

development of modern colleges and universities in China. The quality of Party building in colleges and universities not only affects the management and selection of Party members and cadres, but also has an adverse impact on the development of higher education. Due to the heavy teaching tasks of Party member teachers in colleges and universities, many teachers have negative psychology, which not only has an impact on personal health, but also is not conducive to the development of Party building in colleges and universities. In order to reduce the pressure on teachers, it is proposed to adopt the information-based Party building office strategy. The experimental results show that after a six-month experimental test, the psychological indicators of Party members and teachers have been improved. The information office strategy adopted is conducive to easing the pressure on teachers' work, forming teachers' positive psychology, and more effectively promoting the development of Party building in colleges and universities.

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RESEARCH ON THE INFLUENCE OF PE TEACHING REFORM BASED ON BEHAVIORAL PSYCHOLOGY ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: Behavioral psychology is an important branch of psychological research, which mainly studies the relationship between human psychological performance and behavioral development. The main research direction of behavioral psychology is to study the relationship between human behavior development and psychology. In education, we can intervene the development of education through the study of students' behavior psychology to achieve the role of promoting students' development. At present, in modern education, we can improve Canadian education and teaching through the study of students' behavior psychology. If we observe students' classroom behavior, we can constantly improve teaching methods, teaching content, teaching design, and tap students' development motivation to promote teaching development. In the research of behavioral psychology, both students' psychology and teachers' psychology are important research contents of behavioral psychology. Usually, students' psychological changes have a direct impact on teaching, and students' psychological state will be reflected in the classroom in the form of behavior. If the students' psychological attitude is negative, anxious, uneasy, or nervous, the behavior of students in the classroom may be inattentive, wandering in the classroom, looking around, etc., which will not only affect the development of teaching, but also have an adverse impact on the students' physical and mental health. Therefore, in college physical education, some people put forward the theory of behavioral psychology to reform physical education teaching and achieve the goal of students' mental health development.

Mental health belongs to a state of positive psychology. In this state, students' development goals are easy to achieve, and it is also easier to obtain psychological satisfaction. It plays a positive role in the development of students' physical and mental health and the development of teaching courses. Physical education in colleges and universities has always been an important subject of modern quality education, which plays a role in promoting students' physical and mental health, thinking ability and innovation ability. However, in recent years, more and more college students have been affected by learning pressure, development factors and adverse interpersonal communication. Students' mental health problems have become increasingly serious, affecting the development of higher education in China. Therefore, based on the relevant theories of behavioral psychology, this paper studies the students' physical education classroom behavior, and puts forward some suggestions on reforming college physical education, so as to promote college physical education and help students shape a positive and healthy psychology. The strategies of physical education reform in colleges and universities include innovating teaching contents, improving teaching methods, improving teachers' comprehensive quality and carrying out physical psychology teaching. The purpose is to continuously improve teaching conditions and promote students' healthy and scientific development through the research on college students' behavioral psychology.

Objective: This paper discusses the research content and function of behavioral psychology, and analyzes the current situation of college students' healthy psychology. Thus, through the study of students' behavior psychology to reform college physical education, provide important advice for the development of modern college physical education, and promote the physical and mental health development of contemporary college students.

Subjects and methods: Taking 120 students in a university as the research object, all data were processed using PASW18.0 software package and Excel 2007. 120 students were divided into experimental group and control group, with 60 students in each group. The experimental group implemented the reformed physical education teaching mode, while the control group adopted the traditional teaching mode. The experiment lasted for four months. The psychological evaluation scale was used to evaluate the students' psychological changes before and after the experiment. The score was 1-5. The higher the score, the better the students' mental health.

Results: As shown in Table 1, it shows the psychological changes of students in the experimental group and the control group after 4 months of teaching. It can be seen from Table 1 that the experimental group taking reform measures scored higher in psychological indicators, and all indicators were very good. It shows that the reform of physical education teaching through behavioral psychology theory can improve students' mental health indicators and promote students' healthy and scientific development.

Table 1. Shows the psychological changes of students in the experimental group and the control group after four months of teaching

Project	Happiness	Enthusiasm	Healthy mentality	Self-confidence
Experience group	4	3	3	4
Control group	1	1	2	2

Conclusions: Behavioral psychology is widely used in modern education. By mining the relationship between people's behavioral characteristics and psychological activities in the educational environment, we can realize the adjustment and optimization of teaching activities and improve the teaching effect. At the same time, in the research of behavioral psychology, we pay more attention to the changes of students' mental health indicators, constantly study students' mental health indicators, and take necessary teaching improvement measures, which can not only improve the teaching quality, but also improve students' mental health indicators and realize the healthy development of education. The results show that the four-month experiment, adopting the reformed physical education model, can significantly improve the mental health indicators of student ID cards and accelerate the development of modern education.

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ANALYSIS ON THE INFLUENCE OF TEACHERS' PROFESSIONAL IDENTITY PSYCHOLOGY ON JOB PERFORMANCE IN HIGHER VOCATIONAL COLLEGES

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Background: In the research of modern psychology, identity psychology is a very important psychological state. Especially in modern enterprises, education and other working environments, the identification psychology of employees will be studied. Employees' identity psychology will have an important impact on the development of the enterprise or the expansion of work content. Identity psychology is a kind of psychological state in psychology, which mainly refers to a psychological state in which individuals have a common goal for their environment or organization. This psychological state will make individuals have qualitative feelings for the organization or group, and drive individuals to strive for the common goal. In the research of modern psychology, identity is a state of psychological achievement, which mainly refers to the recognition psychology of individuals in their environment compared with those who have higher status or achievements. As far as the definition of identity is concerned, identity can share the success of others psychologically, make people's psychology reach an unsatisfying psychological activity state in the process of sharing, and enhance individual self-confidence. Therefore, it can be seen from the concept of identity that identity psychology is the psychological state that individuals reach an agreement on the development of their organization. This psychological state is conducive to meet the individual's psychological state that is not easy to be satisfied, enhance the individual's self-confidence, and ensure the individual to obtain better development potential in the development. Therefore, in modern society, ensuring employees'