

measurement type features are displayed in the form of mean  $\pm$  standard deviation for *t*-test, and the counting type features are displayed in the form of number or proportion of number for *chi* square test. The significance level of difference is taken as 0.05.

**Results:** After completing the expert consultation experiment, the final opinions of the statistical expert group are obtained in Table 1.

The number in the cell in Table 1 represents the number of experts in the expert group who believe that the corresponding method formulated with reference to the theory of educational psychology will have a corresponding grade impact on the talent training of top industries. It can be seen from Table 1 that the expert group believes that “let top talents teach each other” and “ask interesting questions to guide talents to learn” have the most significant impact on the cultivation of top talents and the positive psychology of talents. The method of “encouraging top talents to carry out all kinds of research” has little impact. The cumulative number of people above the “general impact” level can be 32, 30 and 5 respectively.

**Table 1.** Statistical results of the final opinions of the expert group

Method	No effect	Slight impact	General impact	Obvious influence	Full impact
Let top talents teach each other	0	5	11	23	9
Encourage top talents to carry out all kinds of research	7	18	18	5	0
Ask interesting questions and guide talents to learn	1	7	10	20	10
Provide psychological support when top talents are confused and negative	2	13	17	12	4

**Conclusions:** In order to explore the methods to improve the training quality of top innovative talents in the industry, this study designed a variety of methods based on the ideas of educational psychology, such as teaching in fun, and used the expert consultation method to investigate the effectiveness of these strategies. According to the statistical inquiry results, the expert group believes that the methods of “letting top talents teach each other” and “asking interesting questions to guide talents to learn” have the most significant impact on the cultivation of top talents and the positive psychology of talents, and the methods of “encouraging top talents to carry out all kinds of research” have little impact. The cumulative number of people above the “general impact” level can be 32, 30 and 5 respectively. It shows that some of the methods combined with educational psychology proposed in the study can indeed improve the positive psychology of top talents, so as to improve the effect of training and treatment.

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## APPLICATION OF EDUCATIONAL PSYCHOLOGY IN COLLEGE PHYSICAL EDUCATION REFORM

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**Background:** Educational psychology is a branch of social psychology, and it is closely related to general psychology and pedagogy. Its main research object is the learning and educational psychology of the educated and the teaching psychology of the educators in the environment of receiving education. By studying the psychology of educates and educators, the application of educational psychology can achieve many purposes, such as improving teaching methods, stimulating students’ learning motivation, assisting students to face difficulties in the learning process and so on. Using the theoretical methods of educational psychology to study and optimize the problems existing in the teaching process will not only help to improve teachers’ teaching ability and the ability to solve complex educational problems, but also help schools adjust teaching measures and management mode according to the research results, so as to improve the quality of education and teaching in schools. On the one hand, with the improvement of national living standards, more and more college students put forward higher requirements for college physical education. On the other hand, at present, the physical education teaching methods and teaching contents of most domestic colleges and universities cannot well match the students’ demand for physical exercise. There are some problems, such as backward and rigid teaching methods, more theories of teaching contents, less physical exercise items and lack of entertainment and so on. In view of these problems, this study attempts

to apply the theoretical methods of educational psychology to the reform of physical education in colleges and universities, and try to analyze its impact on college students' mental health, so as to provide more reference methods for improving college students' mental health and physical quality in China.

**Subjects and methods:** Firstly, the research team used telephone communication, online social software communication, combined with consulting educational psychology and literature in the field of physical education to understand the current situation and main problems of physical education in colleges and universities in China. Then select a representative university in terms of teaching scale, students' learning ability, teaching team and teaching resources from China, and collect 200 college students who are willing to participate in the experiment as the research object. The research objects are divided into experimental group and control group on average, with 100 people in each group. Before the teaching experiment, the basic information of the two groups of students needs to be counted and the difference significance test. If the test results show that there is any significant difference between the basic information of the research objects, the members of each group need to be adjusted. If the members of the adjustment group cannot meet the requirements, they need to be regrouped. Until there is no significant difference in the basic information of the two groups. After the beginning of the teaching experiment, the two groups of students were given physical education. The control group only received traditional physical education. The experimental group was required to apply the method of educational psychology in the teaching process to increase the entertainment and interaction of the teaching content as much as possible, such as increasing the sports methods preferred by young people such as body exercises and dynamic dance. The experiment lasted for one semester. The mental health level of students was tested before and after the experiment. The test method was SCL-90 (Symptom Checklist 90) questionnaire. Finally, the measurement type features in the study are displayed in the form of mean  $\pm$  standard deviation for *t*-test, and the counting type features are displayed in the form of number or proportion of number for Chi-square test. The significance of the difference is fixed at 0.05.

**Results:** After the teaching intervention experiment of physical education reform, the experimental data of all effective samples are counted and obtained in Table 1.

**Table 1.** Statistics of SCL-90 test data of all effective samples before and after the experiment

Statistical time	Experience group	Control group	<i>t</i>	<i>P</i>
Before intervention	1.82 $\pm$ 0.13	1.84 $\pm$ 0.16	1.241	1.473
After intervention	1.55 $\pm$ 0.17	1.85 $\pm$ 0.14	0.257	0.023

Note that the data shown in columns 2 and 3 of Table 1 are the average scores of major factors in SCL-90 scale. According to Table 1, there is no significant difference in the average scores of SCL-90 factors between the two groups before the experiment, but after the experiment, the average scores of SCL-90 factors between the experimental group and the control group are significantly different, and the average score of the former is 1.55, which is 0.30 and 0.27 lower than that of the control group and the experimental group before the experiment.

**Conclusions:** In order to improve the quality of physical education teaching in domestic colleges and universities, this study attempts to apply the ideas and methods of educational psychology to the reform of physical education teaching in colleges and universities, and carried out a group physical education teaching experiment as a path. The experimental results show that there is no significant difference in the average score data of SCL-90 factor between the two groups before the experiment, but after the experiment, there is a significant difference in the average score data of SCL-90 factor between the experimental group and the control group, and the average value of the former is 1.55, which is 0.30 and 0.27 lower than that of the control group and the experimental group before the experiment. It shows that applying the knowledge of educational psychology to the reform of physical education in colleges and universities can improve the level of students' mental health.

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## THE INFLUENCE OF INNOVATING THE MANAGEMENT OF ENGINEERING CONSTRUCTION INVESTMENT CONTROL IN COLLEGES AND UNIVERSITIES ON ANXIOUS EMPLOYEES

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**Background:** Anxiety refers to the anxiety and anxiety of individuals in the face of external environmental threats. Anxiety psychology is a relatively natural psychological state produced by individuals when they interact on a large scale in the external environment. All individuals will have a certain anxiety psychology in the process of interacting with the social environment. Appropriate anxiety psychology can promote the individual's self-development to a certain extent. Anxiety psychology can arouse the individual's sense of crisis, and the process of each body trying to resolve anxiety psychology is actually an action process in which the individual uses behavior to solve the disturbing events in the external environment, which is conducive to the individual's self-external development. However, excessive anxiety will lead to habitual and widespread anxiety at the psychological level. This kind of excessive anxiety based on realistic anxiety events is not only unfavorable to the individual's self and external development, but also seriously affects the individual's mental health, damages the individual's external social ability, and causes the individual's mental illness. Generalized anxiety mainly refers to that individuals are under the psychological oppression of anxiety for a long time, and then form a psychological state of anxiety without object and reason. Individuals with generalized anxiety often have anxiety about events that may occur, but they still lack the omen that they will happen accurately in the future, resulting in psychological and behavioral obstacles. The types of obstacles vary according to individual personality traits and behavior habits. In the investment control and management of engineering construction in colleges and universities, the complex and strict work process often leads to realistic anxiety, that is, the anxiety reflected by real events at the psychological level. Therefore, it is necessary to timely intervene the anxiety of employees in the process of work to ensure that the anxiety will not affect the working state and quality of employees.

**Objective:** By exploring the impact of innovative university engineering construction investment control and management on anxious employees, this study provides relevant employees with a means of anxiety psychological intervention in the work process, so as to ensure the real-time work state and work quality of employees, and provide employees with a positive work psychological experience.

**Subjects and methods:** This study combines the clustering algorithm with the experimental method, collects the data of employees with anxiety psychological characteristics before the experiment, and includes them in the trial experiment with the consent of relevant employees. During the experiment, the researchers will use the clustering algorithm to classify the employee groups with different types of work anxiety, and on this basis, carry out targeted psychological intervention on the investment control and management of engineering construction in innovative colleges and universities for employees with different types of anxiety, and the researchers will record and analyze the changes of employees' psychological anxiety before and after the intervention.

**Results:** The impact of innovative university engineering construction investment control management on anxious employees is shown in Figure 1.

As can be seen from Figure 1, the impact of innovative university engineering construction investment control and management on anxious employees' work goal anxiety and work problem anxiety reaches level 5 of the impact level, which means that innovative university engineering construction investment control and management can have a significant impact on the two dimensions of work goal anxiety and work problem anxiety. At the same time, the impact of innovative university engineering construction investment control and management on the interpersonal anxiety and authority anxiety of anxious employees reaches level 4 of the impact level, which means that innovative university engineering construction investment control and management can have a significant impact on the two dimensions of interpersonal anxiety and authority anxiety.

**Conclusions:** In order to solve the problem of employee anxiety in the investment control and management of engineering construction in colleges and universities, this study combines the clustering algorithm with the experimental method, studies the use of the clustering algorithm to classify the employee groups with different types of work anxiety, and on this basis, carries out targeted and innovative psychological intervention for the investment control and management of engineering construction in colleges and universities. The results show that the impact of innovative university engineering construction investment control and management on the work goal anxiety and work problem anxiety of anxious employees reaches level 5 of the impact level, which means that innovative university engineering