

THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN COLLEGE STUDENT MANAGEMENT AND ITS INFLUENCE ON STUDENTS' MENTAL HEALTH

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Background: Educational psychology is to study individual learning, the effect of educational intervention, teaching psychology, etc. In a specific educational situation, and the focus of the research is to achieve the integration of psychological theory and teaching practice, so as to better play the role of psychology in guiding education and object intervention. Educational psychology can be widely used in curriculum design, teaching method improvement, learning goal adjustment, etc., to help students better pay attention to and intervene in learning psychology and mental health. At the same time, educational psychology includes teaching design, educational technology, curriculum development, organizational learning, special education and classroom management. Educational psychology studies the relationship between students' personality development and educational environment, students' intelligence, ability development and knowledge learning, social development and standardized learning, the effectiveness of teaching and the regularity of talent training. Educational psychology pays attention to people-oriented and the cultivation of students' subjectivity, advocates inquiry learning and the cultivation of creativity, provides a psychological scientific basis for the setting of diversified courses, improves the quality of students' moral education, aesthetic education and governance, and improves the efficiency of classroom teaching. Give full play to the behaviorism and cognitive psychology factions in educational psychology, build an effective communication bridge and a benign two-way feedback mechanism more suitable for students, so as to improve the teaching quality and actively intervene in students' mental health.

The evaluation standard of mental health refers to that individuals have good psychological adjustment ability and emotional control ability, can maintain a relatively stable and benign psychological response and state to external environmental interference and stimulation, and different individuals show different psychological conditions at different stages, which will be affected by subjective and objective environment, cognitive level differences, psychological anti Strike ability and other factors. The quality of mental health will directly affect the individual's evaluation of their own value and the evaluation standard of external things. The deviated mental health will form mental health problems in serious cases. College students are in a critical period of physical and mental development. Their psychological adjustment ability is not yet fully mature, which makes their mental health more vulnerable to the impact of objective things and other people's evaluation. In addition, there are many problems in the management of college students today. Without the development of teaching programs and teaching activities from the psychological and teaching needs of students, it is inevitable that some teaching management decisions do not meet the psychological expectations of students, make them produce psychological problems and negative emotions, such as mental anxiety, depression, fear, resistance, etc., which greatly interfere with and affect their study and life, and affect the normal formation of their outlook on life, values and world outlook. Therefore, based on the current situation, the research proposes to apply the relevant theories of educational psychology to the management of college students, in order to achieve the positive adjustment and intervention of students' psychological problems, and promote the healthy development of their psychological status.

Subjects and methods: Firstly, the research compiles the questionnaire on the factors affecting students' mental health in college student management, which is a measuring tool for college student management to measure students' mental health, and adopts survey interviews and principal component factor analysis to extract and rank the teaching management factors that mainly affect students' mental health. Then, with the help of the mental health self-assessment scale, this paper investigates the psychological status of 1200 college students in four universities, and studies the factors that affect the psychological health status of college students in student management and the psychological health status of college students. At the same time, with the help of the relevant theories of educational psychology, the management mode of college students is improved. For example, the influencing factors are optimized in teaching, and the improved student management mode is tested experimentally. The experimental teaching experiment is one month. After the experiment, the change data of students' mental health status are collected with the help of the scale tool. With the help of statistical analysis tools, *t*-test, *F*-test, post test and correlation analysis are carried out on the effective data collected from the experiment, so as to provide improvement suggestions for the student work to improve students' mental health.

Results: Introducing the theory of educational psychology to improve the management of college students, starting from the law of students' psychological changes and learning needs, and optimizing the teaching work arrangement, teaching design objectives, teaching tasks, etc., can effectively reduce students' resistance to student management, improve their mental health and learning enthusiasm, and

reduce negative emotions such as anxiety, depression, resistance, etc. Table 1 shows the severity detection rate of the mental health scale for college students.

Table 1. The severity detection rate of college students' mental health scale

Symptom	Nothing	Light	Moderate	Biased	Serious	Questionable
Somatization	65.92	23.17	9.33	1.36	0.23	34.11
Obsessive compulsive symptoms	32.74	41.81	21.15	4.09	0.23	67.29
Interpersonal sensitivity	50.24	31.13	14.78	3.41	0.45	49.79
Depressed	53.42	31.35	12.51	2.73	0	46.61
Anxious	57.51	29.76	10.69	1.82	0.23	42.52
Hostile	60.69	27.72	8.42	2.95	0.23	39.34
Terror	64.56	25.67	9.1	0.68	0	35.47
Bigotry	57.96	28.17	10.92	2.27	0.68	42.07
Psychotic	61.15	26.35	10.24	2.27	0	38.88
Other	58.42	28.17	11.83	1.36	0.23	41.61

The results in Table 1 show that the current mental health status of college students is mainly obsessive-compulsive symptoms, interpersonal sensitivity and depression symptoms, accounting for 67.29%, 49.79% and 46.61% of the total number, respectively. Moreover, the mental health status of most college students is worrying, and more than half of the college students have more than one mental symptom.

Conclusions: Mental health is one of the important indicators to measure individual health status, and college students are more vulnerable to a variety of factors in the complex external objective environment, resulting in incorrect evaluation of their own values and standards, which leads to mental illness and negative emotions. Based on the theory of educational psychology, this paper realizes the improvement of students' teaching management, so that students' work can effectively meet students' psychological and teaching needs, strengthen the communication and attention between teachers and students to a certain extent, and effectively improve students' psychological health level.

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THE GUIDING EFFECT OF THE INNOVATIVE ACTIVITIES OF MUSIC AND ART EDUCATION IN COLLEGES AND UNIVERSITIES ON THE POSITIVE PSYCHOLOGY OF COLLEGE STUDENTS

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Background: Positive psychology is to excavate and appreciate people's psychological quality with a relatively positive and broad vision, that is, it believes that people's potential, motivation and ability can be stimulated and will have a positive effect on individuals. Positive psychology believes that psychology should take people's inherent virtues as the starting point, to stimulate people's internal positive strength and excellent quality, and to maximize people's potential, stimulate and cultivate people's positive emotions, and help people lead to happiness. Positive psychology is an important part of positive psychology, which means that individuals can still respond in a positive and optimistic manner in the face of external negative events and stimuli. Positive psychology can reduce individuals' worry and anxiety about unknown events, and this positive hint can enhance their confidence and ability to solve problems, difficulties and setbacks. At present, college students are in a critical period of physical and mental development. Their psychological status and emotional adjustment ability are vulnerable to fluctuations caused by the influence of external things and objective incorrect evaluation. In serious cases, they will also cause psychological problems. With the increase of psychological pressure and the difference of cognitive ability, sighing, complaining and escaping seem to have become the emotional normality of people at present. In the long run, this negative emotional attitude will lead to negative psychological hints, which will greatly hinder and restrict people's work and life, and is not conducive to the healthy development of individual body and mind. Most people suffering from mental diseases often help themselves get rid of such negative