the best state, and promote the healthy development of their good cognition and retirement life.

Acknowledgements: Supported by a project grant from Ministry of Education in China (Grant No.14ZD026).

RESEARCH ON CATERING SERVICE ENCOUNTER, RELATIONSHIP BENEFIT AND CUSTOMER VOLUNTARY PERFORMANCE FROM THE PERSPECTIVE OF EMOTIONAL BEHAVIOR CHANGE -- A CASE STUDY OF CATERING CONSUMERS IN TAIWAN AND MAINLAND CHINA

Chia Wei Chao1'; Mao Chou Hsu2
1 Tourism and Historical Culture College, Zhaoping University, Zhaoping City, 526061, China 2 Leisure Business Administration Program, TaJen University, Pingtung County, 90741, Taiwan (R.O.C.)

Background: The relationship marketing research has been carried out in the field of marketing research for 30 years. In the past, the research perspective has always been to explore the interest...