

innovates the ecological landscape design in rural tourism in order to treat the psychological diseases of urban residents, such as anxiety and depression.

Research objects and methods: 100 urban residents with anxiety disorder were selected as the research objects. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate the mental health status of urban residents.

Study design: 100 urban residents with anxiety disorder were randomly divided into study group and control group with 50 people in each group. Among them, urban residents in the research group choose to travel to the countryside with innovative ecological landscape design based on social psychology. The urban residents in the control group went to the countryside with traditional ecological landscape design for tourism. Before and after tourism, the mental health status of the two groups of urban residents was counted.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After the tour, the SAS score, SDS score and HADS score of patients in the study group were lower than those in the control group, and the difference was significant ($P < 0.05$). The SAS scores of the two groups of urban residents are shown in Table 1.

Table 1. SAS scores of two groups of urban residents

Timing	SAS scores		<i>t</i>	<i>P</i>
	Research group	Control group		
Before Tourism	73.5±12.3	72.7±13.1	0.304	0.653
After tourism	52.6±6.7	62.5±7.9	4.420	0.013
<i>t</i>	7.371	6.421	-	-
<i>P</i>	0.000	0.009	-	-

Conclusions: If the degree of mental illness is too heavy and lasts too long, it will damage the patient's physical function and make the patient feel painful and depressed. In the long run, it will make the patient have the psychology of world weariness and suicide, and cause a huge burden on the patient's family and society, which is not conducive to the construction and development of a harmonious society. Based on social psychology, this study innovates the ecological landscape design in rural tourism in order to treat the psychological diseases of urban residents, such as anxiety and depression. The results showed that the SAS score, SDS score and HADS score of patients in the study group were lower than those in the control group after the tour, and the difference was significant ($P < 0.05$).

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LEADERSHIP MANAGEMENT ANXIETY CAUSED BY THE REFORM FROM MANAGEMENT TO GOVERNANCE IN COLLEGES AND UNIVERSITIES IN CHINA

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Background: In the process of reform from management to governance in colleges and universities, due to the lack of experience and management level of the management, there are many problems in the reform from management to governance in colleges and universities, resulting in the reform is not thorough enough and the management of colleges and universities cannot achieve the expected effect. Therefore, some college leaders have anxiety in the management process. Anxiety is a kind of emotional and behavioral disorder that excessively worries about bad expected results, including generalized anxiety, social anxiety, panic disorder and so on. The objective purpose of anxiety is to guide people on how to quickly take various measures and urgently mobilize various value resources, so as to effectively prevent the serious deterioration of the value characteristics of real or future things and make them develop in a favorable direction. Therefore, short-term and moderate anxiety can help individuals establish goals and efforts, and help individuals establish positive beliefs. However, long-term and excessive anxiety will lead to the impairment of patients' physical and mental health, affect patients' normal life, increase the burden on patients' families, have a negative effect on patients' personal development and the construction of a harmonious society, and also have a negative impact on the normal operation of the school.

Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of the education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, the law of psychological changes of students in the learning process, teachers' analysis and cultivation of students' learning motivation, teachers' transfer and promotion of students' learning, teachers' analysis of the development of students' cognitive ability, teachers' cultivation of students' cognitive understanding, students' memory development, students' knowledge consolidation methods the formation of students' cognitive strategies, the cultivation of students' problem-solving ability and innovation ability, the cultivation of students' correct self-consciousness, students' group psychology and students' mental health education. The research is based on educational psychology to solve the problems existing in the reform from university management to governance, and deepen the reform, so as to alleviate the anxiety of university leaders and ensure the normal operation of the school.

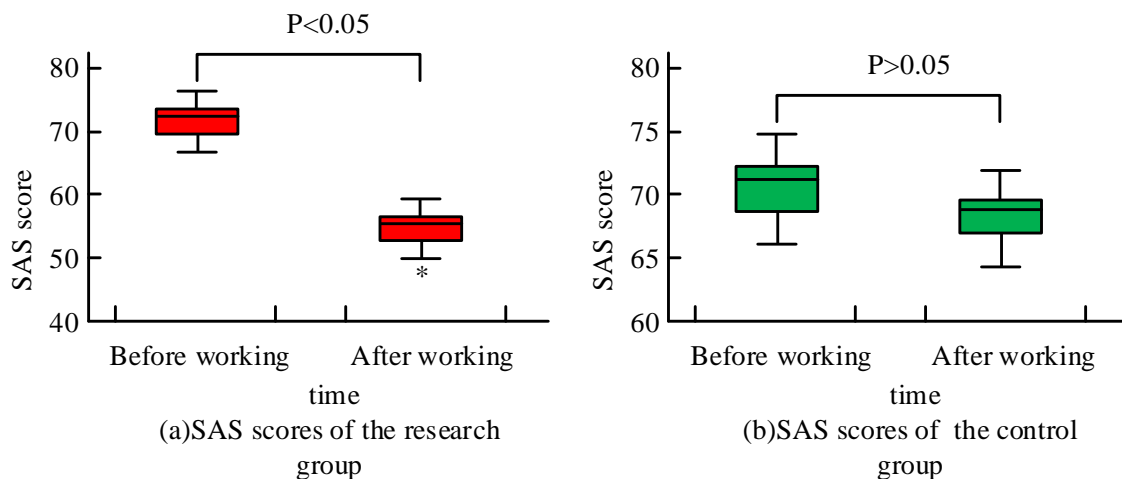
Objective: There are many problems in the reform from management to governance in colleges and universities. Some college leaders have anxiety in the process of management. The research is based on educational psychology to solve the problems existing in the reform from university management to governance, and deepen the reform, so as to alleviate the anxiety of university leaders and ensure the normal operation of the school.

Research objects and methods: 60 university leaders from 12 universities were selected as the research objects. Self-rating Anxiety Scale (SAS), Self-rating Depression Scale (SDS) and Hospital Anxiety and Depression Scale (HADS) were used to evaluate the mental health status of the subjects.

Research design: 60 university leaders were randomly divided into research group and control group with 30 people in each group. Among them, the university leaders of the research group adopted the reform method based on educational psychology to carry out the reform of universities from management to governance. The college leaders in the control group adopted the traditional reform method to carry out the reform of colleges and universities from management to governance. After a period of time, the anxiety levels of the two groups of college leaders were compared.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: After working for a period of time, the SAS score, SDS score, and HADS the score of university leaders in the study group were significantly lower than those in the control group ($P < 0.05$). Among them, the SAS scores of the two groups of university leaders are shown in Figure 1.



Note: * $P < 0.05$ compared with the control group.

Figure 1. SAS scores of two groups

Conclusions: The traditional management mode of colleges and universities in China generally emphasizes top-down vertical supervision. Therefore, it is imperative for colleges and universities to transform from institutionalized management activities to institutionalized management activities. Due to the lack of experience and management level of the management, there are many problems in the reform from management to governance in colleges and universities, resulting in the reform is not thorough enough and the management of colleges and universities cannot achieve the expected effect. Therefore, some college leaders have anxiety in the management process. Research on solving the problems existing in the

reform from management to governance of colleges and universities based on educational psychology. The experimental results show that after working for a period of time, the SAS score, SDS score and HADS the score of university leaders in the research group are lower than those in the control group, and the difference is significant ($P < 0.05$). It shows that the application of educational psychology in the reform can deepen the reform, so as to alleviate the anxiety of college leaders and ensure the normal operation of the school.

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TRY TO ANALYZE THE INFLUENCE OF MUSIC PERFORMERS' ANXIETY ON MUSIC PERFORMANCE

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Background: Stage anxiety is a common phenomenon of music performers in performance, which has a great impact on the live performance of music performers. Stage anxiety is stage tension, also known as performance anxiety. When performing in a strange environment and on a strange stage, each music performer will have varying degrees of anxiety. If the anxiety level is moderate and the music performers can make good use of their anxiety psychology, stage anxiety will become the driving force to promote the music performers to perform better. However, if the anxiety is too serious and the musical performer cannot control his anxiety well, it will affect the performance effect of the music performer on the stage and become an obstacle to the progress of the music performer. Stage anxiety will lead to faster heartbeat, heavier breathing, higher blood pressure, weaker control of muscles and vocal cords, forgetting words and scores, performance mistakes, and so on. Therefore, finding a way to alleviate the stage anxiety of music performers is of positive significance to the long-term development of music performers and the promotion of music in our country.

Behavioral psychology originated in the United States in the early 20th century. It is a branch of psychology. Behavioral psychology is a subject that studies the relationship between human behavior and psychological activities. Behavioral psychology holds that human behavior is an active and conscious behavior under the guidance of consciousness. Human consciousness is composed of intention and cognition, which is the result of the interaction of these two factors. Therefore, based on behavioral psychology, this study analyzes the factors leading to the anxiety of music performers and the impact of music performers' anxiety on music performance, and puts forward strategies to reduce the stage anxiety of music performers.

Objective: Stage anxiety is a common phenomenon of music performers in performance, which has a great impact on the live performance of music performers. Based on behavioral psychology, this study analyzes the factors leading to the anxiety of music performers and the impact of the anxiety of music performers on music performance, and puts forward strategies to reduce the stage anxiety of music performers, which is of positive significance to the long-term development of music performers and the promotion of music in China.

Research objects and methods: In an art college, 80 students majoring in music performance were selected as the research objects. The subjects were investigated by Stage Anxiety Questionnaire (SAQ), Life Events Scale (LES), Symptom Checklist-90 (SCL-90) and Cattell's 16 Personality Questionnaire.

Research design: Using the random number table method, 80 students majoring in music performance were randomly divided into research group and control group, with 40 people in each group. The students in the research group used strategies based on behavioral psychology to alleviate stage anxiety, and then performed on stage, the students in the control group used traditional methods, such as deep breathing, to alleviate stage anxiety, and then performed. Record the anxiety level of the two groups of students before and after the performance.

Methods: The relevant data were processed and analyzed by software SPSS23.0.

Results: Before the performance, there was no significant difference in the anxiety degree between the two groups ($P > 0.05$). After the performance, the anxiety degree of the students in the study group was significantly lower than that of the students in the control group ($P < 0.05$). The stage anxiety questionnaire scores of the two groups of students are shown in Table 1.