

Subjects and methods: 120 students majoring in cosmetic practice in a university were selected as the research object, including 80 males and 40 females. The students were randomly divided into study group and control group, with 60 people in each group. Among them, the research group adopts the improved cosmetics practical teaching mode based on educational psychology, while the control group adopts the traditional cosmetics practical teaching mode. After teaching for a period of time, the professional course scores and anxiety levels of the two groups of students before and after teaching were compared. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, and Employment Anxiety Scale (EAS) was used to evaluate students' employment anxiety.

Results: The results show that the improved cosmetic practice teaching model based on educational psychology can effectively improve the teaching quality and alleviate students' anxiety. Before teaching, there was no significant difference in the SAS score between the two groups ($P > 0.05$). After teaching, the SAS score of the students in the research group decreased significantly ($P < 0.05$), and was significantly lower than that of the students in the control group ($P < 0.05$). The SAS scores of the two groups of students are shown in Table 1.

Table 1. SAS scores of two groups of students

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	60	60	-	-
Before teaching	68.4±7.2	68.5±6.3	0.254	0.669
After teaching	47.0±3.4	67.9±7.2	7.549	0.000
<i>t</i>	7.652	0.306	-	-
<i>P</i>	0.000	0.687	-	-

Conclusions: There are many problems in the current teaching mode of cosmetics technology course, such as insufficient informatization and less practice, resulting in low teaching quality and unsatisfactory student performance. Some students have anxiety under the great pressure of study and employment. At the psychological level, anxiety refers to a negative emotion that includes irritability, anxiety, sadness, worry, tension, panic and uneasiness due to excessive worry about the life, safety and future of themselves or the people they care about. Excessive anxiety will affect students' physical and mental health, and then affect students' daily life and normal learning. Therefore, based on the theory of educational psychology, the research analyzes the psychological change law of students in the teaching process, and then reforms the practical teaching mode of cosmetics in colleges and universities, so as to improve the teaching quality, improve students' performance, alleviate students' anxiety and output more high-quality professionals for the society.

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RESEARCH ON THE IMPACT OF ACCOUNTING BEHAVIOR ON DECISION MAKERS' EXCESSIVE ACHIEVEMENT PRESSURE FROM THE PERSPECTIVE OF CORPORATE GOVERNANCE

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Background: Decision makers play a vital role in the normal operation and development of enterprises. Because the income level and social status of corporate decision-makers are higher than ordinary people, their achievement motivation is generally higher. When the company's decision-makers want to achieve greater achievements to meet their sense of achievement, there will be achievement pressure. Achievement pressure refers to when a person's behavioral tendency and psychological tendency tend to achieve greater achievements, then it is considered that the individual has achievement orientation and achievement motivation. However, when the individual's goal achievement has not made progress/achieved for a long time, or the individual is in the position that others have achieved the desired achievement, but the individual has not achieved his own goal achievement, the individual will have achievement pressure. Appropriate achievement pressure can become individual motivation, stimulate individual learning passion

and work passion, and greatly improve individual learning efficiency and work efficiency. However, when achievement pressure is excessive, it will lead to various psychological diseases, such as anxiety, depression, mania and so on. In enterprises, the behavior of financial accounting is related to the operation of enterprise funds. Therefore, when there are improper accounting behaviors, such as fraud and calculation errors, it will lead to problems in enterprise operation and the goal achievement of company decision-makers cannot be achieved, which will lead to excessive achievement pressure of decision-makers, suffering from anxiety, depression and other psychological diseases, and affect the physical and mental health of decision-makers. When the emotional pressure of decision-makers is too great and the psychological disease is too heavy, it will affect the development of the whole enterprise, which will have a negative impact on the development of market economy. Therefore, it is very important to find an appropriate method to alleviate the excessive achievement pressure of decision-makers.

Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. There are three main viewpoints in the theory of positive psychology: positive emotional experience, positive personality characteristics and positive social environment. Based on positive psychology, this study analyzes the excessive achievement pressure psychology of corporate decision-makers, and proposes to use music therapy to intervene decision-makers to alleviate the excessive achievement pressure and anxiety of decision-makers.

Object: When the decision-maker's emotional pressure is too high and his mental illness is too heavy, it will affect the development of the whole enterprise and have a negative impact on the development of market economy. Therefore, it is very important to find an appropriate method to alleviate the excessive achievement pressure of decision-makers. Based on positive psychology, this study analyzes the excessive achievement pressure psychology of corporate decision-makers, and proposes to use music therapy to intervene decision-makers to alleviate the excessive achievement pressure and anxiety of decision-makers.

Subjects and methods: Among 17 enterprises in a city, 20 enterprise decision makers with excessive achievement pressure were selected as the research object. The subjects were randomly divided into study group and control group with 10 people in each group. Among them, the decision-makers in the study group used music therapy for intervention, while the decision-makers in the control group did not intervene. After a period of intervention, the anxiety levels of the two groups of decision makers before and after the intervention were compared. Symptom Checklist 90 (SCL-90), Self-rating Anxiety Scale (SAS) and Chinese Perceived Stress Scale (CPSS) were used to evaluate the degree of achievement stress and anxiety of decision-makers.

Results: The results show that music therapy intervention based on positive psychology can significantly alleviate the anxiety and excessive achievement pressure of decision-makers. Before intervention, there was no significant difference in SAS score between the two groups ($P > 0.05$). After intervention, the SAS score of decision-makers in the study group decreased significantly ($P < 0.05$), and was significantly lower than that of decision-makers in the control group ($P < 0.05$). The SAS scores of the two groups of decision makers are shown in Table 1.

Table 1. SAS scores of two groups

Timing	SAS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Number of students	10	10	-	-
Before teaching	65.3±7.2	66.1±6.9	0.135	0.734
After teaching	38.9±1.2	65.8±7.1	8.024	0.000
<i>t</i>	8.133	0.496	-	-
<i>P</i>	0.000	0.715	-	-

Conclusions: Improper accounting practices, such as fraud and miscalculation, will lead to problems in enterprise operation, and the goal achievement of the company's decision-makers cannot be achieved, which will lead to excessive achievement pressure, anxiety, depression and other psychological diseases, affecting the physical and mental health of the decision-makers. Based on positive psychology, this study analyzes the excessive achievement pressure psychology of corporate decision-makers, and proposes to use music therapy to intervene decision-makers to alleviate the excessive achievement pressure and anxiety of decision-makers. The results showed that there was no significant difference in SAS scores between the two

groups before the intervention ($P > 0.05$). After the intervention, the SAS scores of decision makers in the study group decreased significantly ($P < 0.05$) and were significantly lower than those in the control group ($P < 0.05$). The above results confirm that music therapy intervention based on positive psychology can significantly alleviate the anxiety and excessive achievement pressure of decision-makers.

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STUDY ON THE INFLUENCE AND INTERMEDIARY EFFECT OF PHYSICAL EXERCISE ON COLLEGE STUDENTS' MENTAL HEALTH

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Background: In the stage of colleges and universities, students begin to enter the society initially, which is at the boundary between school and society. During this period, students will be exposed to all kinds of ideas. Although the body of college students is initially mature, their thoughts and minds have not been fully developed. When they are exposed to all kinds of things, characters and thoughts in society, they are easy to fall into a state of confusion. In this case, students are easy to have some negative emotions. In addition, college students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression and so on. In psychology, anxiety belongs to a kind of negative emotion. It is an emotional state of tension, anxiety and fear that individuals are frustrated in their self-confidence and self-esteem due to their inability to achieve their goals or overcome obstacles. Usually, anxiety will lead to physiological reactions such as rapid heartbeat, elevated blood pressure, trembling, sweating, dizziness and so on. In addition, anxiety also refers to the tension, anxiety, fear and other negative emotions caused by the threat or imminent threat of an individual to something. Generally speaking, when an individual is nervous about something, such as learning, work, social networking, etc., the individual will be attracted most of his attention by the event, and make a lot of efforts and imagination assumptions to solve or complete the event. When individuals pay more attention to the event because of repeated failures, until they break through the critical point, individuals will feel anxious. When anxiety is excessive, the patient's body and psychology will be traumatized, which will affect the patient's daily life, study and work, and have a negative impact on the future of students.

Neuroscience research shows that physical exercise can stimulate the human body, thus promoting the secretion of endorphins in the human brain. Endorphin, also known as endorphin, is a morphine like hormone secreted by the brain, which can keep people in a state of physical and mental pleasure. It also has a certain analgesic effect. It is a natural analgesic secreted by the human body. Endorphins can not only regulate individuals' negative emotions, but also improve insomnia, regulate the endocrine system and dredge the backlog of pressure. Positive psychology is a new psychological discipline called psychological revolution. Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, human health and happiness and the harmonious development of society. Positive psychology theory advocates an open and encouraging attitude towards individual potential, motivation and emotion, so as to realize the transformation of individuals from negative psychological mode to positive psychological mode. Therefore, based on positive psychology, the research adopts the intervention method of physical exercise to alleviate the anxiety of college students, so as to improve students' mental health, which has long-term significance for students' future development.

Objective: In the stage of colleges and universities, students begin to step into society and are at the boundary between school and society. During this period, students will be exposed to all kinds of ideas. In addition, college students are in a special moment of life, facing academic pressure, work pressure and social pressure, so they are very prone to mental diseases, such as anxiety, depression and so on. Based on positive psychology, the research adopts the intervention method of physical exercise to alleviate the anxiety of college students, so as to improve students' mental health, which has long-term significance for students' future development.

Subjects and methods: 80 students were randomly selected as the research objects in a university, including 38 males and 42 females. The students were randomly divided into study group and control group with 40 people in each group. Among them, the research group used the physical exercise intervention method based on positive psychology, while the students in the control group did not intervene. After a period of intervention, the anxiety levels of the two groups of students before and after the intervention were compared. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, Employment Anxiety