

score decreases significantly, and the range is much higher than that under the intervention of the traditional construction scheme. Therefore, in college education, in order to improve students' comprehensive level and reduce students' anxiety, we need to strengthen the construction of teachers' ethics and style in colleges and universities and adopt more optimized schemes to promote the cultivation of students' values.

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EVALUATION AND ANALYSIS ON THE EFFECT OF CHILDREN'S MENTAL HEALTH EDUCATION IN PRESCHOOL EDUCATION

Fenghua Jiang

Zhoukou Normal University, Zhoukou 466001, China

Background: Children are an important care group in China. In the process of individual growth, in addition to being vulnerable to physical injury, their mental health is also vulnerable to external influence. Children's group is the initial stage of individual cognition. For children, their cognition is still in the initial stage, that is, children's cognition is limited at this time. Therefore, it is necessary to cultivate their mental health in children's stage. Healthy psychology has a far-reaching impact on children's future survival and development, and even has an irreversible impact. Healthy psychology can effectively promote children's growth and improve children's ability to absorb external knowledge. From psychological research, we can know that the content of healthy psychology includes rich connotation of mental health, strong psychological perception ability and strong psychological anti-interference ability. However, for children, healthy psychology only needs to have a certain degree of correct values and independent growth ability.

In China's education, mental health education for children is generally through preschool education to improve children's comprehensive psychological quality. Preschool education is an important stage of education in China. In the stage of preschool education, schools and teachers can cultivate children's correct values and improve children's comprehensive literacy by optimizing the mental health teaching system. However, it is worth noting that with the continuous development of society, multiculturalism coexists in different cities, and the ideological impact will have a certain impact on the cultivation of children's values. Therefore, the role of traditional preschool education in children's mental health education is becoming smaller and smaller. As a very important part of China's education, preschool education must pay attention to the introduction of more effective teaching programs. In order to promote children's healthy growth and cultivate students' healthy value orientation, it is necessary to put forward a new program of preschool education to cultivate students' mental health. Based on the trend of social development, the study puts forward new strategies of preschool education in social development, and analyzes the impact of new strategies of preschool education in children's mental health education, so as to provide theoretical support for the cultivation of children's mental health in China.

Objective: Explore the development and evolution of China's preschool education in social development, analyze the current situation of children's mental health, put forward a new program of preschool education, and evaluate the impact of the new program on students' mental health.

Subjects and methods: 1000 kindergarten students in a city were randomly divided into research group and control group, with 500 students in each group. The research group first optimized the teaching structure in preschool education, added educational plans such as practice and activities in education, and adopted targeted cognitive education for students to improve students' cognitive ability. Secondly, give full play to the discipline advantages in curriculum education, cultivate students' knowledge cognitive ability and give full play to students' subjective initiative. Then add game activities and other links in preschool education to improve students' strictness and organizational psychology, and strengthen children's psychological perception. Finally, stimulate children's autonomous learning ability in classroom learning and induce students to participate in classroom interaction, so as to improve students' enthusiasm and stimulate students' enthusiasm for learning and life at the same time. The students in the control group used the conventional preschool education model. Finally, the mental health level of the two groups of students was compared. The evaluation indexes included students' anxiety, classroom enthusiasm, sense of responsibility and unity. Anxiety evaluation adopts anxiety score, and enthusiasm, sense of responsibility and solidarity are quantified with 0-10 points, indicating weak to strong.

Results: After preschool education and teaching, the anxiety, classroom enthusiasm, sense of responsibility and unity of the two groups of students are evaluated as shown in Table 1. Table 1 shows that the anxiety scores of students in the intervention group decreased more significantly, and the evaluation of

students' classroom enthusiasm, sense of responsibility and solidarity improved more significantly.

Table 1. Changes of children's mental health in the two groups

Project		Anxious	Enthusiasm	Conscientiousness	Solidarity
Before teaching	Intervention group	37.33±1.77	3	3	2
	Control group	35.23±1.64	3	2	2
After teaching	Intervention group	25.08±1.45	7	7	6
	Control group	29.37±1.39	4	4	3

Conclusions: As a key educational object in China, children's mental health training is the main teaching content of preschool education. How to improve the existing preschool education strategies, so as to more effectively promote children's mental health training. The research analyzes the defects of existing preschool education, puts forward preschool education strategies, and applies them to children's mental health education. The test results show that under the action of the optimized preschool education program, children's mental health has changed significantly, and it can be found that compared with the traditional preschool education program, the optimized preschool education program has a more obvious impact on students. Therefore, in children's preschool education, in order to improve students' mental health level, schools should optimize preschool education programs, so as to improve the training effect of students' mental health and promote children's healthy growth.

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INTERVENTION STUDY ON ANXIETY AND JOB BURNOUT OF YOUNG TEACHERS IN LOCAL COLLEGES AND UNIVERSITIES

Luobin Jin¹, Ming Zhong² & Lin Jiang^{3*}

¹*Shaoxing University, Shaoxing 312000, China*

²*Zhejiang University, Hangzhou 310000, China*

³*Sichuan International Studies University, Chongqing 400031, China*

Background: In the education and teaching of local colleges and universities, the ability level of young teachers is an important factor to ensure the teaching quality. Therefore, in order to always pay attention to the teaching status of young teachers, colleges and universities put forward the use of work performance evaluation to test. In the work performance evaluation of young teachers in colleges and universities, the teaching quality evaluation of young teachers is not only affected by the basic ability of young teachers, but also can be known from a large number of studies that the psychological factors of young teachers can also affect their work performance. In many studies, it is pointed out that the professional quality of young teachers has a significant impact on their teaching level. Generally speaking, the more positive the professional identity of young teachers, the more obvious the teaching passion reflected by young teachers in their daily teaching, and it is easier to drive students' classroom learning enthusiasm. The professional quality of young teachers is the degree of hard work of young teachers. The classroom atmosphere brought by more dynamic young teachers is easier for students to feel the charm of the discipline and accept the teaching knowledge of young teachers. Some studies have simply analyzed the classroom impact of young teachers' job burnout. The research found that young teachers' job burnout psychology can directly lead to the reduction of classroom teaching quality, and then affect the job performance evaluation of young teachers. Therefore, in order to improve the teaching quality of young teachers in colleges and universities, improve the work performance of young teachers, and explore the specific role of burnout psychology in young teachers' professional quality, we will be able to establish a perfect teaching system more quickly.

The main cause of job burnout of young teachers in local colleges and universities is the anxiety of teachers. Anxiety is a psychological phenomenon, which generally refers to the fear, worry and tension of individuals in the face of events or objects. There are many factors that lead to individual anxiety. Psychology believes that anxiety is influenced by heredity and environment, and strange environment produces anxiety psychology for individuals. At the same time, in psychology, psychological anxiety is defined as a short-term negative emotion, which is easy to breed under the influence of the outside world. Generally, it will only affect students' psychological activities in a short time. However, when patients with anxiety disorder have long-term anxiety, they often have anxiety. In the face of real life, it is difficult to express their true feelings, and it is never easier to have doubts and uneasiness about the unknown,