

first aid technology to medical students, we should fully consider the student groups with thinking obstacles, and carry out concrete teaching in combination with new technologies such as “cloud class” to comprehensively improve students’ professional level and promote the growth and development of talents in China’s medical industry.

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THE SOCIAL PSYCHOLOGICAL CHANGES OF LEADERS IN THE TOP-LEVEL DESIGN OF CHINA’S GRAND CANAL BASED ON THE TERNARY LEADERSHIP THEORY

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Background: A large number of traditional cultures have been born in China’s thousands of years of development. Among them, the Grand Canal culture is one of the proudest cultures. The Grand Canal culture refers to the material or spiritual cultural values produced by taking the Grand Canal as the core for a long time. The basic understanding of the Grand Canal culture can be divided into a comprehensive culture based on the Grand Canal belt, taking the surrounding geographical space as the carrier, and gradually developing along the surrounding towns on the basis of regional transportation through protection, inheritance and utilization. The top-level designer of the Grand Canal is an engineering term, which refers to the overall consideration of all levels and elements in the Grand Canal Project, and finding the fastest way to solve problems through hierarchical management between different levels. In the top-level design of the Grand Canal, according to its core idea, a theoretical basis called ternary leadership was born. For the top-level design of the Grand Canal, the ternary leadership included are authoritarian leadership, benevolent leadership and moral leadership. Authoritarian leadership is worth linking water control and governance, and exploring the importance of the common survival of man and nature on the basis of ecological and environmental protection. Benevolent leadership refers to a series of top-level design schemes proposed by the central government based on the protection and inheritance of the Grand Canal, always follow the people-oriented principle, and adopt benevolent leadership to improve the surrounding environment of the Grand Canal and retain the Millennium civilization of the Grand Canal. At the level of moral leadership, it emphasizes the distinction between public and private, maintains an honest and responsible attitude in the implementation of tasks, provides positive guidance to other personnel through personal morality, words and deeds, and takes measures to improve the overall appearance in the management of the Grand Canal to protect the ruins of the grand canal in time.

In the final analysis, the theory of ternary leadership is the concept of power, which is the basis of experimental research and theoretical construction. Social psychology regards power as a structural variable, that is, to determine that power does exist in the state of social facts. With the development of society, social psychology gradually regards power as a psychological feature and believes that the ternary theory can conceptualize it in the embodiment of specific power roles. From the basic theory of the Grand Canal top-level design under the ternary leadership theory, it can be seen that the measures and methods mentioned in the ternary leadership are models in social communication behavior, and the specific implementation steps of the ternary leadership theory can be deeply explored through social psychology. For example, according to the basic theory of social psychology, leaders need to be familiar with the way of social communication in management, gradually infect people at different levels through authority, kindness and virtue, and finally change the social psychology of the surrounding people in a positive way, so as to achieve the purpose of the top-level design of the Grand Canal. At the same time, social psychology puts forward that there are two psychological characteristics in power. The first is the sense of control. In the ternary leadership theory, the sense of control plays a role of cognitive and self-esteem behavior control. Secondly, social psychology believes that the ternary leadership theory, as a power theory, also contains explicit and implicit psychological characteristics. In the explicit and implicit, it reflects a psychological theory of social distance. The emergence of social distance leads to the difference of ideas among leaders at different levels, which will also lead to the negative emotions of low-level leaders, showing depression and anxiety. Therefore, in the top-level design of the Grand Canal under the ternary leadership theory, understanding the changes of social psychology at each leadership level is helpful to analyze the management implementation plan at the leadership level.

Objective: This paper expounds on the basic concepts of Grand Canal top-level design and ternary

leadership theory, discusses the social and psychological changes of ternary leadership theory in China's Grand Canal top-level design, combs out the implementation path of China's top-level design, and improves the effect of top-level design by alleviating the psychological anxiety and depression of leaders.

Study design: Use the literature method to understand the development and evolution of China's Grand Canal culture, use the Excel table to count the basic situation of China's grand canals, sort out the relevant measures taken by the Chinese government in the protection and inheritance of the Grand Canal, and put forward the principle of scientific water control under the background of the new era. The Self-rating Anxiety Scale was used to analyze the changes in leaders' psychological anxiety at all levels in the application of ternary leadership theory, and to analyze the impact of ternary leadership theory on leaders' social psychology.

Result: Using the literature method, this paper statistically analyzes the application of the ternary leadership theory in the top-level design of the Grand Canal in China, and evaluates the impact of the ternary leadership theory on social psychology and psychological anxiety of the leadership level in the top-level design. The 0-4 score system is used to represent the impact effect, in which 0 represents no impact, 1 represents slight impact, 2 represents general impact, 3 represents obvious impact and 4 represents complete impact. SPSS software is used to analyze the differences between the data, and the impact of authoritarian leadership, benevolent leadership and moral leadership on social psychology is shown in Table 1.

Table 1. The influence of social psychology on the application of ternary leadership theory

Factor	Authoritarian leadership	Benevolent leadership	Moral leadership
Social psychology	4	4	4

Conclusions: China's Grand Canal culture is of great significance to the national economic development and social and cultural development. Analyzing the connotation of the ternary leadership theory in the top-level design of the grand canal can better understand the deep meaning of the Grand Canal culture, help the leadership establish perfect social psychology and reduce their psychological anxiety. The ternary leadership theory can be effectively transmitted with the help of social communication activities, and finally achieve hierarchical class management, which can effectively control the social psychology at the leadership level. Therefore, it can be learned that in the water control project of Universiade culture in the new era, it is of great significance to analyze the transmission of ternary leadership theory and realize the social and psychological changes of leaders in the top-level design, which can effectively reflect the mental health problems at the leadership level, so as to optimize the management scheme.

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RESEARCH ON THE APPLICATION OF REVERSE THINKING TEACHING METHOD COMBINED WITH CAREER EDUCATION IN AEROBICS TEACHING IN HIGHER VOCATIONAL COLLEGES UNDER THE BACKGROUND OF PSYCHOLOGY

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Background: In recent years, the physical quality of college students has gradually shown a downward trend. Therefore, the Ministry of Education has issued many programs and measures to promote the healthy development of college students. In order to improve the comprehensive physical quality and ability of college students, some colleges and universities began to enrich the content of students' sports activities. At the same time, with the continuous development of education, higher vocational colleges also began to gradually increase school sports. In higher vocational colleges, due to the short education cycle, schools pay