

Subjects and methods: Taking 400 college students in a certain university as the research object, aged between 17 and 22, with an average age of 20.4 years, the students were divided into experimental group and control group. The experimental group was given college music combined with mental health education mode, and the control group was given routine mental health education mode. The self-designed anxiety rating scale was used to evaluate all the students. There were 7 items in the scale, 0-3 points for each item, and the total score was 21 points. The final score is 15-21 points for severe anxiety, 11-14 points for moderate anxiety, 8-10 points for mild anxiety, and 0-7 points for no anxiety symptoms. Relevant data are calculated and counted by Excel software and SPSS20.0 software.

Results: Two factor repeated variance was used to analyze the anxiety and depression of college students. There was significant difference in the overall anxiety score between the two groups ($P < 0.05$). After teaching, the scores of the two groups decreased significantly ($P < 0.05$), and there was a significant interaction between the intervention and time ($P < 0.05$). As shown in Table 1.

Table 1. The anxiety scores of the two groups were analyzed

	Overall effect	F	P
Anxiety scale	Intervention effect	3.274	0.056
	Time effect	21.127	0.006
	Interaction effect	3.249	0.025

Conclusions: Whether it is music education and teaching itself or music related art practice, as long as there is correct guidance, it is an important way to cultivate college students' mental health level. In the mental health education of college students, we should actively start from the essence of music education, make use of the particularity of music education, give full play to the aesthetic function, educational function, emotional experience function and social communication function of music education, enable college students to participate in music aesthetic experience and music scene experience through music performance and music appreciation activities, and cooperate with mental health education psychological counseling and psychotherapy jointly promote the mental health level of college students.

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A STUDY ON THE STRATEGY OF ELIMINATING THE STAFF'S NERVOUS PSYCHOLOGY IN THE PERSONNEL MANAGEMENT OF COLLEGES AND UNIVERSITIES

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Background: College personnel management is the basic work in the development of colleges and universities, and in the development of colleges and universities, personnel management is also an important guarantee for the long-term development of colleges and universities. The personnel management of colleges and universities is the file management and affairs management of college staff and students. In the file management of colleges and universities, the personnel management staff need to manage the files more strictly. The files of teachers and students are the foundation of their future development. In affairs management, personnel management staff need to deal with all kinds of affairs in colleges and universities carefully to ensure the orderliness of students and teachers in their study and life. Personnel management in colleges and universities is a very important work, so it requires employees to maintain high working mood for a long time in personnel management, and the depressed working state will cause personnel management employees to make irreparable mistakes in their work. In personnel management, the most common depression of employees is nervous psychology. The generation of nervous psychology not only affects the normal working state of employees, but also causes the life pressure of employees to a certain extent. Therefore, it is of great significance to alleviate the nervous psychology of employees in personnel management.

Nervousness is a kind of common psychological negative emotion. Serious nervousness will lead to the individual's resistance to external things and events, and eventually make the individual unable to complete the assigned tasks normally. However, some psychological studies have proposed that the slight tension of

individuals can help individuals improve their ability to work. However, in the personnel management of colleges and universities, the tension of employees changes rapidly. Even slight tension can gradually deteriorate in extreme time, and eventually evolve into more serious tension, which leads to more serious mental stress. In addition, some psychological studies believe that the causes of tension come from many aspects, of which the impact of the environment is the most obvious, including the working environment, university environment and social environment. The negative emotions brought about by the depression of the working environment are easy to breed nervous psychology. The learning status of students and teachers in the university environment will also affect the nervous psychology of employees to a certain extent. Therefore, in order to ensure the normal operation of personnel management in colleges and universities, it is necessary to relieve the tension of their employees, and improve the effect of personnel management by eliminating the tension of employees.

Objective: In order to promote the development of personnel management in colleges and universities, this paper analyzes the current situation of personnel management in colleges and universities, and understands the tension of employees in personnel management.

Subjects and methods: Taking 30 employees in the personnel management of three universities as the research object, the self-assessment anxiety scale was used to quantify the tension of employees. Single factor analysis was used to explore the influencing factors of stress psychology of personnel management staff. Logistic regression analysis was used to analyze multiple factors to determine the important influencing factors of single factors. According to the influencing factors of employees' nervous psychology, this paper constructs strategies to eliminate employees' nervous psychology, applies the strategies to employees' psychological counseling, and evaluates the changes of employees' nervous psychology.

Results: The self-assessment anxiety scale is used to quantify the tension of employees. Under the influence of the tension elimination strategy, the changes of employees' tension are shown in Table 1. It can be seen from Table 1 that the number of self rating anxiety of personnel management staff in different universities under the influence of strategies showed a significant downward trend, and the difference between before and after comparison showed that the difference was statistically significant ($P < 0.05$).

Table 1. Psychological changes of personnel management staff

Index	Number of cases	Before intervention	After intervention	<i>t</i>	<i>P</i>
The first university	9	64.37±4.68	45.19±3.47	12.137	0.001
The second university	11	64.29±4.73	43.29±3.47	10.545	0.001
The third university	10	64.26±4.65	45.37±3.82	4.369	0.001

Conclusions: The integrity of personnel management in colleges and universities is the key to ensure the normal work of colleges and universities. Therefore, it is of great significance to ensure the psychological emotion of employees in personnel management. In order to improve the efficiency of personnel management in colleges and universities, aiming at eliminating the negative emotions of personnel management employees, this paper analyzes the tension of employees at work, and puts forward the influencing factors that affect the tension of employees. Through the influencing factors to build the relevant strategies to eliminate the tension of employees, and apply the strategies to the psychological intervention of employees. The results showed that under the psychological intervention, employees' self-assessment scores of anxieties showed a significant downward trend, and it can be seen that the difference between the scores before and after the intervention was statistically significant. Therefore, in the work management of colleges and universities, for logistics staff such as personnel management, colleges and universities should always pay attention to the tense psychology of employees and put forward measures to eliminate the tense psychology of employees, so as to reduce the negative emotions of employees and provide power guarantee for the development of colleges and universities.

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RESEARCH ON THE EVALUATION AND PROMOTION PATH OF THE TEACHING EFFECT OF "MOOC" IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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