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RESEARCH ON THE IMPACT OF THE EDUCATION OF PARTY STYLE AND CLEAN GOVERNMENT ON TEACHERS' MENTAL HEALTH IN COLLEGES AND UNIVERSITIES

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Background: China's development has ups and downs, and there is no doubt about the guiding role of Chinese leaders in this 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.

In the increasingly fierce social competition situation, the role of high-quality talent training carried by higher education is becoming increasingly prominent, and the training of high-quality technical social talents must rely on a group of college teachers with excellent comprehensive quality and physical and mental health. However, in recent years, under the combined action of personal factors and social pressure, the mental health of college teachers has become an important factor restricting the development of higher education in China. College teachers, especially young teachers, face a variety of pressures in their daily work, such as teaching, scientific research, assessment and evaluation, and generally have mental sub-health problems. Therefore, it is necessary to pay attention to the mental health problems of college teachers and alleviate the mental pressure of college teachers through various means. The mental sub-health of college teachers is mainly reflected in teachers' job burnout, interpersonal relationship processing, personality disorder and so on. When teachers cannot better deal with the difficulties and pressure in work, the long-term high-pressure state makes teachers have extreme psychological reaction, which may lead to job burnout symptoms such as loss of work enthusiasm, emotional alienation and indifference. This state of job burnout makes teachers fall into negative emotions of depression and worry, which has an impact on teachers' working state in both psychological and physiological aspects, resulting in teachers falling into a vicious circle. Moreover, some teachers have personality disorder symptoms such as anxiety and depression, physical symptoms such as insomnia and headache, and show extreme behavior patterns in daily communication processing. It is difficult to get along with colleagues and students in a peaceful state of mind.

Objective: The research analyzes the influence of college party style and clean government education on college teachers' mental health, and explores the paths and strategies of college teachers' party style and clean government education under psychological intervention, hoping to provide reference for promoting the development of college party style and clean government education and promote the improvement of college teachers' mental health quality.

Subjects and methods: This study comprehensively analyzes the current situation of college teachers' mental sub-health, explores the performance and causes of college teachers' mental sub-health, and analyzes the effect of college party style and clean government education in teachers' mental health intervention from the perspective of college party style and clean government education. This paper studies the pilot experiment of carrying out the work of party style and clean government education in two colleges and universities in a city, takes 223 teachers in two colleges and universities as the research object, applies the strategy of party style and clean government education under psychological intervention to the actual work of two colleges and universities, and analyzes the impact of party style and clean government education on teachers' mental health education. The pilot experiment lasts for 4 months, which combines

the education of party style and clean government in colleges and universities with the psychological intervention of teachers. By comparing and analyzing the mental health level of teachers before and after the implementation of the reform pilot, this paper explores the role and effect of the education of party style and clean government in colleges and universities.

Results: The evaluation results of teachers' mental health level before and after the experiment are shown in Table 1. Through the education of party style and clean government under psychological intervention, the level of teachers' mental health education has been significantly improved.

Conclusions: In recent years, the mental sub-health problems of college teachers have attracted extensive attention from all walks of life. It is required to actively intervene the mental health problems of college teachers from various angles. Starting from the work of party style and clean government education in colleges and universities, this paper intervenes in the mental health of college teachers, establishes teachers' psychological files, and combines the party style and clean government education to cultivate teachers' clean government and teaching psychology, so as to realize the dual improvement of teachers' mental health and the concept of clean government.

Table 1. Evaluation results of teachers' mental health level before and after the experiment

Time	Before reform	After reform
Depressed	4.14	1.26
Anxious	3.91	1.34
Hostile	3.27	1.12
Terror	3.19	1.05
Paranoid	3.42	1.37

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EXPLORATION ON THE TEACHING REFORM PATH OF MUSIC EDUCATION COURSE IN HIGHER VOCATIONAL COLLEGES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: The innovation of music teaching curriculum in higher vocational colleges needs to consider the comprehensive level and ability of students. The innovation of music classroom teaching mode in higher vocational colleges mainly starts from three aspects: Students' thinking, students' emotion and students' ability. In students' thinking, teachers should not simply instill theoretical knowledge in the teaching process. In the classroom, they should carry out interactive communication on music theory, stimulate students' enthusiasm in the classroom, and keep students thinking all the time when learning music knowledge, which is more conducive to students' full absorption of music related knowledge. In students' emotions, teachers need to pay attention to students' emotional changes in the classroom at all times. On the one hand, they need to understand students' interest in music learning, and on the other hand, they need to observe whether students' emotions are affected by relevant music. The purpose of the former is to require teachers to continuously optimize teaching methods and stimulate students' enthusiasm in teaching, and the purpose of the latter is to observe teaching effects and evaluate students' musical ability. Finally, teachers are required to pay attention to students' abilities, formulate teaching plans according to students' abilities, and teach students according to their aptitude according to students' abilities, so as to realize the common progress of all students.

Educational psychology originated from the western classical naturalistic educational thought, which was formally put forward by Pestalozzi. He explored the relationship between human mental nature and educational activities, combined the educational process with the psychological activities of learning and communication, and made educational activities psychological from the law of human nature. Pestalozzi believes that we should pay attention to the change law of psychological activities of educational subjects in educational activities, understand the development mechanism of students' learning psychology, so as to carry out educational activities selectively, and adjust the teaching details such as the development method, teaching content and teaching principles of teaching activities accordingly. From the perspective of psychology, educational psychology combines educational practice with psychological theory to deeply