

Results: Table 1 changes of students' mental health indicators after six months of teaching. Through the changes of indicators in Table 1, it can be seen that the six-month integrated education of ideological, political and party building has effectively improved the students' mental health indicators.

Table 1. Changes of students' mental health indicators after six months of teaching

Positive psychology	Before teaching	After teaching	<i>P</i>
Enthusiasm	4	8	<0.05
Optimism	3	7	<0.05
Learning state	2	8	<0.05
Teaching quality	3	7	<0.05

Conclusions: The development of modern education and students' mental health indicators have an important impact on education and teaching. Therefore, in college education, we should pay attention to the education of students' mental health, and cultivate students' positive psychology through ideological and political education, psychological counseling and other measures. The results show that in college education, through the six-month integrated education of grass-roots ideological, political and party construction in colleges and universities, it will have a positive impact on the mental health of student party members, and the four psychological indicators have been improved to ensure that students have an optimistic and positive attitude, and speed up the scientific development of modern education in China.

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INFLUENCE OF TEACHING REFORM OF POLYMER CHEMISTRY ON STUDENTS' LEARNING PSYCHOLOGY UNDER EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is based on the psychology of educational development. Through the research on the psychological activities of all characters in the educational environment, it explores the impact of students' and teachers' psychology on learning development, so as to continuously adjust the teaching content, teaching design and optimize the teaching process, so as to realize the positive impact on education. Under the background of educational psychology, students' learning psychology is an important content of educational psychology research. It belongs to the branch of educational psychology. Taking students as the main research object, it studies students' psychological performance in the process of education and the impact of psychological and behavioral changes on teaching development. In modern education, the study of students' learning psychology is an important factor to promote the development of teaching. Learning psychology is the state of mind of students in the process of learning. The research field covers students' learning habits, learning types, cognition, behavior, thinking style, memory principle and so on. Through the study of students' psychology and behavior in classroom teaching, we can help students resort out the teaching content and adjust their psychological state, so as to have a positive impact on students' development. Therefore, in the context of the current educational reform, excavating the law of students' learning psychological development and constantly adjusting the layout of education and teaching will have a positive impact on the development of students.

With the deepening of China's higher education reform, colleges and universities will pay more attention to the impact of educational psychology on students' development and curriculum teaching in the curriculum teaching reform, so as to carry out the curriculum reform reasonably, ensure that students have a good psychological state and have a positive impact on the development of education. Polymer chemistry is an important subject of chemistry major in colleges and universities. Its professionalism and depth have an important impact on students' career development. However, constrained by traditional educational ideas and ideas, students' response in polymer chemistry is not positive, resulting in general teaching effect and deviation of teaching quality, which has an adverse impact on the development of chemistry students. Therefore, in the context of psychology, it is necessary to analyze the students' learning psychology, constantly reform the curriculum teaching, and bring a positive impact on the students' learning psychology, so as to more effectively promote the development of the teaching process. Therefore, in the current teaching of polymer chemistry in colleges and universities, teachers need to build a teaching reform path suitable for students' development through the understanding of students' learning psychology, and solve

the problem of poor professional teaching quality. Therefore, this paper analyzes the research content and function of educational psychology, discusses the influence of students' learning psychology on educational development, and uses the understanding of students' learning psychology to explore the teaching reform path of polymer chemistry,

Objective: To explore the research content and function of educational psychology, analyze the impact of students' learning psychology on educational development, and analyze the current teaching situation of polymer chemistry in colleges and universities, so as to discuss the impact of the educational reform of polymer chemistry in colleges and universities on students' learning psychology, and provide theoretical support for the teaching development of colleges and universities.

Subjects and methods: The research take 120 chemistry students in colleges and universities as the research object, using Excel and SPSS20.0 for data statistics and processing. Count the students' psychological demands for the teaching of polymer chemistry, and improve the course. It includes four measures to improve teaching: innovating teaching content, improving teaching means, improving teachers' quality and carrying out practical teaching. Students will participate in a six-month course of improving polymer chemistry and record their psychological changes before and after six months. The evaluation score is 1-10. The evaluation indicators include four indicators: academic achievement, classroom teaching performance, interest in professional courses and students' learning enthusiasm, so as to evaluate the impact of curriculum reform on students' learning psychology.

Results: As shown in Table 1, the changes of students' academic performance and the scores of learning psychological indicators after the six-month learning test. It can be seen that through the mastery of students' psychological demands, we can optimize the teaching path and constantly improve the teaching methods. After six months of learning tests, students' scores and psychological indicators have been improved, which has a positive impact on students' development.

Table 1. The changes of students' academic performance and the scores of learning psychological indicators after the six-month learning test

Project	0 month	2 months	4 months	6 months
Academic record	2	3	4	7
Teaching performance	1	2	5	8
Professional interest	2	3	4	7
Learning enthusiasm	3	4	6	9

Conclusions: "Polymer chemistry", as a compulsory subject for chemistry majors in colleges and universities, has an important impact on students' future enrollment and career development. How to improve the education quality of college students' professional courses has always been the focus of the development of colleges and universities. Using the theory of educational psychology and the research on students' learning psychology to explore students' psychological demands, and constantly adjust the layout of professional courses and optimize the teaching path will better meet students' learning psychological demands and improve the teaching effect. The experimental results show that after six months of learning experimental test, students' academic performance, learning interest and learning classroom performance have been improved. It shows that in modern education, we need to pay more attention to the research on students' learning psychology. Only by mastering students' psychological demands and scientific teaching layout can we be more conducive to the development of students and speed up the reform of higher education in China.

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RESEARCH ON THE INFLUENCE OF CAREER PLANNING EDUCATION ON RELIEVING COLLEGE STUDENTS' EMPLOYMENT ANXIETY

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Background: Anxiety is the negative emotion and psychological state that an individual shows when facing the factors that cause his sense of crisis and anxiety. When the anxiety is mild, special intervention and processing are often not required, which is appropriate for individuals with better psychological quality. Anxiety can even have a positive effect, but when the anxiety is too heavy, it will cause physical and