

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.

Acknowledgement: The research is supported by: The National Planning Office of Philosophy and Social Science Grant of P.R. China, for the Research Proposal Titled "A Study on the International Image Upgrading Paths of the Grand Canal of China from the Perspective of Cultural Gaming" (No. 18BGJ086); the Project of Philosophy and Social Science Research in Colleges and Universities in Jiangsu Province, P.R. China for the Research Proposal Titled "Media Construction and Discourse Change of China's Economic Image" (No. 2017SJB1149); and Yangzhou University Educational Reform Project "College News English Teaching under the Overall Language Teaching Mode and the Cultivation of Students' Critical Thinking Ability" (No. YZUJX2018-47C).

* * * * *

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

Xiaoling Xu

Physical Culture Institute, Guangdong Business and Technology University, Zhaoqing 526040, China

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

more attention to students' professional technology. Therefore, in view of the improvement of students' physical quality, aerobics teaching has gradually been paid attention to in school talent training. In higher vocational colleges, aerobics teaching often adopts the way of career education. By taking aerobics as a kind of professional-quality training for curriculum teaching, the purpose is to cultivate students' Aerobics professional ability and improve students' attention to aerobics. At the same time, in order to further improve the students' aerobics technical level in some higher vocational colleges, the reverse thinking teaching method is introduced into the curriculum education while carrying out the career education. The teaching planning is carried out from the perspective of students' thinking, and the teaching scheme is formulated according to the students' thinking logic, so as to achieve more remarkable teaching effect. However, from the effect reflected in the integrated education program of some schools, it can be seen that the aerobics level of students has not been significantly improved. Combined with the relevant literature and the current situation of education, it can be found that the change of students' psychological activities in the process of school is an important factor affecting teachers' teaching.

Students' psychological activities change with the changes of environment and teaching. Some psychologists put forward that when students in higher vocational colleges study special technology, their psychological changes are affected by the difficulty of professional technology. It is generally believed that simple professional knowledge has a weak impact on students' psychological activities. Some studies have also pointed out that students' psychological activities are also affected by thinking. In the teaching of higher vocational colleges, due to the strong teaching of professional knowledge, students' thinking logic is strongly guided, resulting in changes in students' psychology. Reverse thinking is a kind of thinking activity. In psychology, reverse thinking starts with students' psychological expectation results. Students will have a certain amount of psychological expectation for teaching results in teaching. In the process of students' learning, the role of reverse thinking is to help students gradually realize their learning needs according to a certain process. Psychology believes that students' psychological activities in learning are complex. Therefore, teachers need to pay attention to how to deal with students' psychological changes in teaching. Students' learning psychological activities will change with the change of teaching, and the teaching application of rational thinking from the perspective of psychology will also show quantitative changes. In aerobics teaching, students' psychology will doubt their own body performance, which will also lead to the deviation of students' expected learning results, resulting in students' negative emotions such as anxiety and depression. Therefore, in the teaching of reverse thinking, it will be helpful for teaching to obtain the changes of students' psychological activities at all times. As an institution of higher learning to cultivate students' professional ability, it is still not scientific for higher vocational colleges to optimize aerobics teaching from students' reverse thinking combined with career education. Only by formulating teaching plans combined with students' psychological changes can we realize the cultivation of students' all-round quality and improve students' comprehensive quality and ability.

Objective: Understand the specific professional level of Aerobics students in higher vocational colleges, analyze the psychological activities of students in aerobics teaching, and formulate appropriate and reasonable reverse thinking teaching method and integrate professional career education teaching plan, so as to improve students' physical quality more effectively and provide guarantee for students' future development.

Study design: This paper selects 54 aerobics majors in a higher vocational college, and obtains the basic professional level of students and students' attitude towards professional teaching from the current teaching situation. The teaching attitude includes the satisfaction with the teaching scheme and the views on teachers' teaching attitude. Formulate the aerobics reverse thinking teaching method based on students' psychological activities, integrate the teaching plan of career education, set the teaching time as 5 months, and measure the changes of students' mental health level in 5 months.

Results: Use Excel to make statistical analysis of the survey content, so as to formulate a reasonable teaching plan and evaluate the students' psychological activities in the teaching plan, quantify the scores of the evaluation results of psychological activities, and compare and analyze the differences in the changes of mental health level in the teaching process, using SPSS24.0 statistical analysis of all data shows that the changes of students' mental health level are shown in Table 1.

Table 1. Changes of students' mental health

Index	1 month	3 months	5 months	<i>P</i>
Positive psychology	3	17	36	<0.05
Negative psychology	24	18	6	<0.05

Conclusions: Aerobics in higher vocational colleges is a professional subject based on cultivating students' basic physical quality. Therefore, how to improve students' aerobics professional level is very

important. In the research, we first consider the changes of students' psychological activities in aerobics teaching, and then take this as the basis of teaching scheme, combined with inverse thinking teaching and career education to promote students' aerobics technical level. From the results, it can be found that from the perspective of psychology, the basic level of students' aerobics has been significantly improved, and the level of students' mental health has also been cultivated. Therefore, in the professional teaching of higher vocational colleges, the appropriate use of students' psychological activities will effectively improve the efficiency of professional teaching and promote the development of students.

Acknowledgement: The research is supported by: 2021 Young Innovative Talents Project in Colleges and Universities in Guangdong Province: An Empirical Study on the "Flipped Classroom" Teaching Mode of Basketball Specialty Course in Colleges and Universities Under the Background of Informatization (wqncx125).

* * * * *

ANALYSIS ON THE EFFECTIVENESS OF PARTY STYLE AND CLEAN GOVERNMENT CONSTRUCTION IN A CITY FROM THE PERSPECTIVE OF SOCIAL PSYCHOLOGY

Shuyang Sun^{1,2}

¹*Institute of Political Science and Law, Northeast Normal University, Changchun 130000, China*

²*Institute of Political Science and Law, Baicheng Normal University, Baicheng 137000, China*

Background: China's development has been ups and downs. Once again, there is no doubt about the guiding role of Chinese leaders in the process. In the development process of modern China, the determination of the Communist Party of China, as the core of the construction of socialism with Chinese characteristics, is also extremely strong. Therefore, in the process of building a harmonious society, the construction of Party style and clean government has become the core guarantee of national construction. The 5000-year history of the Chinese nation has created a country and nation with great dreams. In China's Millennium Development, it has always been developing towards the establishment of a prosperous, strong, civilized and harmonious society. After being weathered, the emergence of the Communist Party of China brought light to the establishment of new China. It is also under the leadership of the Communist Party of China that China began to gradually move from poverty to wealth. During the ruling period of the Communist Party of China, the most important thing is the construction of a clean and honest government, which is not only related to the reputation of individuals and organizations, but also related to the survival and development of the country. In the development of China in recent decades, the Party Central Committee has always attached importance to anti-corruption, and several generations of leaders have taken it as the main construction work. In the process of building a clean and honest government, it is the party organization that supervises individuals and supervises the organization. Therefore, how to build a good Party style and clean government is the primary goal of national construction.

Social psychology is scientific research that analyzes psychological activities from the social nature. In social psychology, communication is an important way to affect public psychology. The psychological mechanism of social psychology includes communication relationship and social culture. Using the communication psychology of social psychology, the rational and logical processing of communication relationship and social culture will be more convenient. In social activities, social behavior includes social behavior driven by human relations and social behavior acquiesced under the operation of power, in which psychological behavior is the basic requirement to determine explicit behavior. The generation of social psychology is generated by the communication and interaction between people. In the construction of a clean and honest government, the construction of a clean and honest government is a social activity between organizations and organizations, individuals and individuals, organizations and individuals, and a social interaction between organizations to examine individuals and individuals to supervise individuals. The communication between various leadership levels produces social-psychological behavior. From the perspective of social psychology, in the process of building a clean and honest government, we need to maintain smooth social relations, make the requirements of the region and the central government highly consistent, fundamentally ensure the construction of a clean and honest government in the region, and then gradually affect the construction of a clean and honest government in each region. In addition, in social psychology, some researchers put forward the theory of attitude change to explore the development direction of the construction of a clean and honest government. They believe that there is a specific psychological tendency between an individual and society. Attitude change is to change the social-psychological tendency into the party's behavior, and then produce a positive response in the