

the score decreased significantly.

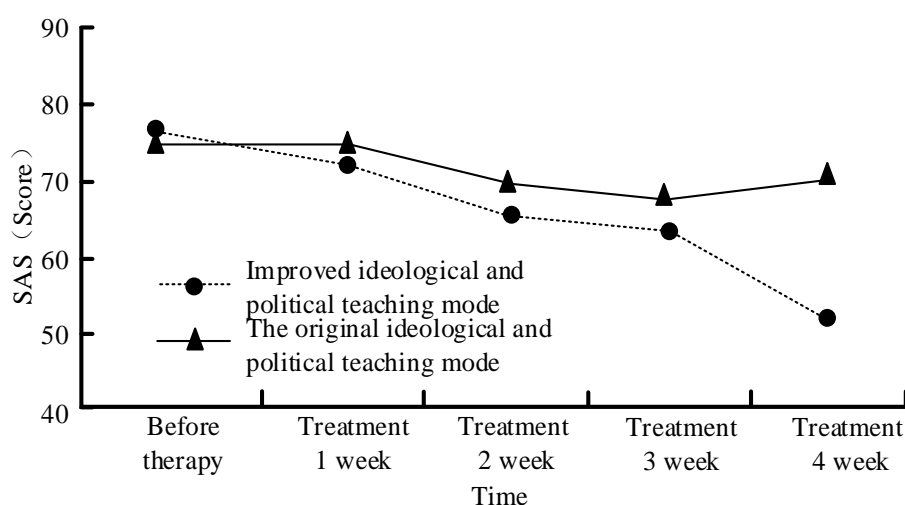


Figure 1. Statistics of students' group anxiety scores under different ideological and political teaching modes

Conclusions: Bringing social psychology into the teaching reform can not only make the teaching process not divorced from reality, but also respect individual differences while practicing educational ideas, fully respect students' psychological needs and learning needs, and make them have a clear understanding of their own role positioning. The increase of students' sociality can improve their cognitive level and ability of social practice, so that they can deal with emergencies with better psychological quality when encountering emergencies, and then grow into comprehensive quality talents with all-round development.

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RESEARCH ON THE INFLUENCE OF COLLEGE COUNSELOR TEAM CONSTRUCTION ON COLLEGE STUDENTS' MENTAL HEALTH EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is an important subject in the theory of applied psychology. Its main research content is the science of the changes between teaching and learning in the school context. The research content of educational psychology includes five aspects: teaching environment, teaching content, teaching media, students and teachers. These five elements are intertwined and act on the three processes through reflection and evaluation, teaching process and learning process. At present, the research methods of educational psychology are mainly experimental method and survey method. Among them, survey method includes measurement method, questionnaire method, interview method and observation method. In the process of education, the role of educational psychology is to obtain students' problems, provide theoretical guidance for the smooth development of teaching work, and also provide reference for the timely intervention of students' bad behavior. In view of the fact that college students are facing more and more changes in life, study, interpersonal communication and other aspects, this will lead to their psychological differences, imbalances, sequencing and orientation, stages and continuity. From the perspective of educational psychology, the construction of college counselors' team can improve the educational cognition level of counselors, redefine the educational concept of college students, help students improve their personality and establish correct values.

From the perspective of educational psychology, the problems faced by the construction of college counselors are as follows. First, when the position positioning and role positioning cannot be distinguished, it is difficult for counselors to obtain a positive sense of educational achievement. Second, colleges and universities lack a sound incentive mechanism and a scientific security system, which will make it difficult for counselors to get a sense of work engagement. Thirdly, colleges and universities lack diversified mobility mechanisms, which makes it difficult for counselors to find the sense of achievement brought by the work itself. Fourth, it is difficult for college counselors to have a sense of professional unhappiness, which makes it difficult for them to find the value of work. In view of the problems existing in the construction of college counselors, this paper studies and constructs a construction scheme of college counselors combined with educational psychology. The specific measures include four aspects. First, improve the ability of counselors to obtain positive emotions, so that they can obtain a higher sense of professional well-being. Second, cultivate the counselors' perfect and independent personality, so that they have the ability to face and solve problems. Thirdly, excavate and stimulate the internal motivation of counselors to help them have stronger professional ability. Fourth, create a harmonious and relaxed working environment to help the integrity and stability of the counselor team.

Objective: This paper analyzes the effect of college counselor construction program combined with educational psychology on students' mental health, and helps students to improve their mental health problems to a great extent.

Subjects and methods: The study selected students from four schools in a city as the research object, and analyzed the effect of college counselor construction scheme combined with educational psychology on students' mental health through the latest version of NIOSA statistical analysis software and support vector machine algorithm. The college counselor construction scheme combined with educational psychology includes four strategies: improving the counselor's ability to obtain positive emotions, cultivating the counselor's perfect and independent personality, mining and stimulating the counselor's individual internal motivation, and creating a harmonious and relaxed working environment, which are respectively referred to as policy 1-4. The evaluation indicators of the effect of college counselor construction program on students' mental health are cognition, interpersonal relationship and thinking. The evaluation results are expressed by 10-20 points. The higher the score, the higher the improvement of mental health. In order to ensure the authenticity and reliability of the results, students from freshmen to seniors were selected as the test objects.

Results: Table 1 refers to the effect of college counselor construction program combined with educational psychology on students' mental health. According to Table 1, the four strategies proposed can greatly improve students' cognitive, interpersonal and thinking psychological problems. Therefore, the college counselor construction scheme combined with educational psychology can effectively intervene students' psychological problems.

Table 1. Effect of college counselor construction program combined with educational psychology on students' mental health

Policy	Cognition	Interpersonal relationship	Thinking
Policy 1	16	15	17
Policy 2	17	14	16
Policy 3	18	13	15
Policy 4	14	17	16

Conclusions: The four strategies proposed in this study can improve students' cognition, interpersonal relationship and thinking to a great extent. The construction of college counselor team needs to create a good learning environment and campus atmosphere. Social personages need to maintain full understanding and respect for counselors to improve their sense of happiness and self-identity. In addition, colleges and universities also need to build and improve the internal system to provide a good professional environment for the smooth development of counselors' work.

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RESEARCH ON THE PSYCHOLOGICAL ELEMENTS OF MUSIC AESTHETICS IN VOCAL MUSIC TEACHING IN COLLEGES AND UNIVERSITIES

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