

class management should pay attention to the power of combining examples, so that students have a substantial imitation psychology of examples. The use of social psychological motivation mechanism is of great practical significance to promote class management.

Subjects and methods: At present, the most important task of students in vocational colleges is learning, and vocational education. The more important purpose of management is to correct students' learning attitude as much as possible, adopt effective learning methods to achieve the expected learning effect, and finally realize the cultivation of educational objectives. In the actual incentive theory, we should take stimulating students' learning motivation as the idea, pay attention to improving students' need level, set scientific and reasonable learning objectives, and strictly standardize students' learning behavior. Today's vocational education management is mainly aimed at the intelligence and ability of college students. Cultivation. However, in the face of the rapid economic development in today's era, the economy gradually tends to diversify development. In vocational education, we should pay more attention to the cultivation of their psychological quality, love life, accept themselves, be emotionally stable and happy, have a certain sense of security, be able to bear certain pressure, and the most important thing is to have a certain motivation for high achievement extensive interest in learning and strong thirst for knowledge.

Results: At the present stage, the application of vocational education management to psychological theory, on the one hand, on the other hand, it plays a certain role in promoting the development of modern vocational education. Fundamentally, the necessity of the application of psychological theory in vocational education management is mainly reflected in the following two aspects: 1. Psychology plays a positive role in regulating students' psychology. With the rapid development of modern economy and society, China's economy gradually tends to diversify development. At present, the psychology of most vocational college students is also changing. This process further induces students' inferiority and anxiety, and the application of psychology plays a regulatory role to a great extent. 2. The application of psychological theory enriches the classroom teaching of vocational education and further improves the overall quality of students. The application of psychological theory in vocational education management not only corrects students' ideological attitude, but also makes the classroom teaching of vocational education more targeted and innovative. In a word, the application of psychological theory in vocational education management plays an important role in the development of modern vocational education and the development of China's economy.

Conclusions: The application of psychological theory in vocational education management is not only beneficial to the growth of students. At the same time, it also makes the modern vocational education management more perfect. In a word, the application of psychological theory in vocational education management has a certain practical significance.

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ANALYSIS ON PSYCHOLOGICAL PROBLEMS AND INFLUENCING FACTORS OF EMPLOYMENT OF MODERN COLLEGE STUDENTS

Xiao Wang

Career and Entrepreneurship Center, Qinghai Minzu University, Xining 810007, China

Background: Today's college graduates have come to the "post-95" era. They are generally in the range of 21-24 years old. They are still in the stage of gradual maturity and improvement of personality. They lack accuracy and consistency in their self-cognition. Their ideology, behavior guide and employment concept are easy to be affected by the external environment. It is inevitable to have psychological problems of blind conformity in the process of employment. At present, the phenomenon of competing for examination preparation is undoubtedly the most prominent reflection of the herd mentality, mainly because today's college students are vulnerable to the influence of emerging things and social trends. During school, they rarely think about their own career planning and life goals. In the face of major events such as employment and entering a higher school, they often refer to the ideas of their families, classmates and even most people in the society, most students do not have a correct understanding of themselves. For the evaluation of "comfort", "high salary" and "good development prospects" considered by others, many graduates are overconfident in the employment process and are easy to overestimate their employability. Regardless of their actual level, they also gradually rely on the help of their parents and teachers in graduation and employment. What's more, they think that relying on their family's social relations. Parents' interpersonal relationships can get something for nothing. They even blame their parents for failing to find a job and being admitted to the civil service, blaming them for not arranging a good job for themselves, or complaining about their great social competitiveness and making excuses for their inaction. This dependence psychology

will only make you lazy and passive and at a disadvantage in the employment process. Once you don't rely on others to obtain employment opportunities, you will feel resentment, which is not conducive to future career development. Now the employment market has long been divorced from the era of "guaranteed distribution". The "independent job selection" makes graduates have more autonomy, but it makes some students fall into a contradictory employment psychology. They are not willing to find a job first and then choose a job. On the contrary, they face many psychological conflicts in choosing a job first. For example, the contradiction between going to a big city for development and returning home, the contradiction between a large company with a high platform but hard work and a small company with little room for development. Although most students are eager to show their talents and strive for a career in the society, they suffer from the lack of knowledge reserves, the lack of social resources and funds, and the inertia of pursuing comfort and pleasure, so they choose to work "in one step", and flock to civil servants, state-owned enterprises, and business units, which undoubtedly exacerbates the difficulty of employment. In the new era, the employment psychology of college students is continuously improved under the influence of employment competition. The stability of College Students' employment mentality and employment emotion is relatively poor. If students face the society with an inferiority complex mentality, it will have an adverse impact on their growth. To better embark on social employment, college students are required to properly adjust their employment psychology, dare to face up to the problems existing in their employment, cultivate a self-challenging and brave attitude of employment competition, and constantly eliminate the psychological obstacles of College Students' employment.

Objective: With the intensification of the popularization of higher education, the number of graduates continues to rise industry competition is becoming increasingly fierce. Due to the lack of social experience, lack of self-awareness and other factors, college graduates will also cause students to have bad employment psychological problems, which will become a stumbling block in the process of employment. Psychological problems in employment are not only attributed to students' own factors, but also closely related to the social environment, family education and school education. This also requires in-depth analysis from many aspects in combination with the main psychological problems of college students in the employment process, in order to provide useful reference for helping college students cultivate a good employment mentality and promoting the effective development of employment guidance in colleges and universities.

Subjects and methods: It mainly synthesizes the influence of various factors on contemporary college students' employment psychology, pays attention to the characteristics of college students' employment psychology from the aspects of employment psychological tendency, employment psychological quality and employment psychology, defines the causes and forms of contemporary college students' employment psychology, analyzes the effective ways of college students' mental health, increases college students' individual coping resources, and obtains students. The attention and attention of the family and the whole society. Based on the questionnaire, according to the literature and practical problem experience, using the network questionnaire system and random sampling method, the college students are selected and sent through the online questionnaire invitation link. At the same time, Epi Data is used to establish the original database, implement the comparative research method, and pay attention to students' self-diagnosis. Using the case analysis method, this paper analyzes the typical cases caused by college students' employment problems, and points out the main problems and related paths of college students' employment psychology.

Results: Firstly, the government actively plays the role of macro-control in the social employment environment, constantly improves the employment policy and service mechanism, and strengthens the construction of employment market and employment laws and regulations, so as to alleviate the fierce competition in the employment market. College students can be encouraged to work in the western region and rural areas, and subsidies or rewards can be provided to graduates who have made achievements in the frontier and returned to their hometown to invest in local economic construction. Strengthen communication with colleges and universities, establish a platform for college students' employment and entrepreneurship, promote the establishment of a platform for school enterprise cooperation, provide college students with internship and exercise opportunities during school, and help college students improve their practical ability. Improve the employment policy for college students, strengthen the publicity and interpretation of the employment policy, establish a service mechanism for college students' employment, and improve the consulting service level of college students' employment. The government can also increase the support for college students' entrepreneurship to expand employment, increase the amount of entrepreneurship loans, provide entrepreneurship information platforms, etc. Secondly, colleges and universities should further improve and enhance college students' career planning, employment guidance and employment psychological education. Establish a relatively perfect and operable employment guidance system and carry out employment guidance courses. The school psychological center can also do relevant lectures or interactive counseling and decompression activities for the common psychological problems of graduates, so as to help students relax and adjust their state during employment, and face the process of job hunting and job selection with a healthy psychological state. The employment environment, school

professional background and family situation are the reality that graduates can't change when looking for a job. Finally, students find suitable jobs with their own strength. College students should improve their core competitiveness through various ways. They should not only seriously study professional knowledge and scientific and cultural knowledge to enhance their knowledge reserves, but also actively practice and train their ability to use knowledge and interpersonal communication methods. Facing the achievements and setbacks in job hunting with a positive and peaceful attitude will be a valuable experience in life.

Conclusions: In the process of college students' employment, college teachers should guide college students' employment, correctly guide college students' employment psychology, and make them establish a correct concept of employment, to obtain higher employment advantages in the process of employment. Relevant departments should pay more attention to the employment psychology of college students, formulate effective educational programs, increase the employment rate of college students, and create good conditions for reducing the employment problems of college students. To effectively solve the employment problem of college students, we also need to give full play to the role of government departments, universities, and families to provide better conditions for college students' employment.

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EFFECT OF YAJI MUSIC ON ALLEVIATING PSYCHOLOGICAL PROBLEMS IN PATIENTS WITH AFFECTIVE DISORDER

Junfang Wu

School of Modern Service, Jining Normal University, Wulanchabu 012000, China

Background: The main meaning of affective disorder is that the patient has the problem of depression or mania. If there is the problem of depression, the main manifestations are depression, lack of happiness, low self-esteem, self-blame, self-sin, no hope for the future, decreased attention and memory, decreased appetite, difficulty in falling asleep, pessimism, despair and even negative thoughts. When there are manic problems, they may have high emotions, always be very happy, have high self-evaluation, and think they have strong skills, plan to do some big things, act recklessly, love to spend money, do things like a tiger's head and a snake's tail, etc. The main characteristics of these affective disorders are particularly unstable emotions, and sometimes they are unusually happy than ordinary people, sometimes people are significantly unhappy than ordinary people, so it is called affective disorder, also known as mood disorder. The clinical manifestations of affective disorder are mainly high or low emotion, accompanied by running or slow thinking, psychomotor excitement or inhibition. In the manic state, the patient's mood is high, which is not commensurate with the situation, and can be cheerful, irritable, irritable, angry and anxious. In severe cases, there can be delusions, hallucinations and other mental symptoms that are coordinated or uncoordinated with the mood. In depression, patients are in a bad mood, distressed and sad to pessimism and despair, unable to be happy, lose interest, and have low self-evaluation. In severe cases, suicidal ideas and behaviors occur, and the disease changes in a rhythm of heavy day and light night. The treatment methods are generally: (1) Comprehensive treatment principle. (2) The principle of individualized treatment. (3) Principle of long-term treatment. (4) Mood stabilizer-based treatment principle. (5) Principle of combined medication. (6) The principle of regular detection of blood drug concentration. The preferred specialty of psychotherapy is the psychiatrist practitioner of psychotherapy. Psychotherapy can run through the whole process of treatment. Cognitive behavioral therapy, supportive psychotherapy and traditional Chinese medicine psychotherapy (tip technology) are commonly used, which can last for a period of time even after complete withdrawal, which can effectively prevent recurrence. Psychotherapy is very important for patients with affective disorder. Through the research on the source of psychological problems of patients with affective disorder, it is found that exercise therapy and music therapy are of great significance. And Yaji music is the first choice of music therapy. The so-called "elegant gathering" simply refers to the gathering of ancient literati and refined scholars for recreational activities related to Literature and art.

Objective: In the intervention of Yaji music, people's thinking and psychology have changed a lot, and the pressure accumulated in their hearts has been released, making them feel that life is better. This has played a positive role in promoting the future development, so that they can better release their inner pressure in the future.

Subjects and methods: Listening to Yaji music has many advantages. Beautiful melody can calm the restless heart, but you should choose more soothing and gentle music. Gentle music can make people relax, relieve pressure, and cure some mental diseases to a certain extent. Music can stimulate the brain and intensify brain cells. Beautiful melody can stimulate brain activities and even achieve a certain anti-aging