

research projects. According to the survey results, only a small part of the current scientific research team of teachers conduct research in order to obtain good scientific research results, which requires university scientific research management personnel to promptly correct the scientific research cognition of scientific research personnel.

Conclusions: The research results show that a large number of scientific research personnel in the current university scientific research team have scientific research attitudes and misconceptions, which makes scientific research management more difficult. For this reason, university scientific research managers need to take measures to change their scientific research cognition.

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ROLE OF POSITIVE PSYCHOLOGY IN THE ADJUSTMENT OF EMPLOYMENT PRESSURE OF STUDENTS MAJORING IN ECONOMIC MANAGEMENT

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Background: Economic management major employment direction mainly includes finance, insurance, tax, international trade, business, investment, etc. after graduation, you can go to an insurance company, do marketing, do business assistant, etc. But the pressure faced by the students of economic management is increasing gradually. The negative emotions such as anxiety, tension, depression, worry, depression, depression, hesitation, loss, and loss of mind are constantly disturbing the college students' original calm and beautiful university life. If these pressures and negative emotions cannot be alleviated and regulated in time and continue for a long time, it will undoubtedly be the boosting factor of psychological problems or obstacles for college students. In this way, the psychological endurance of college students is reduced and they can't bear the heavy burden. There may be insomnia, confusion, confusion, emotional ups and downs and other psychological problems, and even anxiety, inferiority complex, depression, interpersonal tension, autism, dependence and other psychological diseases, which makes it difficult for college students to successfully pass the critical period of employment, Unable to successfully complete the role transition from school to social work. This not only hinders the harmony and stability of the campus, for the society, but also a great loss of youth's contribution to social development. For individual students, psychological distress affects their physical and mental development. Therefore, it is urgent to carry out psychological health education for college students, such as personality optimization, stress relief, emotional management, frustration training, psychological quality improvement.

Objective: Positive psychology belongs to a new science, which mainly refers to the study of traditional psychology from a positive perspective, and forms a corresponding field. Compared with negative psychology, positive psychology mainly arouses people's positive behavior through environmental design and behavior design, so as to achieve the purpose of relieving psychological pressure. University is an important stage in life. In this process, students will form their own world outlook and develop their own personality. However, in this stage, students will also face a series of important problems such as study, life, love and employment. However, due to the lack of experience and self-control ability of College Students at present, when these problems are not well handled, there will be greater pressure. Positive psychology guides students to face psychological pressure reasonably by paying attention to people's inner positive quality, so as to achieve the purpose of physical and mental health.

Subjects and methods: Three hundred junior or senior students from four universities in a city were randomly selected, all of them majored in economic management. They were randomly divided into observation group and control group. The age of the students ranged from 21 to 24, and the ratio of male to female was close to 1:1. The observation group needs to learn the interpretation of the basic meaning of mental health, college students how to adapt to the environment, self-awareness confirmation, interpersonal skills, college students' love psychology, how to shape a good personality, emotional management, understanding of pressure, how to face psychological crisis, cherish life, interview psychological guidance and other courses. Students are required to participate in the group psychological counseling practice course corresponding to the theoretical course, so that each student can really improve the ability to cope with the situation and emotion management ability in the group practice, relieve the anxiety, tension and pressure in the face of employment with the group activities, and learn to adjust their

own state at the same time. The training time of the whole course is one month.

Study design: In the form of questionnaire, the students are required to answer anonymously. The psychological pressure of the students is tested before and after the course. The test content includes two categories, one is personal pressure, the other is social environment pressure. The 5-point rating is adopted. The higher the score on the questionnaire, the greater the psychological pressure they feel.

Methods: SPSS20.0 software was used for statistical data analysis.

Results: Compare and test the pressure psychological performance of the observation group and the control group before and after the experiment, and the statistical table is shown in Table 1.

Table 1. Stress psychological status of college students.

	The observation group (<i>M ± SD</i>)	The control group (<i>M ± SD</i>)
Before the experiment	3.57±1.32	3.62±1.43
After the experiment	1.49±0.34	3.16±0.85

It can be seen from Table 1 that after a certain period of curriculum education, the psychological pressure of the students in the observation group has been significantly improved, while that of the control group has hardly changed. It shows that the designed course can improve the students' psychological state to some extent. This shows that the positive psychological curriculum intervention is effective for the college students who are facing the employment evaluation situation, whether in the way of coping with the pressure or in the good shaping of personality characteristics.

Conclusions: In the current college life, due to learning, emotion, employment and interpersonal communication, students will have a certain psychological pressure, which is not conducive to their physical and mental health. At the same time, because of the limited professional content, the economic management major has limited employment objects. In view of this situation, we can use positive psychology to guide the students' positive behavior, and through creating positive learning atmosphere and surrounding atmosphere, students can feel positive learning and living conditions, adjust their emotions in time, and achieve the purpose of relieving psychological pressure of choosing jobs.

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EMPLOYMENT OF THE DISABLED AND ITS INFLUENCING FACTORS FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

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Background: Social psychology refers to the study of individual and group psychology and behavior in the social interaction and changes. Social psychology discusses interpersonal relationship at individual level and social group level. Employment psychology refers to the general psychological characteristics of the disabled in the process of career preparation and employment. Only with healthy employment psychology can we correctly evaluate ourselves and improve the success rate of employment. But in real life, there are many problems in the employment psychology of the disabled. The disabled have high self-esteem, low self-esteem and over sensitivity. Due to the physical defects and some people's discrimination against the disabled in society, most of the disabled have different degrees of psychological problems, often showing pessimistic and negative emotions; There are also some disabled people who lack a correct understanding of themselves and the current employment situation, resulting in a great contrast between the employment expectation and reality, and the psychology of disappointment, depression and even withdrawal; In the communication and cooperation with the healthy people, most disabled people are afraid to get along with the healthy people, and their inferiority is obvious.

Employment is an important way for the disabled to realize their own value and improve their social status. To solve the problem of the disabled reasonably is an important part of building a harmonious socialist society. As an important prerequisite and foundation for the disabled to participate in and return