

Conclusions: With the continuous development and reform of modern higher education, modern education has higher and higher requirements for teachers' professional quality and mental health quality. The competition among teachers, the aggravation of teaching tasks and the impact of career planning all have an adverse impact on the psychology of modern teachers and hinder the development of modern education. The development of modern education should pay attention not only to the education of students, but also to the mental health of teachers. This paper studies and analyzes the influence of teachers' anxiety, analyzes the effect of teachers' professional development certification on improving teachers' anxiety, and uses Mini Mental Status Examination (MMSE) and SF-36 Mental Health scale (MH) to count the mental health indicators of teachers before and after training. Experiments show that reasonable professional development training for teachers can alleviate teachers' anxiety, improve teachers' mental health and promote the healthy development of modern education.

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RESEARCH ON THE OPTIMIZATION OF DYNAMIC ADJUSTMENT MECHANISM OF SCIENCE EDUCATION IN SENIOR HIGH SCHOOL FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is a psychology that focuses on studying the law of educational development. In the research of educational psychology, it will make a detailed and scientific analysis of the psychology of teachers and students in the educational environment, constantly adjust the teaching content and teaching planning by mastering the changing state of the psychology of teachers and students, so as to improve the quality of the curriculum. Educational psychology is an important research content in modern education. Especially under the background of modern education reform, emphasizes paying attention to students' mental health and teachers' mental health. Through reasonable educational psychological mechanism intervention, it will pay more attention to the healthy and scientific development of education. According to the current research, the change of educational psychology changes with the development of education. The change of educational content will have an impact on the psychology of teachers and students, so as to change the teaching effect of teachers and the learning quality of students. Therefore, in the actual teaching, we should pay more attention to educational psychology, improve the teaching quality through reasonable educational psychology research, and realize the scientific development of education. However, at present, there is not much research on educational psychology in China's educational development. It is more to realize the innovation and development of education by improving teachers' professional ability and changing teaching mode. With the continuous improvement of China's education system and the more scientific education model, China's education will pay more attention to the influence of educational psychology in education, provide important support for the development of education and improve China's education system.

The research objects of educational psychology include students and teachers in the teaching environment. Through the capture of teachers' psychology and students' psychological state, we can obtain the psychological state with the best matching degree with education, and constantly optimize the current teaching content, teaching methods and teaching means, so as to improve the teaching quality. In the development of education, the dynamic adjustment mechanism has always been a scientific teaching optimization strategy. In high school science education, teachers can obtain students' learning psychological state according to the research on students' psychological state of psychological education, and adjust the mechanism in real time in actual teaching to meet students' learning psychological requirements, which will significantly improve the teaching effect and improve students' learning quality. The application of dynamic adjustment mechanism in high school science education needs to effectively master the principles of educational psychology. In the process of implementing education, teachers will obtain learning interest and desire through understanding students' educational psychological state, real-time dynamic teaching means and dynamic teaching content, and even change teaching ideas and teaching tasks in teaching to meet the requirements of students' psychological development, and significantly improve the quality of

learning. This paper analyzes the research content and purpose of educational psychology, studies the relationship between dynamic adjustment mechanism and educational psychology, and then continuously improves the teaching content and realizes the purpose of improving the teaching effect through the research of educational psychology.

Objective: To explore the relationship between educational psychology and educational development, analyze the relationship between the dynamic adjustment mechanism of high school science education and students' psychology, and provide reference for the optimization of the dynamic mechanism of high school science education through the study of students' psychology, so as to improve the quality of high school science education.

Subjects and methods: The research will select 120 students from a high school as the research object, count the students' psychological demands and psychological changes for high school science education, and optimize the teaching scheme in the dynamic adjustment mechanism of high school science education. The innovative scheme is used for teaching to evaluate the students' scientific education achievements and psychological changes under the research of educational psychology. The whole teaching experiment lasts for 6 months.

Results: As shown in Table 1, it is the table of students' psychological changes and achievement changes after six months, in which the score is set as 1-9. The higher the score, the better the index performance, and then evaluate the impact of educational psychology research on the quality of Jiao Yue. It can be seen that after six months of study, the academic achievement and psychological state have been improved.

Conclusions: Educational psychology has always been the key content of research in modern education. Reasonably studying the psychology of teachers and students in the educational environment and continuously optimizing and adjusting the teaching content according to the demands of teachers and students' psychological development will effectively improve the teaching effect. This paper analyzes the research content and research direction of educational psychology, and analyzes the relationship between dynamic adjustment mechanism and educational psychology research, so as to optimize the content of science education in middle school through mastering students' psychology. The experimental results show that after a six-month experiment, students' psychological state scores have been significantly improved, their scientific achievements have also been improved, and students' self-confidence and learning interest have been improved to meet the requirements of the scientific development of modern education.

Table 1. Students' psychological changes and scores after six months

Survey object		Before teaching	After teaching
Classroom quality evaluation	Academic record	4	7
	Classroom discipline	4	9
	Learning enthusiasm	3	7
	Questioning situation	1	6
	Subject interest	3	7
Psychological needs	Confidence	4	9
	Enthusiasm	4	9
	Self-satisfaction	5	9

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RESEARCH ON COLLEGE MUSIC EDUCATION AND TEACHING REFORM FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

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Background: Educational psychology is an important branch in the field of psychology. It mainly studies the psychological activities of all people in the educational environment. In the research of educational psychology, through mastering people's psychological situation in the learning environment, we can constantly intervene people's psychology and teaching development, so as to make education have a positive impact. Educational psychology is an important research branch in education at present. Educational psychology research can be applied to curriculum teaching design and improving curriculum teaching methods. At the same time, it can also be applied to students' mental health education. Through