

positive impact on students' positive emotion guidance, happiness stimulation and learning enthusiasm.

\* \* \* \* \*

## INNOVATION AND DEVELOPMENT OF COLLEGE COUNSELORS' THEORETICAL WORK IN IDEOLOGICAL AND POLITICAL EDUCATION FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Wei Zhang

*Sichuan University of Science and Engineering, Zigong 643000, China*

**Background:** Educational psychology is the use of psychological theory or research to carry out educational intervention. It refers to the conscious and phased practical application according to the psychological laws and change characteristics of both teaching subjects and objects in a specific educational situation. Educational psychology can be applied to curriculum design, teaching method improvement and teaching motivation guidance to help students deal with difficulties and challenges in life and learning. Based on psychology, educational psychology discusses the relationship between students' personality development and educational environment, the relationship between ability development and knowledge learning, social development and standardized learning, and the regularity between teaching effectiveness and talent training. Educational psychology can develop many special fields to study educational problems. It pays attention to the cultivation concept of people-oriented and student-centered, which can provide a psychological scientific basis for the setting of diversified courses. Teaching method is the link between teachers' teaching plan and students' actual learning effect, and the essence of teaching is the selection of methods and the process of interaction between teachers and students. Based on the teaching law and students' psychological law, the innovation and optimization of teaching methods can produce different learning effects and quality. Counselor's work is the main body of the current ideological and political education, and the professionalism, rationality and ways and means of college counselors' work will produce different work effects. Different psychological activities and goal orientation will lead to the differences and enthusiasm of students' learning attitude. The theoretical work of college counselors is guided by the theory and practice of college counselors' work, which comprehensively manages students' ideological status, quality education, psychological counseling and employment problems. However, due to the lack of understanding of the actual situation of students and the grasp of the law of students' psychological activities, most college counselors have insufficient integration with ideological and political education and lack of innovation in the way of theoretical work, which is easy to make college counselors have negative psychology and work fatigue, which is not conducive to the normal development of their students' work. Therefore, from the perspective of educational psychology, the research promotes the innovative development of the theoretical work of college counselors in ideological and political education, and improves the psychological status of counselors.

**Subjects and methods:** Firstly, the research collects the basic information of the problems, working methods and means and individual psychological status of a college counselor in the current ideological and political education, and then classifies the counselor's psychological status and work problems, taking the college counselor with psychological problems and negative emotions as the research object. Then, with the help of the relevant contents of educational psychology, this paper improves and optimizes the ways and means of counselors' theoretical work in ideological and political education, such as the pertinence of work strategy improvement, the individual differences of psychological counseling, and so on, so as to build a new educational model. The research objects are randomly divided into teaching intervention group and conventional teaching group. The teaching intervention group adopts the new model proposed by the research to carry out ideological education, while the conventional teaching group adopts the original teaching method to carry out ideological education. The experimental time is three months. After the experiment, the data of the effectiveness of ideological and political education and the psychological status of counselors under different working modes are collected and sorted out, and the difference analysis of experimental data is realized with statistical analysis tools, so as to better study the innovative application results of college counselors' theoretical work in ideological and political education from the perspective of educational psychology.

**Results:** Educational psychology can effectively help college counselors grasp the internal relationship and external influence between teachers and students, realize the focus of ideological and political education on the basis of following students' psychological laws and teaching characteristics, and then improve the pertinence and effectiveness of educational work. The results show that the new educational

model proposed under the guidance of educational psychology cannot only achieve good application effect of ideological and political education, but also greatly improve the mental health status and work enthusiasm of the research objects. Table 1 shows the statistics of negative emotion scores of the subjects before and after the intervention of different work teaching modes.

**Table 1.** Statistics of negative emotion scores of the subjects before and after the intervention of different work teaching modes

Evaluation dimension		Job burnout	Anxiety
New educational working mode	Before intervention	18.24±3.69	15.11±2.05
	After intervention	5.43±2.67	4.23±1.16
Old educational working mode	Before intervention	19.77±3.58	14.98±1.43
	After intervention	14.29±2.54	10.27±1.28

Table 1 shows that there is no significant difference in the scores of job burnout and anxiety between the old and new educational work modes before the experimental intervention, while after the intervention, the score difference of the new mode on the reduction of counselors' Job Burnout and anxiety reached 13 points, which is much higher than the maximum improvement score of the old mode by 5 points.

**Conclusions:** Educational psychology lays a psychological scientific foundation for the study of China's teaching reform and is committed to serving the real education. It can effectively help educators realize targeted impact intervention and promote the improvement and innovation of educational work methods on the basis of grasping the psychological laws of teaching subjects and objects and the laws of teaching work. The results show that the research brings educational psychology into the theoretical work of college counselors. In the ideological and political education, the work enthusiasm and mental health level of college counselors are greatly mobilized, and the negative emotions are alleviated to a great extent. Therefore, in the future teaching practice, college educators should actively use educational psychology as a theoretical guidance tool, constantly improve their teaching quality and level, and increase the intervention and guidance of students' psychological status.

**Acknowledgement:** Legal Education on Personal Information Protection (No. E10512034): Research center for judicial competence at the grass-roots level of the key research base in humanities and social sciences of Sichuan.

\* \* \* \* \*

## RESEARCH ON THE INFLUENCING FACTORS OF COLLEGE MUSIC TEACHING OPTIMIZATION ON COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

Xinhao Zhang

*Aba Teachers University, Wenchuan 623002, China*

**Background:** With the continuous development of social and economic level, the market has an increasing demand for comprehensive quality talents. Students' ability is not only reflected in professional knowledge, but also in physical and psychological quality. Society has higher and higher requirements for talents. In terms of the basic theory of psychology, the psychological quality of college students is divided into the healthy quality of psychological emotion regulation ability, the moral quality of personality quality orientation, the scientific quality of knowledge learning ability and the socialized quality of communication adaptability. When college students are facing the social work of employment department, the fluctuation of psychological emotion is more likely to occur, resulting in the decline of their psychological adjustment ability. At the same time, college is a key period for students to improve their cognitive ability, and their emotional and moral cognition are in a period of rapid establishment. Therefore, the content of psychological quality education in colleges and universities is an indispensable key course in the growth stage of students. The curriculum implementation objectives and teaching contents of music education and psychology education in colleges and universities partially coincide, and the coordination of the two disciplines is high. Therefore, it is effective to optimize the music teaching contents or teaching implementation methods in colleges and universities, adjust and optimize the psychology of college students and improve their psychological quality. Considering the consistency of the learning objectives of the two disciplines, the improvement of students' psychological quality and ability should be implemented in three aspects: the learning of their emotional management ability, the construction and guidance of