

Research on the Influencing Factors of Employment Anxiety of Masters of Journalism and Communication under the Development of New Media

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Abstract: With the rapid development of higher education, the enrollment scale of graduate students is expanding day by day, and the number of graduate students of journalism and communication is also increasing, which appears the situation of oversupply. In addition, with the advent of the new media era, the traditional way of news production and communication has been subverted, which puts forward higher requirements for news communication talents in universities. The master of Journalism and communication in Shuangfei University is also facing the dual identity crisis of internal and external. If the employment anxiety is not solved, a large number of news talents will be lost, resulting in unnecessary waste of resources. However, the current research on employment anxiety mainly focuses on undergraduate graduates, and pays less attention to postgraduate students.

Keywords: Employment Anxiety; News Spread; Graduate Student in Journalism and Communication.

1. Introduction

This study is expected to use questionnaire survey and quantitative analysis method, literature review and practical observation, design a questionnaire based on the mature scale in the academic field, increase the measurement link of employment anxiety, and form a questionnaire combining the level of employment anxiety and the development background of new media. The development of new media has an impact on different fields. Questionnaires were distributed online and related scales were combined to measure the impact of changes in communicators, communication content and communication channels on employment anxiety in the new media era. Finally, reliability and validity analysis, descriptive analysis and correlation analysis of data results were carried out by SPSS to draw conclusions step by step.

2. Research Design

2.1. Research Perspective and Research Method

2.1.1. Research the Theory

Anxiety arises from an individual's response to the unspecificity of the external environment and is accompanied by physiological and psychological responses such as worry, nervousness, and insomnia. Spelberger (Spelberger, C.D.etal) divided anxiety into trait anxiety and state anxiety, the former is the individual's inherent psychological state, with stability, the latter is caused by the external environment, with temporary. Expanding the connotation of anxiety to the employment anxiety of college students, the employment anxiety of the student population is generated in the employment situation, the process of anxiety generation is accompanied by the individual's cognition and judgment of the external environment of employment, their own ability and the realization of the expected goals, when the individual perceives that the failure of successful employment will produce negative emotions, which will lead to behavioral,

psychological and physiological changes in the individual, mainly manifested as anxiety, nervousness, insomnia, and the emotion This emotion may change as the employment problem changes.

Bandura defines self-efficacy as the degree of confidence an individual has in his or her ability to carry out a certain behavior successfully, and it is a specific expression of self-efficacy function that influences people's attitudes in the face of difficulties and their emotions during activities. In relation to the employment process, an individual's assessment of or confidence in his or her ability to successfully carry out behaviors related to employment decisions is career decision self-efficacy. Betz et al. explain the self-efficacy expectations related to careers (career self-efficacy) as "an individual's beliefs about the implementation of career-related behaviors, choices, and adherence to them." Therefore, occupational self-efficacy refers to the degree of confidence in an individual's ability to handle and solve relevant matters in the job search process, and the level of occupational self-efficacy is related to whether the individual acts proactively or not. High career decision-making self-efficacy plays a positive role in promoting employment behavior. The level of career self-decision-making self-efficacy is affected by individual cognition, and the extension of cognitive ability includes observation, memory, imagination, thinking and attention. Cognitive psychologist Beck pointed out that the cognitive process is the cognitive model in action, when the threat is perceived, the cognitive model will start to work because of the stimulation, the cognitive model acts to form the evaluation of the event, and the result of the evaluation of the event is the cognitive result. The cognitive result will further affect the individual's sense of occupational efficacy, when the individual believes that his ability can make the employment behavior successfully implemented, he will implement the action with a positive mindset, this process involves the awareness of their own ability and behavioral goal setting, the master's degree student's negative evaluation of their own employability or high employment goal setting will produce a low self-efficacy, which will reduce the

positivity of the employment behavior. Therefore, self-efficacy theory is an important basis for this study, and it also provides a theoretical basis for the proposed countermeasures to alleviate the employment anxiety of master's degree students.

In summary, as the scale of graduate student enrollment continues to expand, the number of graduate school graduates increases year by year, making the competition in the graduate school job market more and more intense, and the problem of employment anxiety is becoming more and more prominent. The communication process has changed under the development of new media, and the new communication environment has led to changes in practitioners' self-efficacy perceptions. As a result, the study examines anxiety as a constructed, processual variable rooted in micro-interactions based on a two-way constructive mechanism between new media development and self-perception, thereby broadening the understanding of employment anxiety among master's degree students in journalism and communication.

2.1.2. Research Method

With the further expansion of master's degree students, the employment competition faced by master's degree students has become more and more intense. In this group, the situation of journalism and communication master's degree students is even more difficult. So what is the real situation of employment anxiety of journalism and communication graduate students at this stage? What is the correlation between variables and employment anxiety in the context of new media? The answers to these questions need to be analyzed through field investigation and then combined with theory before they can emerge.

In order to study the current situation and influencing factors of journalism and communication postgraduate students in employment anxiety, reference to relevant literature and social reality for the conceptualization of influencing factors, accordingly designed questionnaires and implementation of the survey to explore the influencing factors. The questionnaire was set up with dependent and independent variables, and the measurement of the dependent variable in this study was based on the self-assessment method, i.e., the respondents were allowed to judge their own employment anxiety and thus choose their employment anxiety level. The level of employment anxiety was categorized into five levels from low to high: no employment anxiety, moderate employment anxiety, mild employment anxiety, moderate employment anxiety, and severe employment anxiety, allowing the respondents to make judgments about their employment anxiety situation and choose the option that fits their situation. Anxiety is a combination of psychological, physiological, and behavioral changes, and given the subjectivity of employment anxiety measurement and the fact that this study is not intended as a professional psychology study, the measurement of employment anxiety was taken as a self-assessment by the respondents. The measurement of the independent variables is based on the media effect theory and self-efficacy theory, and the index system of this study is formed by drawing on the research results of Zhang Xiaoqin, Ren Huajuan, and Li Yunhua, etc. At the same time, according to the subjects involved in the employment process of master's degree students of journalism and communication, we consider the factors affecting the anxiety in terms of the main body of the communication, the content of the communication, and the channel of the communication. Final Questionnaire

The research object of this questionnaire refers to the current master's degree students of journalism and communication majors, including the first year of postgraduate students, the second year of postgraduate students and the third year of postgraduate students, and also including full-time academic postgraduate students and full-time professional postgraduate students. The current master's degree students have not yet stepped into the society, lack of work experience, and have unknown and confused employment, and their employment anxiety problem is worth paying attention to. Including first-year and second-year postgraduate students in the study can better compare the differences in employment anxiety of students in different grades. The total number of questionnaires distributed was 91, and the number of returned questionnaires was 85, with a return rate of 93% and a validity rate of 90%. The screening criteria for this study was that the respondents did not suffer from employment anxiety and in the valid sample, the number of males was 23 and the number of females was 59, the number of first year postgraduate students was 41, the number of second year postgraduate students was 26 and the number of third year postgraduate students was 15.

2.2. Reliability and Validity and Anxiety Status Analysis

2.2.1. Reliability Analysis

Reliability Analysis (Reliability Analysis) is to test the reliability of each item in the scale to show the overall reliability of the questionnaire, and it is generally believed that the Cronbach's α coefficient is between 0.7 and 0.9, which indicates that the consistency of the questionnaire among the items is better, and the questionnaire reliability is higher. In this study, SPSS26.0 was used to analyze the reliability of the Employment Anxiety Influencing Factors Scale for Master's Degree Students, and the results showed that the overall Cronbach's α of the scale was 0.888, of which Cronbach's α of the communication body was 0.702, Cronbach's α of the communication content was 0.795, and Cronbach's α of the transmission channel was 0.764, all values were greater than 0.7, and all values were greater than 0.7, and all values were greater than 0.7. Cronbach's $\alpha=0.764$ for communication channel, all values are greater than 0.7, indicating that the reliability of the questionnaire is high.

2.2.2. Analysis of Validity

Validity Analysis (VA) is to test the validity of each item in the scale, it is usually considered that the scale meets $KMO>0.5$ and $P=0.000$ in Bartlett's spherical test, which indicates that the correlation between the items of the questionnaire is strong, but some scholars believe that the $KMO>0.7$ questionnaire is more reliable. Using SPSS26.0 Master's Degree Employment Anxiety Influence Factor Scale to analyze the validity of the questionnaire, it was found that the overall KMO of the scale was 0.894, of which the KMO of the communication subject factor was 0.734, the KMO of the communication content was 0.696, the KMO of the communication channel was 0.665 and the Bartlett's ball test reached the significance level ($\text{sig.}<0.01$), indicating that each item of the questionnaire had a strong correlation between the items. 0.01), indicating that the correlation between the items of the questionnaire is strong and the validity is high.

2.2.3. Statistical Analysis of Social Demographic Characteristics

In this study, simple descriptive statistics of the sample data

were conducted in order to visualize the classification of the respondents, as shown in Table 3-3. In the sample data, in terms of gender, the number of women is mainly female, of which the number of women is 59 and the number of men is 23. In terms of degree type, the number of full-time professional postgraduates is mainly professional postgraduates, of which the number of professional postgraduates is 60. In terms of grade, the number of first-year postgraduates is higher, of which the number of first-year postgraduates is 41, the number of second-year postgraduates is 26, and the number of third-year postgraduates is 15. In addition, it is worth noting that the number of master's degree students' expectations of employment units varies the most, in which 76.83% of them expect their work units to be organizations, including national government units, institutions and state-owned enterprises. Only 23.17% of them expect to work in private enterprises, self-employment or others, which indicates that the vast majority of master's degree students pursue stable institutions in the process of employment, and the overall expectation of employment units is higher.

2.2.4. Survey on Employment Anxiety of Postgraduate Students

A moderate level of employment anxiety will be the driving force of individual action, prompting individuals to actively face the employment problem, and when the individual anxiety level exceeds the moderate level and reaches a certain degree, it will cause physiological and psychological uncomfortable feelings. Individual feeling is the reflection of objective things in the individual's mind that act on the sense organs, and the individual's feeling has obvious differences, and the individual's feeling of employment anxiety also has obvious differences, so this study adopts the method of self-assessment by the respondents, and in the valid samples, the level of employment anxiety is moderate employment anxiety, mild employment anxiety, moderate employment anxiety, and severe employment anxiety from low to high, so that the respondents can judge their own feelings according to their own feelings. respondents to judge their own anxiety according to their own feelings, and then make a choice in line with their own anxiety situation. According to the statistical results in the following table, the employment anxiety of journalism and communication master's degree students is relatively serious. The number of moderately anxious people accounted for 13.41%; the number of mildly anxious people accounted for 20.73%; the number of moderately anxious people accounted for 42.68%; the number of severely anxious people accounted for 23.17%, and the total number of moderately and severely anxious people accounted for as high as 65.85%.

3. Analysis of Influencing Factors of Employment Anxiety of Postgraduate Students

3.1. Research Hypothesis

This study draws on relevant literature and questionnaires to form an indicator framework of "employment anxiety influencing factors of journalism and communication master's degree students" and puts forward the hypotheses of this study from the perspective of the subject of communication, the content of communication and the channel of communication. The main body of communication includes the emergence of

self-media to break down professional barriers, the emergence of news robots and the fear of being replaced, I can make good use of the new media communication and I am worried about whether I can become an excellent talent; the content of communication includes the richness of the communication content which makes it difficult for me to learn, I am worried that my ability can not meet the requirements of the media industry and I can not accurately evaluate my own ability; the channels of communication include the communication channel will increase my I am willing to work in new media, and I think media convergence is favorable to the development of the media industry.

Research Hypothesis 1: Changes in the subject of communication have a significant effect on employment anxiety of master's degree students in journalism and communication

Hills believes that the emergence of new media has broken the boundaries of the traditional media industry, today's news production no longer must be organized around the production tools, means of production, career and workplace can be separated, the cost of production and dissemination of costs have been significantly reduced, which is precisely the characteristics of the "post-industrial news production". As an emerging producer, more and more news is first released by users on self-media and social media platforms, triggering public opinion, and then followed up by professional media. In this case, the professional identity of journalism professionals has been broken, and the competitors are generalized into a huge number of self-media, and the employment anxiety of graduate students has increased. Moreover, communication subjects generated under new media technologies such as big data, algorithms and 5G are able to produce communication content more efficiently and accurately, and the advantages of traditional media people are further weakened. Accordingly, research hypothesis 1 is proposed: the change of communication subjects has a significant effect on the employment anxiety of master's degree students.

Research Hypothesis 2: Changes in communication content have a significant effect on employment anxiety among master's degree students

In the new media era, the content and methods of communication have undergone profound changes. While traditional media mainly disseminate content through text, pictures and video, new media give more choices of media forms, such as audio, animation and virtual reality. This makes the content more diverse and vivid. New media provides personalized and customized ways of content dissemination. Users can choose the content they are interested in according to their interests and preferences, subscribe and follow their favorite topics and fields, so as to get information that better meets their needs, and users have higher requirements for the quality of the content. Self-confidence is a kind of self-efficacy generated when an individual is active. Simply put, it is the cognition and evaluation of one's own ability, value and so on. Some studies have shown that self-confidence is one of the causes of career anxiety among college graduates, and for master's degree students in the process of job hunting, changes in communication content can weaken self-confidence in job hunting. The research hypothesis is proposed that changes in communication content have a significant effect on the employment anxiety of master's degree students.

Research hypothesis 3: Changes in communication

channels have a significant effect on employment anxiety among master's degree students

Zhu Qianfeng and Chen Chenglin found that peer competition and employment situation had a positive and significant effect on the level of employment anxiety among college students in Shanghai. Zhang Yuzhu and Chen Zhongyong found that employment competition and concern about employment prospects are the main reasons for college graduates' anxiety. With the development of science and technology and the popularization of the Internet, the number of new media communication agencies has gradually increased, and various new media agencies such as MCN agencies and short video platforms have been emerging. These new media communication organizations have a wide range of communication influence and public opinion guidance, absorbing the students of journalism and communication master's degree. The development of new media industry provides journalism and communication students with broad employment prospects and opportunities. They can not only work in traditional media, such as newspapers, news agencies, TV stations and magazines as news editors, journalists and advertising planners, but also realize employment in the new media field based on digital and Internet technologies, such as working in self-media operation, online editing and content planning. Accordingly, research hypothesis 3 is proposed: changes in communication channels have a significant impact on the employment anxiety of master's degree students.

3.2. Analysis of Regression

Correlation analysis is a prerequisite and a necessary step

in conducting regression analysis. Generally, a positive or negative value of the regression coefficient indicates a positive or negative correlation between the variables. The degree to which the regression coefficient r tends to be 1 or -1 indicates the degree of correlation between the variables. The "***" sign in Table 4-2 indicates that the correlation between the two variables is significant ($p < 0.01$).

The correlation between variables was analyzed in this study using Pearson's correlation.

As shown in 1, the correlation between employment anxiety and the emergence of self-media is 0.35 ($p < 0.05$), indicating that there is some correlation between the two, but not a strong correlation. This indicates that the emergence of self-media may affect people's employment perceptions and anxiety levels. The correlation between employment anxiety and the emergence of AI and robot news was 0.25 ($p < 0.05$) and 0.42 ($p < 0.01$), respectively, which indicates that the emergence of AI and robot news has a greater impact on people's employment prospects, which may lead to anxiety. The correlation between employment anxiety and one's own new media ability (e.g., utilizing new media communication) is 0.30 ($p < 0.05$), which indicates that personal ability plays an important role in coping with employment anxiety. If a person is able to utilize new media communication well, his/her level of employment anxiety may be relatively low. Finally, the correlation between employment anxiety and the ability to be a good new media talent is 0.41 ($p < 0.01$), which suggests that the ability to be a good new media talent has an important effect on people's employment anxiety.

Table 1. Correlation coefficients of employment anxiety level and influencing factors for master's degree students

sports event	average value	(statistics) standard deviation	Do you think your employment anxiety is	I think the emergence of self-publishing has broken down professional barriers to journalism	The advent of AI, robot journalism has me worried about being replaced at work	I can make good use of new media communications myself	I'm worried about being able to be a good new media talent
Do you think your employment anxiety is	3.76	0.96	1				
I think the emergence of self-publishing has broken down professional barriers to journalism	3.59	1.15	0.35**	1			
The advent of AI, robot journalism has me worried about being replaced at work	3.32	1.23	0.25*	0.42**	1		
I can make good use of new media communications myself	3.38	1.10	0.14	0.30**	0.41**	1	
I'm worried about being able to be a good new media talent	3.46	1.04	0.27*	0.41**	0.41**	0.28*	1
* $p < 0.05$ ** $p < 0.01$							

The correlation between communication content and employment anxiety can be seen in table 2. The correlation coefficient shows that there is a significant positive

correlation between the richness of communication content and the anxiety factor of "difficulty in learning" ($r = 0.32$, $p < 0.05$). On the other hand, there is also a correlation between

content and "inability to accurately evaluate one's own ability" ($r=0.42$, $p<0.01$). This may be due to the fact that in the face of diverse media content, people may experience confusion and uncertainty about their self-efficacy, which in turn affects their evaluation of their abilities.

From table 3, the correlation coefficient between increased communication channels and employment opportunities is 0.45 ($p<0.05$), and for new media jobs, the correlation

coefficient is 0.20 ($p<0.05$), which suggests that the majority of people are willing to consider going to work in new media. This may be due to the fact that the growth of the new media industry has led to more job opportunities, as well as providing more career development opportunities and challenges.

The correlation coefficient between media convergence and media industry development is 0.56 ($p<0.01$).

Table 2. Correlation coefficients of employment anxiety level and influencing factors for master's degree students

sports event	average value	(statistics) standard deviation	Do you think your employment anxiety is	The abundance of communication content (including data journalism, animation, short videos, etc.) makes me find it difficult to learn	I'm worried that I won't be able to meet the production requirements of the media industry.	Inability to accurately evaluate their own abilities
Do you think your employment anxiety is	3.76	0.96	1			
The abundance of communication content (including data journalism, animation, short videos, etc.) makes me find it difficult to learn	3.37	1.17	0.32**	1		
I'm worried that I won't be able to meet the production requirements of the media industry.	3.57	1.19	0.18	0.60**	1	
Inability to accurately evaluate their own abilities	3.59	1.13	0.42**	0.50**	0.59**	1
* $p<0.05$ ** $p<0.01$						

Table 3. Correlation coefficients of employment anxiety level and influencing factors for master's degree students

sports event	average value	(statistics) standard deviation	Do you think your employment anxiety is	Increased communication channels will increase my employment opportunities	I'd like to work in new media.	Media convergence is good for the media industry
Do you think your employment anxiety is	3.76	0.96	1			
Increased communication channels will increase my employment opportunities	3.68	1.09	0.07	1		
I'd like to work in new media.	3.55	1.13	0.20	0.40**	1	
Media convergence is good for the media industry	3.72	1.26	0.20	0.52**	0.56**	1
* $p<0.05$ ** $p<0.01$						

4. Analysis of Influencing Factors

4.1. The Influence of Communication Subjects on Employment Anxiety of Postgraduate Students

According to the data in the table, we find that there is a significant correlation between employment anxiety and the

emergence of self-media, the emergence of AI and robot journalism, and the ability to communicate in new media, and the correlation P is less than 0.05. There is a moderate positive correlation between employment anxiety and the emergence of self-media. This is because with the development of self-media, people's perception of journalism professionalism is changing, which triggers employment anxiety. The correlation coefficient between other communication subjects

such as AI, robots and employment anxiety is 0.25, indicating a low degree of negative correlation between employment anxiety and the emergence of AI and robot news. This may mean that with the development of AI and robot news, people are worried about the increased possibility of being replaced at work, which in turn triggers employment anxiety. There is a moderate and high degree of positive correlation between employment anxiety and new media communication skills. This could mean that those who worry about their ability to be a good new media talent tend to work harder at improving their new media communication skills. In the course of our analysis, we need to note several significant correlation coefficients and the problems and possibilities they each reflect. The most prominent of these are those significant positive correlations, especially between new media communication skills and employment anxiety. This suggests that for those who have the potential to become good new media professionals, improving their new media communication skills may have a positive impact on their employment prospects. Research hypothesis 1 was verified.

4.2. The Influence of Communication Content on Employment Anxiety of Postgraduate Students

From the mean value, all the options of employment anxiety are higher than the mean value, which indicates that most of the subjects have some employment anxiety. Among them, the highest mean value is for "worrying that my ability can't meet the production requirements of the media industry", which is consistent with the increasingly fierce competition in the media industry and the increasingly high requirements of practitioners. The correlation coefficients show that there is a significant positive correlation between content richness and the anxiety factor of "difficulty in learning". This is because the lack of effective learning methods and strategies may make it more difficult to learn when faced with diverse communication content. On the other hand, there is also a correlation between communication content and "not being able to accurately assess one's own abilities". This may be due to the fact that, in the face of diverse media content, people may experience confusion and uncertainty about their self-efficacy, which in turn may affect their evaluation of their abilities. Overall, the Pearson's correlation coefficient shows that there is a correlation between the richness of media content and the factors of "difficulty in learning" and "inability to accurately evaluate one's own ability" in employment anxiety. This suggests that how to effectively cope with diverse contents and how to correctly evaluate one's own ability will be the key to alleviating employment anxiety for media practitioners or those who wish to enter this field. Research hypothesis 2 was validated.

4.3. The Influence of Communication Channels on Employment Anxiety of Postgraduate Students

The correlation coefficient between increased communication channels and employment opportunities is 0.45, which means that people are more likely to get more employment opportunities as communication channels increase. This is consistent with the feedback we received in the questionnaire that more communication channels can provide more employment information and help people better understand the job market, thus increasing employment

opportunities. With more communication channels, people are more likely to get more employment opportunities; most people are willing to consider working in new media; and media convergence has a positive impact on the development of the media industry. These conclusions are informative for us to understand the job market and the development trend of the media industry. Research hypothesis 3 is verified.

5. Discussion and Suggestion

According to the concept of employment anxiety, it can be seen that the employment anxiety of master's degree students in journalism and communication belongs to trait anxiety, i.e., it arises due to facing employment problems. The communication environment has changed under the new media, and the employment process of students involves the three dimensions of communication subject, communication content and communication channel, so the effective alleviation of the employment anxiety of master's degree researchers needs to find a way to grasp from these three aspects.

5.1. The Change of the Main Body of Communication Needs to Take a Positive Response

Employment anxiety, as an emotional experience, has both positive and negative sides. Moderate employment anxiety can be a driving force to urge individuals to make progress, while excessive employment anxiety can cause students to develop serious psychological and physiological problems, affecting normal learning and life. When employment anxiety develops into a negative emotion, positive venting is an effective way to relieve anxiety. First, face the employment problem bravely. Employment is the beginning and necessary process for an individual to become a social person. Avoid the idea of relying on others to solve the problem, enhance your own resistance to pressure, and try to adjust your own mindset. Secondly, adopt reasonable, positive and suitable ways to release emotions. Thirdly, seek help when necessary, take the initiative to communicate with parents, tutors and friends to seek help when things beyond your ability occur in the employment process, and seek help from professional psychologists when necessary. The body of communication is increasing but at the same time, it also brings some opportunities, and those who are employed can improve their competitiveness by mastering AI or news bots, for example.

5.2. Under the Change of Communication Content, It Is Necessary to Increase the Reserve of Professional Knowledge and Improve the Ability of Scientific Research and Innovation

Educators and institutions should provide a wide range of learning resources, including online courses, hands-on projects, professional lectures, etc., to meet the needs of different learners. Emphasis should also be placed on cultivating students' critical thinking and problem-solving skills, so that they can flexibly cope with diverse media content. Active professional knowledge reserve to balance the relationship between multiple employability skills. Compared with undergraduates, the division of learning content of master's degree students presents refined characteristics, so the role of professional courses can not be limited to teaching

professional theoretical knowledge, but more to provide students with learning ideas through the teacher's professional content presentation. On the one hand, improve individual self-consciousness, self-discipline and self-study ability, follow the teacher's ideas in class, think independently and summarize, learn the teacher's ideas of knowledge presentation, and use a variety of ways to broaden the knowledge dimension, dig the depth of knowledge under the classroom, professional knowledge to link, and lay a solid theoretical foundation for scientific research and innovation. On the other hand, increase the reading of books to increase the breadth of knowledge of news communication.

5.3. It is Necessary to Make Reasonable Career Planning Under the Change of Communication Channels

Career planning refers to the whole process in which an individual analyzes and matches the internal actual situation with the external employment position and employment situation, and finally determines his/her employment goal as well as his/her efforts for it. Career planning helps individuals to locate the direction of employment and find employment opportunities. According to the questionnaire most of the respondents prefer state-owned units when choosing positions, but with the development of new media, the career choices of master's degree students in journalism and communication have increased, and they can choose more suitable positions according to their own needs. Studies have shown that the development of college students' career goals and career plans depends on the enhancement of career planning awareness, similarly, the enhancement of master's degree students' awareness of career planning, reasonable career planning is an important measure to improve the "quality" of their employment and reduce employment anxiety.

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