

Research on the Psychological Regulation Mechanism of Learning Anxiety in English Innovation and Entrepreneurship in Minzu Universities

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ABSTRACT. *Mass innovation and entrepreneurship have become the trend of the times. College students have great enthusiasm and confidence in entrepreneurship, but they also face many challenges and problems in the process of implementation. At the same time, anxiety and unhealthy psychology, especially among the students in foreign language college, have been responded greatly. This paper will analyze the current situation of mass innovation and entrepreneurship and the reasons for the related anxiety, providing some methods for adjusting the anxiety.*

KEYWORDS: *Innovation and entrepreneurship, Foreign languages in colleges and universities, Anxiety psychology, Adjustment*

1. Introduction

After Premier Li Keqiang proposed “mass entrepreneurship and innovation” in 2014, “mass entrepreneurship and innovation” has become a symbol of entrepreneurship activities. Innovation is the characteristic of entrepreneurship, and entrepreneurship is the goal of innovation. Innovation and entrepreneurship covers all kinds of industries and fields, which provides a variety of possibilities for the vast number of talents, and also stimulates the enthusiasm of college students for entrepreneurship. In this context, we also found some problems to be solved, which is analyzed in this paper.

2. Current Situation of Foreign Language Innovation and Entrepreneurship in Colleges and Universities

The “mass entrepreneurship and innovation” market is the mass entrepreneurship market. In line with the encouragement policies of the state, it means that everyone can start a business and everyone has the ability to start a business, which makes the opportunity of starting a business reach an unprecedented peak of enthusiasm. For

the contemporary students of foreign languages, they not only have strong professional knowledge, also has a more open than other majors horizons, but also make good use of the resources around them, such as network information, interpersonal connections, capital loans, etc., more importantly, they have the youth of a fresh start, no matter how many times they fail, because they are not afraid of failure.

Young represents unlimited possibilities, with a lot of passion and relentlessness against the pressure of employment, they jump into army of entrepreneurs to challenge. They just graduated from colleges with ideal, under the guidance of the relevantly national policies, in order to succeed in business, but they are faced with more enthusiasm than practical experience, and can not bear the hardship of pragmatic management. As a result, there are many entrepreneurs, while few can be counted on one's fingers to succeed. Among them, the foreign language students were more obviously frustrated, which was much more intense than other aspects. Therefore, an idea is an idea after all. When it is put into practice, the distance between ideal and reality is far away[2]. Only by combining theory with practice can we summarize experience and lessons. As for this problem, many language colleges commonly have entrepreneurial base and incubator etc, but because of limits of various conditions, only a small number of students are able to participate in business practice, what's more, management system of practice base itself exists many shortcomings, due to which some students' innovative undertaking ideas just remain conceptions, and they can't be carried out.

3. Anxiety in Foreign-Language Innovation and Entrepreneurship in Colleges and Universities

With the continuous development of China's market economy and the continuous output of relevant supporting policies for mass entrepreneurship and innovation, college graduates' enthusiasm for entrepreneurship remains high. However, in practical entrepreneurial activities, a series of problems such as the huge gap between reality and ideas come along. Among these problems, anxiety is one of the most serious.

Under the background of economic globalization, graduate entrepreneurship in foreign language universities has huge advantage, and relevantly governmental support policies also occupy the favorable situation. Language college students in today's society, under the influence of the media and public opinion, have realized that there are successful entrepreneurs, entrepreneurs, outstanding characters such as successful stories everywhere, which surges enthusiasm of entrepreneurship. However, girls occupy a large portion among students in foreign language colleges and universities, relatively their tenacity, willpower, body quality and so on can't be equal to boys, in addition, with the rapid development of Internet plus business, the condition of starting up business will be more difficult. They just pursue the successful cases of media reports without destination, however, they don't correctly

realize their own consciousness, ability, personality and practical ability. Therefore, they refer these cases as good examples to make entrepreneurship plan, leading to a large gap between the goal and reality. As a consequence, when they have started a business for a long time or they have met troubles, of course, they begin to suspect their ability and further lose entrepreneurial confidence.

Students who can enter the university all have great expectations of their families on their shoulder. Among diverse families, parents' occupation, income and interpersonal communication will have different effects on their children's choice of starting their own business. Only a few college students with superior family conditions have convenient conditions for starting their own business with the support of their parents. On the contrary, ordinary families have relatively thin income and unstable jobs. When their children choose to start a business, they also hope that they can succeed and get rid of their current environment, but they cannot provide relevant support in terms of economy or social network. While more think business risk is high, does not support their business, leaving these students in choosing a business to undertake the higher job pressure and failure with much more intensity. These students majoring in languages in colleges and universities will come across bigger obstacles, because they accept the instruction of knowledge and occupational option which is inclined to be more traditional and stable occupation such as civil servants and unit personnel. The chances are largely they will start their own business, while they will also face high pressure, so the chances are that they will generate anxiety.

4. Anxiety Adjustment in Foreign-Language Innovation and Entrepreneurship in Colleges and Universities.

4.1 Improve Self-Employment System

Self-employment is a way out for of contemporary university students employment priority, particularly in recent years, the rate of pursuing the entrepreneurship is much higher among the students in foreign-language colleges. In the case of economic interactions, there is a larger range of entrepreneurship, in fact, seeing from the perspective of the business system and policy at present in our country, there exists the problem of high cost and barriers to entrepreneurship. Compared with the United States, in which with a dollar you can register a company or enterprise, you want to register a company in our country, and the capital at least is one hundred thousand, which is the basic requirement. However, this is unbearable for these new graduates. By contrast, it is significant for the government to open a green channel on system of entrepreneurship for college students, otherwise, the students with strong eager for business and strong ability for knowledge stop. What's more, graduates are lacking of suitable guarantee to start their own businesses. Most of the students come from the countryside, their startup capital need parents' support, but few families can fully support them. College students is in the best age of invention and creation, nation and local

should take some measures to lower the requirements for entrepreneurship and encourage them to start their business, and remove unnecessary obstacles caused by prerequisites during the startup. At the same time, the government should also reduce students' capital pressure and adjust the related system in order to create a favorable environment for anxiety reduction.

4.2 Establish a Correct Entrepreneurial View and Adjust the Attitude Towards Competition

Graduates are expected to formulate detailed plans and practical entrepreneurship indicators, and actively participate in the practice activities of language entrepreneurship bases supported by the state in university, and continuously increase my entrepreneurial experience, and constantly improve deficiencies in the activities. In addition, they should also realize the lack of professional language quality, and avoid relevant shortcomings when choosing the direction of employment. Meanwhile, they can not blindly follow the success of the existing cases, can learn, but can not copy; On the other hand, they should remain true to the original aspiration. In the process of starting a business, they should be patient. Many ideas are honed by time and accumulated with wisdom, as a result, they cannot ignore the existing problem for short-term gains.

As we all know, competition is everywhere, with interaction and development of economic globalization market, under the condition of the domestic existing competition with foreign competition in the new field, there are always someone who comes and goes. Faced with escalating competition, they take full use of a variety of resources to analyze the competition situation and come forth optimized strategy. The students in foreign-language colleges have low ability and consciousness of entrepreneurship, therefore, on the condition that they have insufficient knowledge reserve, it is of necessity for them to confront their defects so as to avoid them afterwards. More importantly, they can also convert their strategy to display the strength, and they will lessen the anxiety produced by inadequate self-condition and outer disturbance.

4.3 Effective Self-Repair and Optimized Emotional Processing Are the Internal Requirements for the Psychological Adjustment of Entrepreneurial Anxiety

Learning and mastering scientific and effective means of self-repair is the internal requirement of alleviating anxiety, maintaining and maintaining mental health[3]. Foreign language learning itself needs a good environment, so in terms of cultivating a good character, they can participate in more psychological courses to understand the relevant psychological knowledge. How well you handle your emotions makes all the difference. For the deep analysis of personality, we should see the psychological conflict reflected by anxiety and remind us to make timely changes. We are urged to be aware of the dialectical and organic unity between the positive and negative effects of anxiety, and between the inner activities and the

external environment.

Language class at the same time most college students in personality or character rather reserve more, which is a quiet and psychological anxiety in the entrepreneurial process. They are supposed to break through the character limits, rather than being silent or hiding bad emotion in the deep heart. In fact, one of the fastest way to self-repair is pouring troubles out to their friends and tell their friends something that they cannot complain in the startup. Or the most direct way is crying out, and there is no need for them to feel embarrassed. Only when they relieve the negative anxiety elements generated by personality, they can further calm down to determine the next direction. For example, when they cannot effectively control their emotion, they can distract their attention from current things to other simple affairs, after getting mental balance, they come back to deal with them. Whereas, emotions generating from self-denial, they could find their advantages to stimulate and adjust themselves. Self-motivation function means encouraging themselves through reading philosophy in daily life, exemplary deeds or wise conception, vying with all kinds of bad emotions for wonderful future. During the entrepreneurial path, no matter how many frustrations they meet, they should not be impatient and bewildered. Instead, calm down and analyze present situation, think over to solve the problems, meanwhile, stimulate themselves: the hard time has gone, what's more, they have gone through much harder, the success rounds the corner. Eliminate cowardice, strengthen confidence.

5. Conclusion

In short, in the new era of innovation and entrepreneurship, the anxiety generated by language classes in colleges and universities in various aspects can be adjusted according to the actual situation to improve mental health. In the process of starting a business, in addition to the reasonable use of solid knowledge, they should also learn to adjust ourselves according to the anxiety they face.

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