

relieving effect.

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## RESEARCH ON CONSTRUCTION TECHNOLOGY OF ASSEMBLED BUILDING FROM THE PERSPECTIVE OF MANAGEMENT PSYCHOLOGY

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**Background:** Management psychology is a branch of psychology, which takes people in organizations as specific research objects. The core of management psychology lies in the systematic research on the individual composition of joint management objectives, so as to improve efficiency and maximize the enthusiasm and creativity of the managed under certain cost control conditions. Management psychology has the characteristics of taking humanistic thought as the premise, strong comprehensiveness, strong applicability and wide application. It has the advantages of strengthening and mobilizing individual enthusiasm, improving organizational structure, improving individual work and life quality, and establishing healthy and civilized interpersonal relations. Management psychology focuses on individual psychology, group psychology and organizational psychology, and enables them to combine organically. Management psychology can be applied in almost every organization, including construction engineers.

Prefabricated building refers to a kind of building assembled by prefabricated parts on the construction site. According to the forms and construction methods of prefabricated components, prefabricated buildings are divided into five types: block buildings, plate buildings, box buildings, skeleton plate buildings and rising plate and rising floor buildings. In construction engineering, the prefabricated construction technology has been widely used in practice, mainly because it has three advantages. First, the prefabricated construction technology can save construction costs and improve the economic benefits of construction projects. Second, the prefabricated construction technology can reduce the consumption of resources. Third, the prefabricated building construction technology is conducive to environmental protection. Because the prefabricated construction technology produces less construction waste in the process of construction, and will not produce serious noise pollution compared with traditional construction. Prefabricated buildings are common in current buildings, so the professional and technical engineers required by the project are also paid much attention to in terms of employment. Correspondingly, the technical engineers of prefabricated building construction often have higher requirements in professional needs and planning. At this time, we should pay more attention to the application of management psychology. For the construction technology in prefabricated buildings, the corresponding basic engineer is the key core. The psychological state, learning ability and learning depth of the engineer will directly determine the construction technology. Therefore, in order to study the construction technology of prefabricated buildings, we should return to the technical engineers and pay attention to the psychological state of engineers.

**Objective:** To analyze and explore the positive psychological impact of management psychology on the technical engineers of prefabricated building construction, and hope to improve the technical skills of engineers on the basis of psychology

**Subjects and methods:** 80 technical engineers with similar technical level and basic psychological situation were selected from the same enterprise, and they were divided into two groups according to the principle of equal number. One group integrated management psychology into the management mode, and understood the wishes and career planning of engineers based on it. This group was used as the experimental group, and the other group used the traditional engineer management method as the control group. The experiment lasted for 4 months. Every 10 days during the experiment, the psychological states of the two groups of technical engineers were tested, analyzed and compared, mainly including the enthusiasm of learning technology, their own job satisfaction, the customer's job satisfaction evaluation of technical engineers and other indicators. The above indicators were used as a self-made scale as a measurement tool to quantify the actual satisfaction of engineers with their own work and their enthusiasm

for learning and work. Take 5 as the full score. The higher the score, the more in line with the actual psychological expectation of your work.

**Results:** Table 1 describes the test results of the self-made scale of the two groups of technical engineers before and after the experiment. It can be seen from Table 1 that the satisfaction level of psychological expectation of the two groups of technical engineers before the start of the management experiment is similar, while the satisfaction level of psychological expectation of the experimental group increases significantly after the end of the experiment, while there is no significant change in the control group. After statistical analysis, it can be found that there is a significant difference in the level of psychological expectation satisfaction between the two groups after the experiment ( $P < 0.05$ ).

**Table 1.** Comparison of self-assessment results of psychological expectation satisfaction of two groups of technical engineers

	Before the experiment	After the experiment
Control group	3.02	3.05
Experimental group	3.14	4.22

**Conclusions:** Management psychology is one of the important branches of psychology. Its purpose is to promote each other and form a virtuous circle between employees and enterprises by understanding the psychological state and needs of employees. Aiming at the technical problems of prefabricated building construction, this paper studies the influence of using the theory of management psychology to understand the information and pay attention to the psychological state of technical engineers. The experimental results show that management psychology has significantly improved the psychological satisfaction level of technical engineers in prefabricated building construction, which has a positive impact on the technology.

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## ANALYSIS AND COUNTERMEASURES OF STUDENTS' EMOTIONAL ANXIETY IN VOCAL MUSIC TEACHING

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**Background:** The psychological activities of music students in vocal music singing are relatively complex, which often affects their physiological functions. The dynamic psychological quality of vocal performers is one of the main factors affecting the effect of stage performance. Vocal performers with insufficient dynamic psychological quality are prone to excessive anxiety on the stage, which will affect the performance effect of the stage. Stage anxiety is a common phenomenon of vocal performers in singing, which has a great impact on the live performance of vocal performers. Stage anxiety is stage tension, also known as performance anxiety. When singing in a strange environment and on a strange stage, each vocal performer will have varying degrees of anxiety. If the degree of anxiety is moderate and vocal performers can make good use of their anxiety psychology, stage anxiety will become the driving force to promote vocal performers to perform better. However, if the anxiety is too serious, and the vocal performers cannot well control their anxiety, it will affect the performance effect of vocal performers on the stage and become an obstacle to the progress of vocal performers.

Psychologically speaking, anxiety is more expressed as a mental disease, which is considered to be the psychological trauma caused by the mental impact of individuals in their daily life. Generally speaking, moderate anxiety can promote individual progress to a certain extent, that is, the sense of crisis brought by anxiety can generate motivation for people to carry out tasks. However, excessive anxiety will affect the patient's sleep, diet, work and the secretion of some hormones in the human body, which will affect the patient's physical and mental health and daily life, and seriously reduce the patient's quality of life. In vocal music teaching, students' anxiety is the fear of difficulties when facing vocal music courses with certain difficulties. At the same time, in vocal music teaching, students' unsatisfactory course academic performance leads to students' preparation psychology, which will also aggravate students' anxiety and clarity to a certain extent. Some studies have reported on students' negative emotional expression in vocal