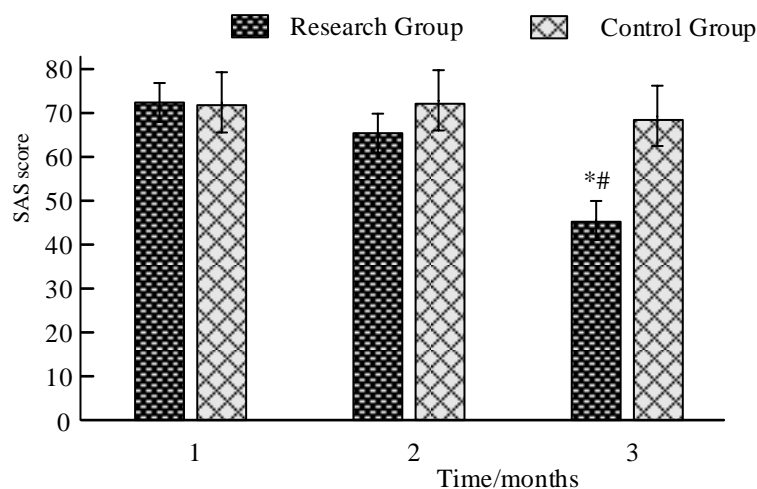


the teaching quality, improve the students' practical ability, and alleviate the students' anxiety.

Subjects and methods: In the music performance department of a university, two classes of college students were randomly selected as the research objects. The college students in one class were taken as the research group (28 people), and the improved vocal music teaching model based on psychological theory was adopted for teaching. The other class as the control group (27 people) was taught with the traditional vocal music teaching mode. After a period of teaching, the Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Hamilton Depression Scale (HADM) were used to evaluate the anxiety of the two groups of students, and then to evaluate the teaching effect of the two teaching modes.

Results: Before teaching, students' SAS scores were used to evaluate the anxiety of the two groups of students and recorded. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, students' SAS scores were also used to evaluate and record the anxiety of the two groups. The results showed that after teaching, the SAS scores of the study group decreased significantly compared with those before teaching, while the SAS scores of the control group did not change significantly compared with those before teaching. After teaching, the SAS scores of the students in the study group were significantly lower than those in the control group. The SAS score changes of the two groups of students are shown in Figure 1.



Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups

Conclusions: Among the college students of music performance department, many students are prone to stage anxiety in the process of singing due to insufficient experience, insufficient level and immature mental development. Nowadays, there are many defects in the vocal music teaching course, the teaching quality is low, the role of improving students' singing ability is not obvious, and it cannot improve students' self-confidence and alleviate students' anxiety. Based on the psychological theory, this paper analyzes the students' anxiety psychological factors, and puts forward strategies to reform the teaching mode of vocal music teaching in colleges and universities. The experimental results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant difference. After teaching, the SAS scores of the students in the research group were significantly lower than those of the control group. It shows that the reform of vocal music teaching mode based on psychological theory can effectively improve the teaching quality, improve students' practical ability, and alleviate students' anxiety.

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THE INTERVENTION MECHANISM OF PSYCHOLOGICAL RESILIENCE OF COLLEGE STUDENTS' CAREER PLANNING BY THE INTEGRATION OF PRODUCTION AND EDUCATION

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Background: Colleges and universities are important bases for training skilled and practical talents for our country. Because of the limited space, limited funds and backward teaching ideas, the traditional teaching mode in colleges and universities is mainly theoretical teaching and less practical teaching, which leads to the disconnection between the theoretical knowledge reserve and practical ability of some college students. Without the confirmation of practice, it is difficult for students to master, understand and absorb theoretical knowledge. In this case, some students are not confident when planning their coming career, which leads to the decline of psychological toughness. Psychological resilience refers to the state in which students realize self psychological adjustment and self psychological repair after suffering psychological trauma and setbacks, so as to ensure that they can better adapt to psychological trauma and their own difficulties. Psychological resilience can help students maintain self-confidence in the face of threats, adapt to difficulties faster and better, and maintain a good attitude in the midst of difficulties and setbacks. When students' psychological toughness is affected, it will lead to students' difficulty in maintaining an ordinary mind in the face of difficulties and setbacks, resulting in a variety of negative emotions and anxiety. Excessive anxiety will damage students' physical and mental health, which is not conducive to the normal development of students. Therefore, we should find a way to improve the teaching quality of colleges and universities, improve students' practical ability and psychological toughness, and alleviate students' anxiety.

Positive psychology advocates the positive orientation of psychology, which mainly studies the positive psychological quality of individuals, the health and happiness of human beings and the harmonious development of society. The theory of positive psychology advocates to treat the potential, motivation and emotion of individuals with an open and encouraging attitude, 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 the theory of positive psychology, this study analyzes and discusses the anxiety psychological factors of college students in higher education. Based on the analysis results, the study proposes to use the industry education integration collaborative education model to improve students' practical ability, so as to enhance students' self-confidence and psychological toughness, and alleviate students' anxiety.

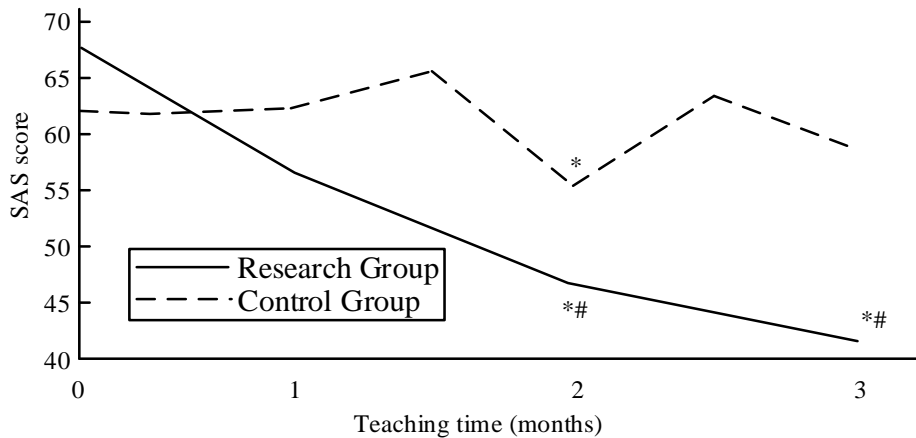
Objective: The traditional teaching mode in colleges and universities mainly focuses on theoretical teaching and less on practical teaching, which leads to the lack of self-confidence of some college students, the decline of psychological toughness and anxiety. Based on the theory of positive psychology, the research proposes to use the collaborative education mode of industry education integration to improve students' practical ability, so as to enhance students' self-confidence and psychological toughness, and alleviate students' anxiety.

Subjects and methods: In the same major and grade of a university, 80 college students were selected as the research objects by stratified sampling. 80 students were randomly divided into study group and control group with 40 students in each group. Among them, the students in the research group used the collaborative education mode of industry education integration based on positive psychology to teach; The students in the control group were taught by the college education mode. After teaching for a period of time, the Self-rating Anxiety Scale (SAS) and the college students' Employment Anxiety Scale (EAS) were used to evaluate the anxiety of the two groups of students, and the students' professional course scores were used to evaluate the learning effect of the students.

Results: Before teaching, the self-assessment anxiety scale was used to assess the anxiety level of the two groups of students and record it. The results showed that before teaching, the anxiety level of the two groups of students was the same, and there was no significant difference. After teaching, the self-assessment anxiety scale was also used to evaluate and record the anxiety level of the two groups of students. The results showed that after teaching, the anxiety level of the study group decreased significantly compared with that before teaching, while the anxiety level of the control group did not change significantly compared with that before teaching. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The anxiety levels of the two groups of students are shown in Figure 1.

Conclusions: The traditional teaching mode in colleges and universities mainly focuses on theoretical teaching and less on practical teaching, which leads to the disconnection between the theoretical knowledge reserve and practical ability of some college students. In this case, some students are not confident in their career planning, which leads to a decline in psychological toughness, resulting in anxiety, which has an adverse impact on students' physical and mental health. Based on the theory of positive psychology, this study analyzes and discusses the anxiety psychological factors of college students in higher education. Based on the analysis results, the study proposes to use the industry education integration collaborative education model to improve students' practical ability. The experimental results show that before teaching, the anxiety level of the two groups of students is the same, and there is no significant

difference. After teaching, the anxiety level of the study group was significantly lower than that of the control group. The above results show that the collaborative education mode of industry education integration based on positive psychology theory can effectively improve students' practical ability, enhance students' self-confidence and psychological toughness, and alleviate students' anxiety.



Note: * $P < 0.05$ compared with that before teaching; # It means that compared with the control group at the same time, $P < 0.05$.

Figure 1. SAS scores of two groups

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RESEARCH ON THE METHODS OF PSYCHOLOGICAL IMBALANCE OF EMPLOYEES IN MODERN ENTERPRISE MANAGEMENT

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Background: In the process of the rapid development of economy, society and science and technology, people's pace of life is faster and faster, the management of modern enterprises is more and more strict, and the requirements for employees are more and more high. In addition to the competition in work, the pressure of life such as car loans and housing loans, family pressure and economic pressure, the psychological health of employees in modern enterprises is generally low, and there is a general problem of psychological imbalance. Psychological imbalance refers to psychological problems. Different from physiological diseases, psychological imbalance is generally caused by individual internal psychological and spiritual factors, that is, a series of problems caused by individual brain central nervous system. Psychological imbalance will continuously affect the individual's mentality and thoughts, and then directly or indirectly change the individual's personality, ideas and emotions. Psychological imbalance is a local abnormal state in normal psychological activities, and there is no pathological change. However, when the psychological imbalance exists for a long time, it may cause individuals to suffer from psychological diseases such as anxiety and depression, which will affect their physical and mental health, also affect their work efficiency, and adversely affect the development of enterprises. Therefore, in modern enterprises, it is of great significance for employees' personal development and enterprise development to find a method that can effectively relieve employees' work pressure and psychological imbalance.

Affective psychology is one of the important parts of psychology. Its main research object is human emotion. Its main research content is how to eliminate or alleviate individual tension and stress caused by external stimulation or nature through certain means, so as to help individuals recover healthy and sound personality. Psychologists believe that only when individuals improve their psychology can they improve their emotions. Based on emotional psychology, this study analyzes and discusses the factors of employees' psychological imbalance in modern enterprise management, and puts forward strategies according to the analysis results to ease employees' work pressure and psychological imbalance, so as to alleviate employees' anxiety and improve employees' work efficiency, which is of positive significance to employees themselves and enterprise development.

Objective: The psychological health of employees in modern enterprises is generally low, and there is a general problem of psychological imbalance. Based on emotional psychology, this paper analyzes and