

model proposed under the guidance of educational psychology cannot only achieve good application effect of ideological and political education, but also greatly improve the mental health status and work enthusiasm of the research objects. Table 1 shows the statistics of negative emotion scores of the subjects before and after the intervention of different work teaching modes.

**Table 1.** Statistics of negative emotion scores of the subjects before and after the intervention of different work teaching modes

Evaluation dimension		Job burnout	Anxiety
New educational working mode	Before intervention	18.24±3.69	15.11±2.05
	After intervention	5.43±2.67	4.23±1.16
Old educational working mode	Before intervention	19.77±3.58	14.98±1.43
	After intervention	14.29±2.54	10.27±1.28

Table 1 shows that there is no significant difference in the scores of job burnout and anxiety between the old and new educational work modes before the experimental intervention, while after the intervention, the score difference of the new mode on the reduction of counselors' Job Burnout and anxiety reached 13 points, which is much higher than the maximum improvement score of the old mode by 5 points.

**Conclusions:** Educational psychology lays a psychological scientific foundation for the study of China's teaching reform and is committed to serving the real education. It can effectively help educators realize targeted impact intervention and promote the improvement and innovation of educational work methods on the basis of grasping the psychological laws of teaching subjects and objects and the laws of teaching work. The results show that the research brings educational psychology into the theoretical work of college counselors. In the ideological and political education, the work enthusiasm and mental health level of college counselors are greatly mobilized, and the negative emotions are alleviated to a great extent. Therefore, in the future teaching practice, college educators should actively use educational psychology as a theoretical guidance tool, constantly improve their teaching quality and level, and increase the intervention and guidance of students' psychological status.

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## RESEARCH ON THE INFLUENCING FACTORS OF COLLEGE MUSIC TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

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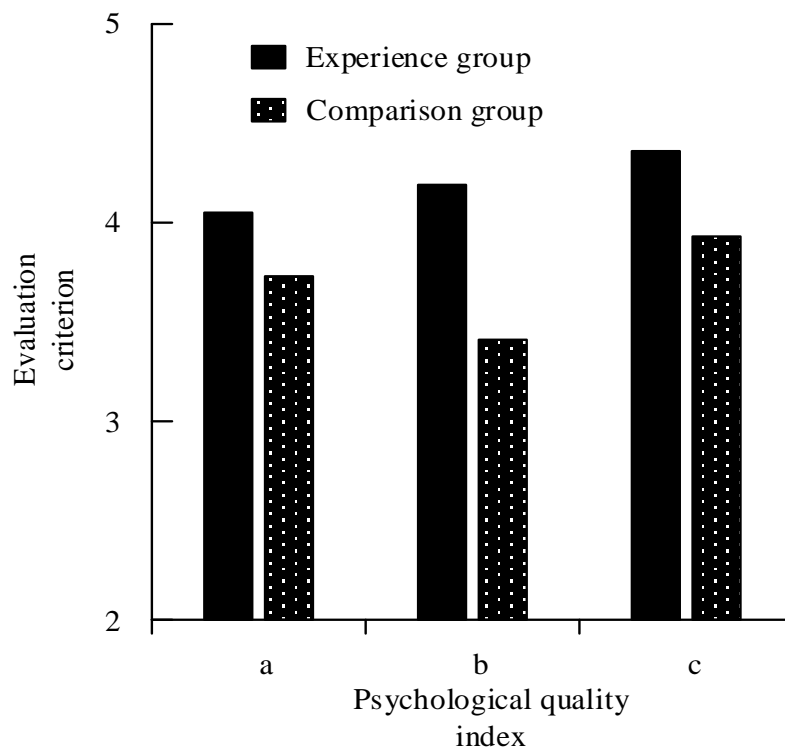
**Background:** With the continuous development of social and economic level, the market has an increasing demand for comprehensive quality talents. Students' ability is not only reflected in professional knowledge, but also in physical and psychological quality. Society has higher and higher requirements for talents. In terms of the basic theory of psychology, the psychological quality of college students is divided into the healthy quality of psychological emotion regulation ability, the moral quality of personality quality orientation, the scientific quality of knowledge learning ability and the socialized quality of communication adaptability. When college students are facing the social work of employment department, the fluctuation of psychological emotion is more likely to occur, resulting in the decline of their psychological adjustment ability. At the same time, college is a key period for students to improve their cognitive ability, and their emotional and moral cognition are in a period of rapid establishment. Therefore, the content of psychological quality education in colleges and universities is an indispensable key course in the growth stage of students. The curriculum implementation objectives and teaching contents of music education and psychology education in colleges and universities partially coincide, and the coordination of the two disciplines is high. Therefore, it is effective to optimize the music teaching contents or teaching implementation methods in colleges and universities, adjust and optimize the psychology of college students and improve their psychological quality. Considering the consistency of the learning objectives of the two disciplines, the improvement of students' psychological quality and ability should be implemented in three aspects: the learning of their emotional management ability, the construction and guidance of

positive interpersonal relationship, and the improvement of students' self-awareness and social cognitive ability. In terms of the specific implementation of music teaching courses in universities, we can combine the teaching of sports and breathing relaxation method, exchange students' performance experience and artistic cognitive views, learn song and dance at the same time, construct situational stage, exchange of music appreciation and emotional perception, and alternate analysis of music imitation and artistic style.

**Objective:** This study starts with the common goal of psychological quality education and music teaching, optimizes and reforms the teaching contents and teaching methods of music courses in colleges and universities, and discusses the positive impact of music courses on students' psychological quality. The goal of curriculum reform is to promote the learning of students' emotion management ability, actively guide the construction of students' interpersonal relationship, and improve students' self-cognition and social cognition.

**Subjects and methods:** The research object of this experiment is two classes with the same professional content in a university. The two classes are taken as the experimental class and the control class. The number of students in both classes is 35. The experimental class implements the curriculum content of music teaching based on the principle of improving psychological quality, while the control class implements the traditional music education curriculum. The study time of both courses is 24 class hours. After the course, the students and their corresponding courses are evaluated quantitatively in psychology.

**Results:** The psychological measurement results of the experimental group and the control group before and after the course are shown in Figure 1. The data in the figure is the average evaluation value of 35 students. The evaluation standard is quantified as the value of 1-5. From low to high, it indicates extremely dissatisfied, dissatisfied, satisfied, relatively satisfied and very satisfied respectively.



**Figure 1.** The psychological measurement results of the experimental group and the control group

In Figure 1, “a” represents the evaluation index of students' emotional management ability, “b” represents the evaluation index of students' interpersonal communication ability, and “c” represents the index of students' self-cognition and social cognition ability. It can be seen from the figure that the evaluation of the three indicators of the students in the experimental group is higher than that of the students in the control group. Among the three psychological quality evaluation indicators, the index with the largest evaluation gap between the experimental group and the control group is interpersonal communication ability. The evaluation quantitative gap between the two groups is 0.78, while the emotional management ability index gap between the two groups is the smallest. Specifically, the quantitative value of the gap is 0.32. The experiment shows that the implementation of teaching contents and teaching methods in music teaching in colleges and universities can effectively improve students'

psychological quality by referring to the learning objectives and teaching principles of psychological quality education.

**Conclusions:** The development of market economy and the demand for comprehensive quality talents are only one external reason for the improvement of college students' psychological quality and ability. As far as people's own life needs are concerned, the healthy growth of spiritual level is also inseparable from the construction of psychological quality education. Because the music curriculum in colleges and universities is consistent with the goal of psychological quality education, it is feasible to optimize and reform the teaching contents and teaching methods of music curriculum in colleges and universities in order to improve students' psychological quality. The study investigated the subjects in groups, which proved that the curriculum reform can promote the learning of students' emotion management ability, actively guide the construction of students' interpersonal relationship, and improve students' self-awareness and social cognitive ability.

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## RESEARCH ON THE INFLUENCE OF NEWS COMMUNICATION ENTERTAINMENT ON AUDIENCE PSYCHOLOGY UNDER THE BACKGROUND OF NEW MEDIA

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**Background:** News media is closely related to the psychology of the media. For the audience of news, it is mainly divided into eight kinds of psychology, namely, seeking proximity, seeking novelty, seeking truth, laziness, seeking interest, seeking beauty, pastime and conformity. In the current environment of the prevalence of new media, the psychology of news audience mainly tends to three kinds: novelty seeking psychology, truth seeking psychology and recreation psychology. These three kinds of psychology will continuously affect the psychological state of news audience with the different changes of news content. Novelty seeking psychology is the psychological direction of the audience for new news information, which is mainly reflected in the new content of news communication and the new way of news reporting. New information content can meet the acceptance needs of the audience, and new reporting methods can attract the attention of the audience. Truth seeking psychology refers to the psychological orientation of the audience to the true and credible report. The audience tends to obtain real information from the news to adjust their thoughts and behaviors. Recreation psychology refers to the audience's natural entertainment tendency towards things including news communication. For the audience, news communication is also one of the important ways to relax their body and mind and relieve anxiety and pressure. There is a close relationship between news communication and audience, which needs to be paid attention to.

In the current new media communication environment, news communication gradually tends to be entertainment. The entertainment of news communication means that news tends to soft news, focuses on reporting people and deeds with more entertainment, and hard news tends to soften. Entertainment news is mainly to grasp the entertainment psychology of the audience, that is, the audience's instinctive entertainment needs. In this audience psychology, entertainment news will have a lot of impact on the audience's psychological state and corresponding behavior, which is mainly reflected in the relief of various negative emotions after the audience meets the entertainment needs. At present, there is a certain negative psychology in the news audience, the impact of news communication entertainment on the audience's psychology is a subject worthy of study.

**Objective:** To analyze and explore the research on the psychological state of news audience by entertainment news communication, in order to alleviate the negative emotion of news audience and improve the overall psychological state.

**Subjects and methods:** Select 400 news audiences who usually watch non entertainment news, rarely or not watch entertainment news and have a generally healthy basic psychological state. Before the experiment, record the psychological state of the audience through the self-test results, and then ask them to add the same entertainment news to the news content and record the overall behavioral psychological state after an appropriate time interval. The psychological measurement tool used in the study is Symptom Checklist 90 (SCL-90), which is used as the scale of comprehensive psychological state. The lower the value of the result, the better the overall psychological state.

**Results:** Table 1 describes the SCL-90 test results before and after the experiment. It can be seen from Table 1 that after the experiment, the total score, total average score and the number of positive items of