

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.

* * * * *

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

Xiaohong Zhou

Suqian University, Suqian 223800, China

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

psychological adverse reactions of the individual, such as insomnia, sweating, numbness, nervousness, irritability, etc., and even dizziness and vomiting in severe cases reaction. Anxiety is divided into many types according to the factors that cause anxiety, among which the anxiety caused by job hunting and employment problems is employment anxiety. When college students face the problem of finding a job after graduation, they may have a heavy negative emotional experience because they cannot find a job or the job does not meet their expectations. Long-term negative emotions will cause employment anxiety. A survey shows that more than 35% of college graduates this year think it is difficult to find a job, and only about 10% think it is relatively easy. In addition, due to the impact of the epidemic, the employment situation in various regions often changes or shrinks. Under such expectations, college students who have job-seeking needs often have more serious job-seeking anxiety than before. It is necessary to take psychological intervention to this kind of mass employment anxiety.

College students' career planning education refers to the training of college students' academic planning and future employment planning during college. Under the requirements of the new era and the current new situation, college career planning education has several important meanings. First, it can help meet the needs of employers and society for talents in colleges and universities. Career education allows students to have a clearer understanding of their majors and careers. Considerable cognition can help them make the right choice and stimulate their motivation to study. Secondly, career education is also an inherent requirement to improve the quality of employment. Career education is a course clearly pointed out by the ministry of education to be included in the teaching plan, which runs through the entire university of students. career, and help students improve their employment quality in an institutionalized and systematic model. Finally, career planning education is also a test method for the ability of colleges and universities to cultivate talents. According to relevant research, it is believed that the proportion of employers that should strengthen career planning education for college students more than 20%, indicating that the quality of school career planning education is one of the important criteria for evaluating school teaching ability for the society. As a subject for counseling college students' future employment, career planning should keep pace with the times, comprehensively consider the difficulties encountered by college students in their employment, at the same time pay attention to the group psychological problems of college students, and reasonably intervene in their employment anxiety.

Objective: To study whether appropriate career planning education can alleviate the employment anxiety of college students.

Subjects and methods: To study suitable career planning, 160 junior students were selected from a university and divided into two groups of 80 people, one of which was the experimental group and the other was the control group. The experimental group was given career planning education optimized according to psychological theory, while the control group was given ordinary college employment counseling. Before the start of teaching, during the process and after the end of the teaching, the psychological state of the two groups of students was measured. The psychological tools used for the measurement were the Symptom Checklist 90 (SCL-90) and the Self-rating Anxiety Scale (SAS). Whether education can alleviate the employment anxiety of college students.

Results: The SAS scores and comparisons of the two groups of students before and after the teaching are shown in Figure 1. Before the start of the experiment, both groups had obvious anxiety problems, and after the teaching ended, the anxiety scores of the two groups decreased, but the experiment the decline was greater in the group, and the difference was statistically significant ($P < 0.01$).

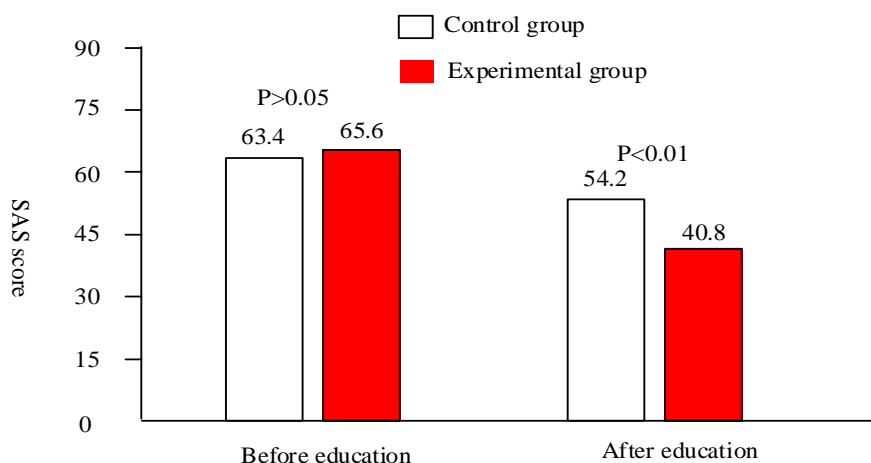


Figure 1. SAS test results

Conclusions: Employment anxiety is a problem that has always plagued many seniors and graduates of colleges, and under the influence of today's epidemic, the group characteristics of this anxiety are more obvious and more serious. The career planning education in colleges and universities should pay more attention to this problem, and make reasonable interventions to alleviate the employment anxiety of college students. Based on the idea of relieving employment anxiety, this research optimizes the education model of career planning based on psychological knowledge, and shows through experiments that appropriate education can alleviate the employment anxiety of college students.

* * * * *

RESEARCH ON THE INFLUENCE OF THE TEACHING REFORM OF MECHANICAL AND ELECTRICAL MAJORS IN COLLEGES AND UNIVERSITIES ON ALLEVIATING THE PSYCHOLOGICAL ANXIETY OF COLLEGE STUDENTS

Wu Guo

Hunan Applied Technology University, Changde 415000, China

Background: Anxiety generally refers to the negative psychological state of individuals in the face of high-pressure, dangerous or unstable environments. It has always been an important research object in cognitive psychology, neuroscience and other fields. Mild psychological anxiety generally does not require too much intervention and can be alleviated through the individual's own psychological adjustment. It can even be transformed into a motivating factor for individuals with better psychological resilience, but when the psychological anxiety is too severe, it may have a greater impact on the individual. Common manifestations include tremors, sweating, insomnia, etc. In severe cases, symptoms such as dizziness and vomiting may occur, requiring intervention. For the current college students, anxiety is a relatively common psychological problem. Common factors that cause college students' anxiety include learning problems, employment problems, interpersonal and social problems, economic problems, etc. At the same time, under the current epidemic situation, the anxiety factors faced by college students. Moreover, the anxiety level may be larger, and some studies believe that the anxiety of college students has shown group characteristics. The mental development of college students is often immature, and excessive psychological anxiety is more likely to have a greater negative impact on them. Therefore, schools, parents, society and students themselves should pay attention to this problem.

Electromechanical major is one of the important engineering majors in my country's higher education, and its development and reform conform to the trend of my country's scientific and technological innovation. In the course of the development of the electromechanical major, the proposal of the new engineering concept provides a new perspective for the theoretical and practical exploration of the major, and also points out the direction for its future development. At present, it is generally believed that there are few practical links in the electromechanical major, and the examination of students' hands-on and innovative practical ability in the final assessment is also lacking, which leads to the fact that the practical work ability, professional skills and innovative awareness of mechanical and electrical college graduates often cannot meet the needs of employers. Therefore, it often takes a longer period of study and adaptation after actually participating in the work. At present, one of the main goals of the teaching reform of mechanical and electrical majors in colleges and universities is to improve the comprehensive quality of students, so that they can start working with "zero adaptation period" after graduation. On the other hand, as one of the subjects of study and work, the mental health of college students should receive the attention of the school. In the process of teaching reform, the common problems faced by the current college students should be taken into account. Therefore, the teaching reform of electromechanical major should also consider students mental anxiety problems.

Objective: To study whether the teaching reform has a significant impact on the psychological anxiety state of students, and to explore whether the designed teaching reform strategy can effectively alleviate the psychological anxiety level of college students majoring in mechanical and electrical engineering.

Subjects and methods: 120 college students majoring in mechanical and electrical engineering were recruited from a university, and they were observed for a period of time, and their psychological anxiety was continuously recorded, and then a designed teaching reform strategy was applied to them, and the changes in psychological anxiety were observed after a period of time. The observation period is 1 month, and the teaching experiment period is 3 months. The psychological scales used to test students' anxiety level in this study are mainly Symptom Checklist 90 (SCL-90) and Self-rating Anxiety Scale (SAS).

Results: Figure 1 shows the changes in the average anxiety level of the students during the entire