

The work stress questionnaire includes four dimensions of work load, interpersonal relationships, career development, and work-family balance. The answers to the question items are scored according to “completely non-conforming”, “relatively non-conforming”, “somewhat conforming”, “comparatively conforming”, and “completely conforming”. The higher the score, the greater the degree of work pressure.

The psychological capital questionnaire consists of 26 questions, divided into four factors: self-efficacy, resilience, optimism, and hope. Among them, there are 7 items each for self-efficacy and resilience factor, and 6 items each for optimism and hope factor. From “strongly disagree”, “more disagree”, “uncertain”, “more agree”, “strongly agree”, assign a value of 1 to 5.

Job burnout includes three dimensions: emotional exhaustion, cynicism, and low job efficacy. In the score, 1 means “rarely”, 2 means “occasionally”, 3 means “sometimes”, 4 means “often”, and 5 means “always”.

Methods: Statistical software such as SPSS17.0 is used to conduct statistical analysis on the data collected in the questionnaire, and to investigate and analyze the work pressure, psychological capital and job burnout of employees.

Results: The results of the mean and standard deviation of each main variable are shown in Table 1. Except for career development and low work efficiency, the various dimensions of work stress are significantly positively correlated with each dimension of job burnout. The greater the pressure, the higher the degree of burnout. Psychological capital has a significant negative correlation with all dimensions of job burnout. The higher the psychological capital, the lower the degree of burnout.

Table 1. Descriptive statistics and related analysis of each variable.

Factor	Average	Standard deviation
Workload	2.68	1.189
Interpersonal relationship	2.68	1.204
Career Development	3.32	1.484
Work-family balance	2.29	1.135
Psychological capital	4.13	0.498
Emotional exhaustion	3.01	1.057
Cynical	2.46	1.154
Low work efficiency	2.13	1.194

Conclusions: To effectively reduce the work burnout of employees, the psychological capital of employees should be improved while reducing the work pressure of employees. Psychological capital is relatively stable for individuals, and companies can increase their mental capital by improving their resilience and self-efficacy, thereby reducing their job burnout.

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INFLUENCE OF PRESCHOOL TEACHER’S BEHAVIOR ON CHILDREN’S PSYCHOLOGY FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The hope of revitalizing the nation lies in education, and the hope of revitalizing education lies in teachers. Preschool teachers are the main teachers of kindergarten education. Preschool teachers’ teaching behavior has a great influence on children’s psychology. Positive and positive behaviors in preschool teachers’ educational and teaching behaviors will have a good guiding effect on preschool children, and some “psychic violence” phenomena will cause great harm to children’s psychology. Its root lies in the teachers themselves, teachers in the process of teaching and child-rearing in the existence of their own “psychological barriers”. These correct ideas are an important reason.

Teachers in kindergartens are the first teachers on the way to children’s growth, so their mental health is crucial. Through practical exploration and thinking, we find that in the process of teachers’ training, we can use the way of educational psychology to explore teachers’ “psychological barriers” and guide them. By paying attention to kindergarten teachers’ mental health in the process of their daily teaching behavior, kindergarten teachers’ mental quality and behavior can be improved.

Objective: In the process of children’s development, kindergarten teachers’ behavior has a profound impact on children. From mental health to social behavior to character formation, it has a profound impact on children’s lives, and its importance is no less than that of their parents and playmates. With the development of education, educational psychology has been widely used in teaching teachers’ behavior. It requires teachers to think about how children develop and learn, to encourage teachers to encourage and reward children, and to treat children with a positive and optimistic attitude and a careful and patient way.

Subjects and methods: The research and study of educational psychology is helpful to establish a scientific and reasonable view of early childhood development and education, and helps educators to develop early childhood education. Based on the kindergarten teacher’s behavior has a profound impact on children’s psychology, this paper mainly shows the encouragement, reward, corporal punishment, insult personality four behaviors on children’s speech communication ability, learning ability, personality characteristic aspects. Random selection of kindergarten parents in our city, as the object of study, to distribute questionnaires to children, statistics in the kindergarten during school, kindergarten teachers of different behaviors to children.

Study design: Random survey interviewed 300 parents of young children, to give them a questionnaire, asked to complete the questionnaire once. Each person had to fill in the questionnaire for about 10 to 15 minutes. A total of 300 copies were distributed, 289 were recovered and 274 were effective.

Methods: Using Excel statistics kindergarten teachers and children in the process of communication, the impact of different behavior patterns on children.

Results: Teachers’ positive treatment of children’s behavior will improve children’s ability to deal with themselves, and negative treatment will have a great impact on children’s psychological and physiological aspects.

In this survey, the influence values of specific quantitative factors of grades 0-4 are used, with 0 indicating no increase, 1 indicating a slight increase, 2 indicating a general increase, 3 indicating an obvious increase, and 4 indicating a full increase. In order to reduce the large error caused by individual subjectivity in the evaluation, the evaluation values of 300 parents are adopted and the average number is rounded off to obtain the results. The specific statistical table is shown in Table 1.

Table 1. Perceptions of different behaviors of preschool teachers.

Behavior	Encourage	Rewards	Corporal punishment	Insult personality
Verbal communication	4	3	0	0
Learning ability	3	4	0	0
Character trait	4	3	0	0

Conclusions: Preschool teachers show love, respect and understanding to children in their study and life. Especially for children who have made mistakes or bad grades, preschool teachers should pay more attention to their own words, eyes and actions in the process of getting along with children, and show sincere love to children in subtle ways. If, due to improper handling of the teacher-child relationship, children develop such negative attitudes as melancholy, indifference, loneliness, weariness of learning, lack of self-esteem and self-confidence, preschool teachers must carefully analyze the causes of their negative attitudes, and when necessary, seek the help of parents, teachers with classes and other children to timely prescribe medicine. Through educational psychology, we can help preschool teachers to cultivate healthy psychology and educational behavior, strengthen the educational function of kindergarten, enhance the image of preschool teachers, strengthen the personality influence of preschool teachers, and better promote the development of preschool.

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AN EMPIRICAL RESEARCH ON THE INFLUENCE OF MENTAL HEALTH EDUCATION ON THE CULTIVATION OF LIFE VALUE

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Background: Psychology is the active reflection of subjective to objective, and it is directly affected by factors such as life values. Behind the psychological problems of college students lies the confusion of the values of life. The relationship between the values of life and mental health of college students needs to be studied in depth. To understand the standards of college students' mental health, we should pay attention to the following three aspects; one is the relativity of standards. There is no obvious boundary between mental health and unhealthy of college students, but a continuous process. The second is the overall coordination. To grasp the standards of college students' mental health, we should investigate their internal and external relations based on their psychological activities and strive for overall coordination. The third is the development of psychology. Some psychological problems are unavoidable developmental problems that people encounter in their growth and development. With the continuous growth of individual psychology, they will gradually adjust and become healthy.

Facing the complicated domestic and international environment, college students' values have been subjected to fierce collisions in the multicultural communication and dissemination. Because their minds are not yet mature and their values have not been finalized, they are prone to psychological conflicts and imbalances. Cultivating the core socialist values of college students and improving the mental health of college students are both important contents of current ideological and political education in colleges and universities. Values affect people's thinking and behavior, and thus affect their mental health, but the current socialist core values of college students and college students' mental health the empirical research is very scarce. The process of forming the quality of college students is a process of being educated, but whether the information of education is accepted and absorbed depends on the choice of the college students themselves. Life values are an important basis and standard for college students to choose educational information.

Objective: From the perspective of improving the degree of recognition and practice of the socialist core values of college students, explore ways to improve the level of college students' mental health, and study the impact of college students' mental health education on the cultivation of their life values.

Subjects and methods: This study uses the College Students' Value Scale and Mental Health Self-Rating Scale (SCL-90) as research tools to test 500 college students in a city, and use the social science statistical software SPSS20.0 to check the questionnaire the collected data are analyzed and processed, and each evaluation item adopts a 5-level scoring system according to the severity: 1 is asymptomatic, 2 is mild, 3 is moderate, 4 is severe, and 5 is severe. Discuss the main characteristics of college students' life values and mental health and the relationship between them, in order to understand the impact of college students' mental health education on the cultivation of their life values.

Study design: Take 500 college students as a sample, their age is between 17-25 years old. A total of 500 questionnaires were distributed in this survey, and 487 valid questionnaires were returned, with an effective response rate of 97.4%. When selecting samples, we strive to achieve a balance between the categories of liberal arts, sciences and sciences, genders of men and women, and subjects of each grade, so as to increase the representativeness of the sample.

Methods: The survey of this research adopts an anonymous method to implement group assessment. Before the assessment, formulate standard instruction, give necessary explanations to the subjects, and obtain their informed consent, and let the subjects fill out the form independently according to their actual situation. The questionnaire is completed in 30-40 minutes on average. After the questionnaire is completed, it will be collected on the spot. Use the social science statistical software SPSS20.0 to analyze and process the data collected in the questionnaire, and compare the results of different questionnaires of college students.

Results: Comparing the statistical results of related factors of college students' mental health status and personal values of life, the data results obtained are shown in Table 1 and Table 2.

It can be seen from Table 1 that there are some students with psychological problems in the mental health of college students. This reflects that among the college students, the psychological quality of students is poor, and psychological problems are more common. Colleges and the society need to pay certain attention to it. Carry out and improve the mental health education of college students.

College students are more inclined to self-discipline as qualified citizens, and their civic awareness is relatively strong. This may be related to the group to which the college students themselves belong. College students receive higher education and belong to a higher education group. They pay more attention to the country and the collective, and their civic and collective consciousness are stronger. The factor score of